

Sole
REVIVAL

**TOOLS & TECHNIQUES
FOR FOOT PAIN RELIEF.**

Long-Lasting Solutions Without
Supplements, Surgery or Injections .



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National Conferences * Resorts * Wellness Studios
working with athletes & older populations.



GREAT NEWS!

I'm not a doctor and I don't need to be :) All links, statements and research is credited to the appropriate parties in their respective fields and positions.

- Links do not indicate endorsement or affiliate sales.

DISCLAIMER:

The information in this course is for informational purposes only and not meant to be medical advice. This content has not been approved by the FDA.



Sole **REVIVAL**



**ADDITIONAL TOOLS & TECHNIQUES
FOR FINDING FOOT PAIN RELIEF.**

SOAK * STRETCH * STRENGTHEN * SALT STONE MASSAGE

ICE VS. CBD SOAK

Ice is great for a lot of things. Most likely, if you roll your ankle or busted a knee, you've used ice to reduce pain and swelling. The earliest documentation of using ice as part of the acute injury management protocol dates back to 1978 when the term RICE (Rest, Ice, Compression, Elevation) was coined by Dr Gabe Mirkin . His intention behind using ice was to minimize the inflammatory response in an attempt to accelerate healing.

For the next several decades, people would use the RICE protocol for acute injuries but in recent years, research has shown fascia changes and responds well to **warmth**. So, while icing might feel good to numb pain and reduce swelling, if you want real change in your condition, you'll want to ensure the fascia is warm and supple before you initiate any strength or flexibility exercises.

BENEFITS OF CBD SOAK:

- Reduces pain and swelling
- Full of rich nutrients to regenerate cells
- Cleanses and detoxifies the feet

WHY IT WORKS:

The combination of warm water and sodium chloride causes vasodilation of the blood vessels, enhancing absorption of CBD to facilitate faster healing.



CBD FOOT SOAK

CBD Mineral Soak contains over 80+ trace minerals in addition to Epsom salts (magnesium sulfate.) If you are using a foot fizz or CBD bath bomb to soak in, the baking soda can subtly elevate body temperature and increases blood flow. The soft soaking antimicrobial can also help reduce pain and inflammation caused by ingrown toenails, bunions, corns, and blisters.

Soaking with a high-quality salt mixture containing 25 mg. or more CBD for 15-20 minutes can greatly reduce pain and swelling.



STRETCHING & STRENGTHENING

MUSCLES DO NOT 'STRETCH' THE WAY PEOPLE THINK!

We've been taught the only way to find flexibility is through pulling on limbs and seeing how far they can go.

This is simply NOT true!

In fact, what you're most likely feeling is the 'sensation' of the stretch, not actual stretching. Applying topical CBD before a resisted stretching program can help the muscle fibers relax and elongate, providing long-lasting results while keeping connective tissue strong and healthy.

RESISTED STRETCHING

Resistance stretching focuses on matching flexibility with strength. This means you stretch your muscles only as far as you can contract them simultaneously. Think of it as a 'push-pull' scenario that lengthens and strengthens muscles and tendons.



STRETCHING WITH CBD

Applying all-natural CBD massage oil before a resisted stretch session can stimulate the golgi tendon or the 'stretch reflex' to allow the muscles to relax into a deeper stretch.

Additionally, the fatty acids and nutrients found in CBD can help strengthen muscle fibers and tendons, preventing further injury.

