

If you've ever torn your ACL or suffered from a serious knee injury...

Here's The *ONE* Thing You Can Do To Heal Joint Pain For Good... *(...and you can even do it while you sleep!)*

Hi! My name is Natalya and I want to tell you how I healed my knees after having a torn ACL, MCL, and meniscus. I struggled from chronic pain in my knees for years until I finally found something that worked...something that actually made me feel alive again and gave me back my ability to live the active lifestyle that I love so much.

If you read down this page, I share my entire journey with you...with the hopes that you'll be able to use my solution for yourself!

I've been on this healing journey for almost ten years now, and I just want to help anyone else out there who might be living with joint pain.

The truth is...there's no reason you should have to live in pain for the rest of your life.

I hope you read my story and are inspired to live a pain-free life too!

If you are currently suffering with ACL pain, you are *not* alone.

Right now, you are one of more than 400,000 people who are living in a state of misery...

...and their doctors don't have all the answers.

Pain-relievers and exercise can't solve all the problems.

And it really seems like there's no light at the end of the tunnel.

But today...I want to tell you that there is a healing solution you can use...and you can even use it from the comfort of your bed.

It'll Take You Maybe 7 Minutes A Day...

...and it won't require the use of a physical therapist, prescription pain pills...and it won't even make you cringe when you look in your bank account!

Traditional medical advice is simply not enough for many torn-ACL-recovering patients...

...and here's how I know.

I've been right where you are.

My name is Natalya.

And a while back, I got injured while playing soccer.

It was nine years ago.

And it took so long to get relief from the pain that I finally tried something on my own that I initially thought was a joke.

It Was An Herbal Liquid Formula

I was skeptical about trying it because people had told me it was gonna work like a miracle...

...and I don't trust miracles.

I trust proven science and medicine.

Regardless...I was in so much pain that I was willing to try anything.

And just in case you don't understand the severity of my ACL problem, let me explain it to you.

It all started when I was just 16-years-old.

**I Was In 9th Grade...
And I'd Been Playing Soccer My Whole Life.**

It was my favorite sport...

...and I don't know if you've ever had a sport *you* love...but soccer was really my whole life.

Running up and down the field.

Strategizing to make a goal.

Running on off-practice days to make sure that my body was in peak condition.

I LIVED for this sport.

And maybe you understand how that feels?



Well...I finally had my chance to play on the Varsity soccer team as a freshman in high school.

It was my first game out on the field and I was exhilarated.

I played in a dream state.

My family was there. My friends were there.

And I was proving something to myself that I'd always sort of known; I had it in me to become an elite athlete one day.

Well....not so fast.

Halfway through the game, I lunged for the ball at the same time that another girl went for it.

She totally missed the ball.

And you can probably guess...

...She Hit My Leg Instead...

...twisting it up in the wrong direction.

For a moment, at the kneecap, my leg looked like the stuff of nightmares.

It didn't even resemble a leg at all.

I will never forget the pain. It was so bad that it still feels like it happened yesterday.

I made the most horrible screaming noise I have ever made. Everyone on the field froze.

My teammates ran to me.

And From The Looks In Their Eyes, I Knew It Was Bad

I prayed it wasn't anything terrible that would keep me away from playing soccer...

...and then I passed out.

When I woke up, they were preparing to move to me and get me to the hospital.

The MRI revealed that **I had torn the ACL in my left knee.**

I'd also torn my meniscus *and* my MCL...

...and if you know anything about ACL tears, you know I had one of the most painful and expensive knee injuries anyone could possibly have.

To make matters worse, my growth plates were still developing.

And Just In Case You Don't Know... If You're Young And Still Have "Open" Growth Plates, An ACL Surgery Cannot Be Performed!

I had to wait nine long months for my growth plates to “close” before I was eligible to have surgery.

During the nine months I focused all my energy on physical therapy...it was all about strengthening my leg and the rest of my body...

...until finally, after nine months of waiting....I had ACL reconstruction surgery using one of three options available to me...the Patellar tendon graft.

That's just a fancy way of saying that they took a chunk of material from the tendon on my kneecap and used it to make a new ACL.

That type of surgery is still the number one choice in young, high-demand, active patients...just like I was.

It's also known by its medical name, bone-patellar tendon-bone autograft anterior cruciate ligament (ACL) reconstruction...I know...*it's a mouthful.*

And out of all the graft options it has the longest proven track record of successful outcomes.

