

# Noni's Amazing Pain-relieving Benefits FOR ACTIVE PEOPLE



In our last article about the amazing pain-relieving properties of topical noni lotion, former University of Hawaii sports trainer Melody Toth talked to us about how the Warriors were using this ancient healing fruit for their elite athletes, particularly in their basketball, football, track and tennis programs. Indeed, in September 2007, IcyHeat Lavender Noni

Lotion was awarded the 2007 Gear Award "Seal of Excellence" for Sports, Health and Fitness.

Recently, we interviewed Toth, who just retired after three decades at the university, and asked her to detail how ordinary athletes and weekend warriors could benefit from noni, too.

Toth advised us that as a trainer to some of the world's most elite athletes, she uses many modalities, including electrical stimulation, acupuncture, shiatsu, titanium tape strips, and noni.

"All are important and essential to doing my job," she says. "Yet, for the non-elite athlete, noni might play an even more important role, since some modalities are not as readily available to most people on a daily basis as they are with athletes who work with professional trainers, whereas topical noni can be purchased at your local health food store."

"I used noni mostly for tired legs, bone spurs, arthritis, repetitive trauma, and ankle support," she says.

Here are some of the details on specific uses for the types of injuries active

people are most likely to experience:

**Sore ankles and heels.** Many athletes suffer sore, sprained or strained ankles, or sore heels. When weekend athletes—including runners or those who do aerobics—are out of shape, the ankles often have to support even more weight, and they have a tendency to become sore. Toth recommends rubbing Lavender Noni Lotion or IcyHeat Lavender Noni Lotion on your ankles and into your heels prior to working out and immediately following workouts.

**Tired legs.** Toth said that one of the major uses for Lavender Noni lotion or IcyHeat Lavender Noni Lotion was for tired legs, especially where there is very little rest time allowed. So for athletes who want to work out two days in a row or who do work out regularly, say three or four times a week, she recommends massaging a thin layer of noni into all portions of your legs after your workout.

**Quadricep and hamstring injuries.** Hamstring injuries are common among runners. The hamstring muscles run down the back of the leg from the pelvis to the lower leg bones, and an injury can range from minor strains to total rupture of the muscle.

For quadricep and hamstring injuries, Toth strongly recommends electrical stimulation with micro-currents, icing, and then noni. She advises that many acupuncture clinics can provide electrical stimulation with micro-currents.

**Low back pain.** Almost everyone suffers from low back pain every now and then. Once again, says Toth, noni is excellent for relieving pain. She advises massaging it into the affected area four times a day.

**Trauma and minor contusions.** Most of us experience trauma or minor collisions. Use Lavender Noni Lotion or IcyHeat Lavender Noni Lotion four times daily on the affected area.

**Repetitive motion injuries.** Golfers and tennis players, in particular, are likely to experience soreness from repetitive motion. Once again, noni applied to the affected area offers excellent pain-relieving properties.

**Warming up massage.** For warming up the muscles prior to working out, Toth recommends IcyHeat Lavender Noni Lotion with menthol and camphor to bring immediate heat to the area. ■

## Resources

Hawaiian Health Ohana's Lavender Noni Lotion, IcyHeat Lavender Noni Lotion and their 100 percent certified



organic fruit leather are available at health food stores and natural food markets. Visit Hawaiian Health Ohana at [www.nonifruitleather.net](http://www.nonifruitleather.net) to use their store locator service or call 888-882-6664 for more information.



## How Noni Works

This white, oval tropical fruit is rich in scopoletin, a pain-relieving chemical of intense interest to medical doctors and scientists. Noni is also rich in antioxidant activity and seems to inhibit some of the same enzyme cascades involved in hyper-inflammation. The fruit is also being studied for its ability to enhance well-being among cancer patients.