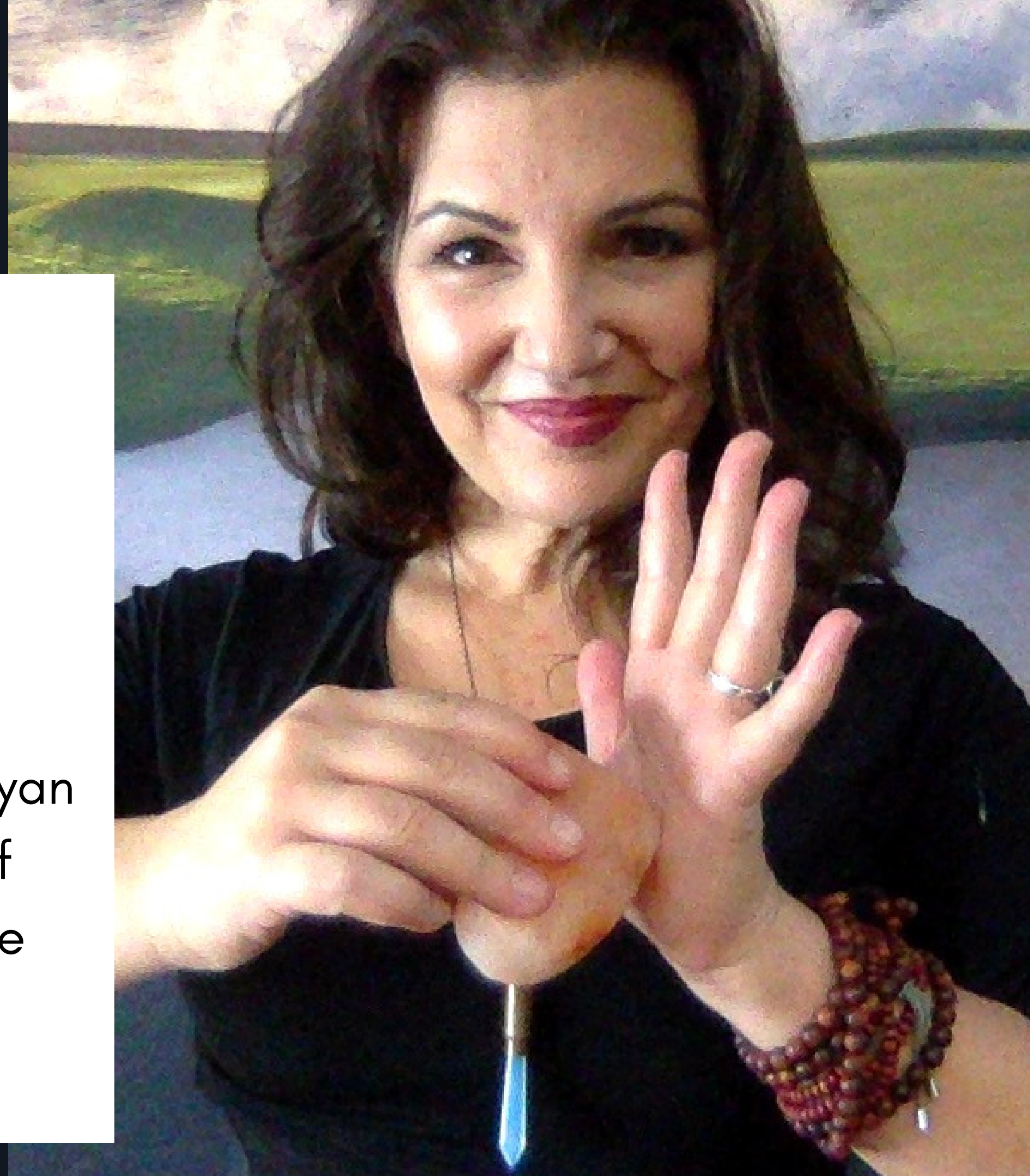
When stretching with CBD, it's not necessary to use a high mg. amount. Just enough to stimulate the cells.



HIMALYAN SALT STONE MASSAGE & CBD

Following up with a Himalayan Salt Stone Massage & CBD balm can speed recovery times by giving your cells trace minerals without having to process through the liver and kidneys.

The natural sodium chloride in the Himalayan salt can also draw water to the surface of the skin, improving hydration of connective tissue. This also allows the CBD to absorb deeper into the skin.



REFLEXOLOGY & ACCUPRESSURE

A foot massage is more than just luxury. It's good for your overall health! Reflexology and Acupressure use precise placement and pressure over specific points along the body to 'release' blocked energy. Reflexology is a type of massage rooted in the Chinese philosophy that blocked energy can be released by applying pressure to certain areas that correspond to vital organs.

Applying CBD and certain essential oils such as lemongrass, & peppermint before and during this treatment can further open channels to allow for greater energy flow. Additionally, using the edges or end point of the Himalayan salt stone can ease the pressure of using fingers and hands and allows for deeper release.