Not only that...but many surgeons and patients love this option because it's easy for surgeons to get to, holds well in its new location, and usually heals fast.

Patellar Tendon Grafts Are Still The Gold Standard For Reconstructing The ACL

It can be a little confusing to explain...but I'll do my best.

A surgeon takes out the middle section of the patellar tendon below the kneecap.

Then the torn ACL is removed and a new piece of tendon is put into the knee, carefully lined up just like the original ACL was.

I forgot to mention that my surgeon wasn't just any surgeon, either.

He was the official Seattle Seahawks team physician. People flew in from all over the country to have ACL and total hip replacement surgeries with him.

So now that you know I had the best surgery option...I can continue with my story.

A year of physical therapy went by so slowly and painfully...

...and no matter how dedicated I was to my rehabilitation...I always suffered from swelling and pain...

It was constant.

I was frustrated and depressed.

And to make matters worse...my *right* leg started to hurt because I was putting too much weight on it.

But What Else Could I Do?

I had done everything right - or so I thought.

Maybe you know how this feels?

- I went to the gym almost everyday and did my strengthening exercises.
- I swam in the pool and practiced my running and side-step form.
- For the first time ever I started practicing yoga and meditation.
- I iced my knees after every workout.
- I ate healthy, low-inflammation foods.
- My best friends were the ones who went to the gym with me...and most of all...
- I was completely dedicated and motivated to get back to the game that I loved with all my heart.

Does any of this strike a chord with you?

Well...when I finally made it back to the field, a whole year had passed and it was summertime in the country.

The sun was just starting to set.

Everything was perfect. A perfect day.

I sat on the side watching a relaxed pickup game...just having fun with my soccer friends. I was so excited to get back onto the field and maybe kick the ball around a little bit.

But my guy friend came over and told me they needed one more woman to be able to play...

So I Thought...

What The Heck? Why Not?

It's Just For Fun, Right?

The whistle blew and the game started...

My heart was pumping and I felt the same old thrill of being out in the fresh air, running around the field with a soccer ball.

THEN SOMETHING HORRIBLE HAPPENED!!!

Only 15 minutes into the game...

I planted my right leg and turned sharply.

Right then...I felt something in my knee rip.

I immediately started to cry.

Yes. You guessed it. Just two years later, I had torn my right ACL.

The sadness I felt was unimaginable.

My dreams of playing college soccer were kicked out the door. All of my hard work went down the toilet.

In an instant I was so mad at the world and *myself*...why did this happen to me...*again*?

After some sleepless nights I finally realized something.

I realized I only had one option...to go back to rehab and try again.

- Try to be stronger and better.
- Try to think positively even though it seemed impossible.
- Try to work with my doctors...knowing what was most likely coming down the pipeline...
- ...and do everything I could to fully heal and return stronger.

But A Haunting Question Was Always Running In The Back Of My Mind

What could I possibly do differently this time?

Depression took over...and I had a hard time motivating myself to eat even my favorite meals.

What special creams, strength training routines, and doctors had I not yet tried?

How was I going to have any quality of life as an athlete after this second injury???

Well that's what I want to share with you, today...because *my* pain is gonna lead you to *your* healing.

Right after I came out of surgery, I did things a little differently.

I Started Doing Intensive Online Research To Discover Alternative Health Solutions

Instead of just listening to the people around me and reading the biggest websites, I was gonna figure it out for myself!

Don't get me wrong though...

...I was still dedicated to strength training, icing after my workouts, and eating healthy.

But I'd be lying if I didn't say that I struggled with the commitment of staying with the ACL recovery timeline and demands of physical therapy.

Honestly, who wouldn't?

See...even if you stay on track with physical therapy, the most common workouts with squats and lunges cause swelling the next day.

So you're stuck with the same problem - painful swelling.

I just knew there had to be a way to live a pain-free and happy life.

And I was going to find out *exactly* how to do it.

My doctors had their hearts in the right place.

But I wondered what they didn't know?

What were my traditional doctors missing?

**Physical Therapists And Surgeons
Don't Know Everything!**

I decided that I was willing to look at ancient medical practices as long as they were proven to work.

After some long nights of research, I found a local Chinese Medicine Doctor and decided to try it.

I made an appointment the next day. On my way there, I was nervous, but when I arrived, she set me at ease.

She told me that there was a perfect solution to my chronic pain...

...And I told her the whole story of my knees...

- The chronic pain and swelling that I lived with everyday, from sunrise to sunset...
- The hard work and dedication I put into my recovery...
- The fact that I still went to the gym, practiced yoga...and iced my knees after each session...
- The fact that I had tried everything that my doctors, physical therapists, chiropractors, websites, and Youtubers had suggested. And most of all...
- ...the fact that I was exhausted from living that way - hurting, on the verge of insomnia, and more irritable than normal.

When I was finally done unloading my whole story on her, she asked if I had ever soaked my leg at night.

I told her I hadn't and that I didn't even know what she meant. She immediately recommended an herbal liquid that I'd never heard of.

I bought it. Went home.

Tried it that night.

In the morning, I got out of bed and went to the kitchen to make breakfast, forgetting the wrap was even there.

When I sat down at the table I carefully undid the wrap...and the large blob that used to be my knee was...

...gone.

It actually looked like a knee for the first time in years. I could actually see the bony outline of my kneecap.

I felt a mixture of shock and joy, and my thoughts raced.

...Now I could do strength training free of inflammation...

...I could go on the morning runs that I missed so much...

...and most of all...*I could get back out on the soccer field!*

Overnight everything changed!

But joint pain is clearly not just caused when recovering from surgery. It can come from different forms of arthritis...

...where the immune system attacks healthy parts of your body, like your joints.

Joint pain is tough to heal, because it can easily become persistent. Once your joints are inflamed, it's easy for them to become inflamed again.

They've already suffered from injury once...and it's easy to trigger the pain again.

The product that I decided to use, even though I was skeptical...changed *everything*...

...and I want to introduce you to it so that you can live your *best life!*

But it's been a difficult journey.

Even the evidence for ACL surgery patients is pretty scary:

A group of doctors at Erasmus University Medical Center in the Netherlands ran a study on patients who had ACL surgery in the 1990's. They found that after 20 years, 80% of the ACL surgery patients had arthritis in their knees.

Another study published in *The American Journal of Sports Medicine*, found that 2 to 7 years after ACL surgery about 50% of athletes fail to return to their previous level of sports...

...Mainly due to psychological factors.

I could see from my research that injury and time out of sports can impair an athlete's sense of self-worth and identity.

After all, it had happened to me!

But this can *a/so* apply to anyone who lives a normal, active lifestyle.

And I'm telling you all this to make a simple point: Surgeons, physical therapists, and chiropractors are all wonderful...

They each taught me something unique and invaluable on my road to recovery.

The surgeon taught me that my body has very loose ligaments all over, and I was predisposed to tearing a few things...

...**Physical therapy** taught me the most effective ways to build muscle, the activities that were best for my body, and the ones to stay away from...

...**The chiropractor** taught me about my bodies alignment and correct posture...

...And I even saw a **mental health therapist** to get over the fear and anger that was stuck in my brain...

But the bottom line is that one thing was missing with all these professionals.

NOT ONE of them provided an all-natural solution for *consistently reducing swelling in my knees*.

See...I wanted to heal my inflammation for good.

So this is EXACTLY what I used...

I'd like to introduce you to...

Retterspitz Äußerlich

It's made in Germany by a company that's over a hundred years old.

Retterspitz Äußerlich is a cold-compress, liquid, herbal formula.

The formula is made up of a mixture of all-natural plant extracts diluted in purified water.

The active ingredients are...

- **Thymol:** Decreases inflammation so you don't hurt or swell as much and aren't off your feet for longer than necessary.
- **Arnica:** Heals injuries, soothes muscles, and makes varicose veins bulge less...which means you'll both feel AND look better after you've been hurt.
- **Rosemary:** Alleviates pain associated with movement (joint, muscle, and tendons), and improves circulatory problems so you feel better and can move with ease.
- **Lemon Oil:** High vitamin C content, making it a wonderful boost for the immune system. It stimulates white blood cells, improving circulation *and* making it easier to fight off any nasty diseases.
- **Bergamot Oil:** Strong disinfectant qualities, helping to heal wounds, cracks and itches. Can lower the sensitivity of nerves, relieving chronic aches and pains.
- **Orange Blossom Oil:** Helps to soothe and reduce irritated red skin. Get ready for beautiful, even-colored skin!

And paired with the body wrap...the benefits are undeniable...

Body Wrap Benefits:

- Helps in detoxification of the body by draining excess water so you're not carrying around extra weight in the areas you're trying to heal!
- Softens and re-hydrates rough skin with new and fresh moisture making your skin super soft to the touch.