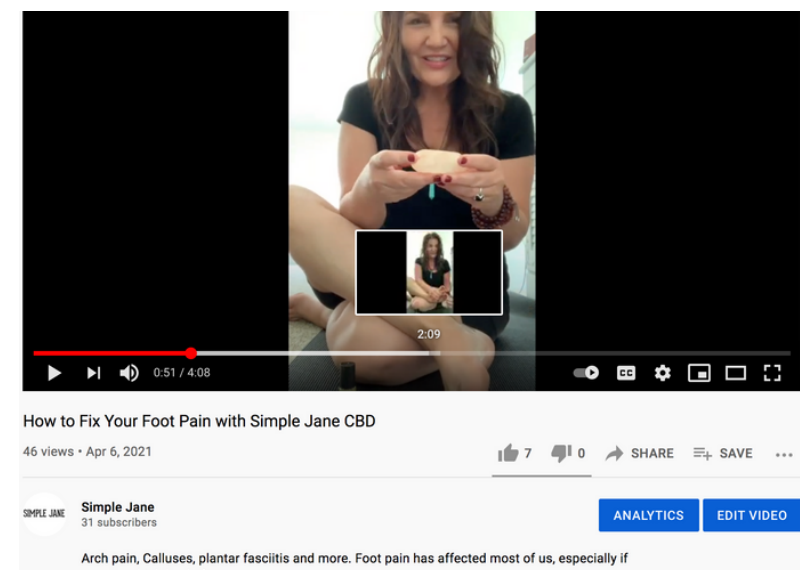
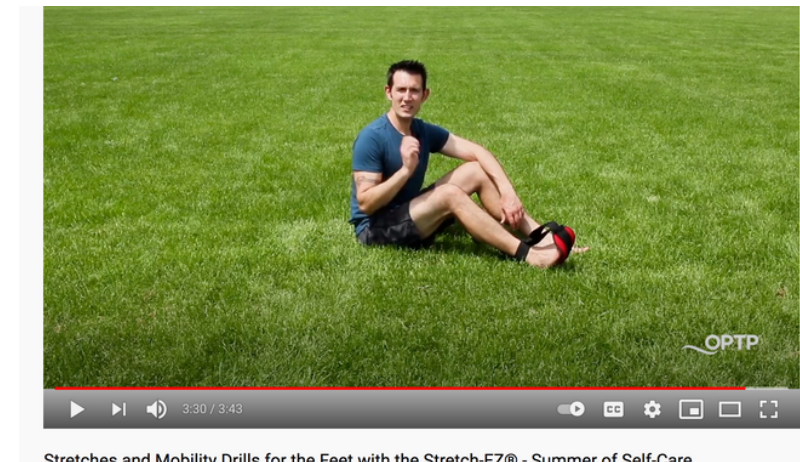
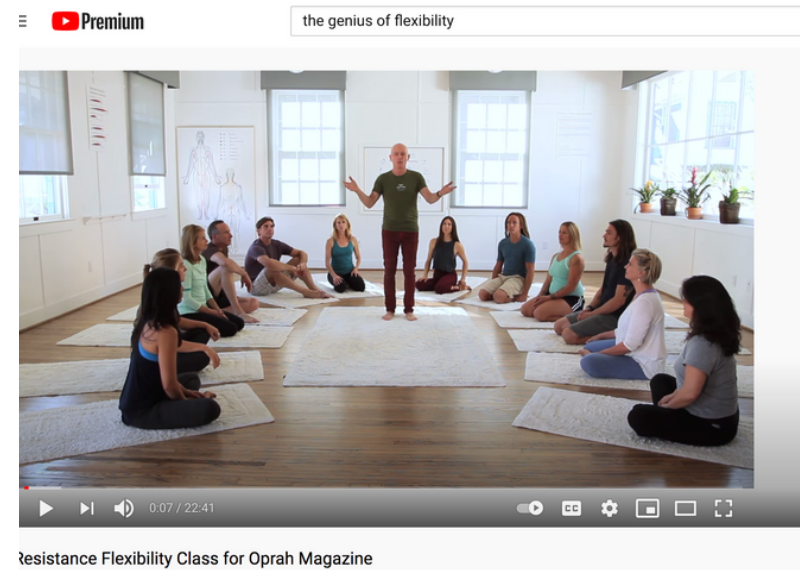


ADDITIONAL RESOURCES

Additional resources on fascia, stretching and finding foot pain relief.

- The Genius of Flexibility
- OPTP Stretch Strap
- Simple Jane CBD

Products can be found:
www.SimpleJane.co



THE GENIUS OF FLEXIBILITY

Learn more about the benefits of resisted stretching. RESISTANCE FLEXIBILITY AND STRENGTH TRAINING (RFST) offers immediate, cumulative, and permanent increases in flexibility; takes the pain out of stretching, and protects you from injuring yourself by over-stretching. Provides stretches for 16 unique muscle groups with concomitant physiological and psychological benefits.

OPTP

OPTP is a recognized leader in providing healthcare and fitness professionals with orthopedic, physical therapy, rehabilitation and fitness products.

SIMPLE JANE CO.

How-To Videos, discussions, and more on how to use topical CBD for better health and wellness.

PRODUCT GUIDE:

Some of our favorite things we've used for foot pain relief.

Products can be found:
www.SimpleJane.co



SOLE REVIVAL KIT

The quick kit for foot pain relief. The Sole Revival kit comes with 1 CBD Foot Fizz for soaking, On the Mend Mineral Soak and Scrub, and a small tin of On the Mend balm.

MINI MASSAGE KIT

This little kit was designed with relief in mind and not just for foot pain, either! Comes with a travel-size roller, balm, and salt stone massage for quick relief on the go.

ON THE MEND BODY OIL

On the Mend CBD Body Oil is a great therapeutic leg refresher. Use before or after the Legs Up the Wall exercise with a salt stone massage stone.

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CBD WELLNESS FOR MODERN LIVES

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about using topical
CBD for better health and
receive 20% off your first
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