- Nourishes the skin from the inside out and gives you a glow deep within by drawing out toxins that build up in the body.
- Tones, firms and tightens skin by removing unwanted dead skin.
- Speeds up the processes of the cells, allowing them to make new collagen (*that thing that helps the injury to close up and heal.*) The sooner this happens, the sooner you're ready to be active again!
- Improves the blood circulation by reducing swelling and bringing oxygen rich blood flowing to the joints, fresh oxygen means an energized body and fast recovery.

Long before we started using pain-relieving lotions and creams, Retterspitz Äußerlich was using the same soaking methods they use today...

...which is why the product is so effective!

They use the healing methods humans have been using for THOUSANDS of years!

And today **Retterspitz** offers the greatest all-natural herbal formula for healing inflammation.

They combine traditional healing expertise with the latest scientific research, ensuring that their products will be as effective as possible.

I know it sounds too simple...
But soaking your knee overnight with *Retterspitz*
***Äußerlich* can change EVERYTHING.**

And a bottle that lasts up to one month costs less than \$20!!
(Compared to prescription painkillers...that's nothing!)

I'M READY TO LIVE PAIN-FREE!

Retterspitz can help to improve:

- chronic polyarthritis
- active osteoarthritis
- soft-tissue rheumatic pain syndrome
- fibromyalgia syndrome
- bruising
- swollen joints
- painful swelling after endoprosthetic and vascular prosthetic care
- sprained ligaments
- strain and distortion as the result of injuries
- inflammation and feverish complaints, following osteosynthetic care for fractures of the thigh or lower leg
- soft tissue operations on the shoulder
- amputations
- sports injuries

Honestly, it helps with just about ANY kind of joint pain...so while I healed my knees, you can heal your ankles, wrists, hips, and elbows if you need to!

The process is this simple:

- 1.) **Order** the *Retterspitz Äußerlich* (translated from German it means 'outer-body application') and the *Retterspitz Body Wrap*.
- 2.) Follow the **instructional video** on how to dilute the liquid with water and how to apply & secure the wrap.
- 3.) Fall asleep with **total relaxation & peace**.
- 4.) Wake up in the morning to your inflammation-free and completely healed body!

I'M READY TO HEAL FOR GOOD!

When you experience the amazing benefits, you'll be shocked that no coach, doctor, or physical therapist ever told you about this amazing solution...

...and the added benefits just pile on.

Get this: Your first order of *Retterspitz Äußerlich* comes with the *Retterspitz Body Wrap* for FREE!...

And you have a full, 30-day, money-back guarantee! No hassle. No stress. If it doesn't work for you, just get an easy peasy refund

But I don't think you'll need it.

The best thing about this product (by far!) for me is that I can now play soccer, hike in the mountains, go to fun gym classes with friends, and practice yoga knowing that my body is healthy and inflammation-free.

I believe you deserve the same kind of freedom from pain!

Click the button below to get your bottle, today.

I'M READY TO HEAL FOR GOOD!

F.A.Q.

1.) How does Retterspitz Äußerlich work?

Retterspitz Äußerlich penetrates deep under the skin, targeting stubborn and persistent inflammation. All natural ingredients, straight from the Earth soak into the body and disperse the built-up inflammation.

2.) Are there any possible side effects of Retterspitz Äußerlich on your skin or any other part of your body?

There are no known side-effects of Retterspitz Äußerlich. It is recommended that you use a teaspoon size amount on a small part of your body to make sure you are not allergic to any of the all-natural ingredients.

3.) Why is this different from other lotions that claim to reduce inflammation?

*Retterspitz is a one-of-a-kind product that stays true to the natural ingredients that it started using over 100 years ago. Most of the lotions out on the market claim to be all-natural, but the ingredients labels site many harmful and toxic ingredients. We believe solely in keeping our bodies inflammation **and** chemical-free.*

4.)How do I apply it correctly? What if I don't dilute it properly?

Retterspitz Äußerlich has a very simple application process. Once the product is purchased, it is diluted in a cup of water. The Body Wrap is then dipped in the herbal liquid and applied to the inflamed part of the body just before bed. In the morning remove the wrap, and see the results for yourself!

5.)How can I get Retterspitz Äußerlich today?

Click on this link and order it right now. It can be on your doorstep in 24 hours.

I'M READY TO HEAL FOR GOOD!