

Herbal formulas have helped millions of people suffering from pain through the centuries; try our formulas for your health.

## THE HERBAL COMFORT PROGRAM SINCE 1992



*Mark Hammer, C.M.H., is a master herbalist-Chinese Medicine, trained at the Scientific American Hanyak Institute.*

*He began his studies and practice in 1992. He apprenticed under Dr. George Chun, who practiced for 40+ years before handing his secrets to Mark,*

*His chief objective is to share the medical secrets of Traditional Asian Medicine with the U.S. In particular, he is researching & formulating master herbal formulas that benefit the primary diseases that plague mankind.*



### Mark Hammer CMH, CHU LONGEVITY MOUNTAIN HERBS

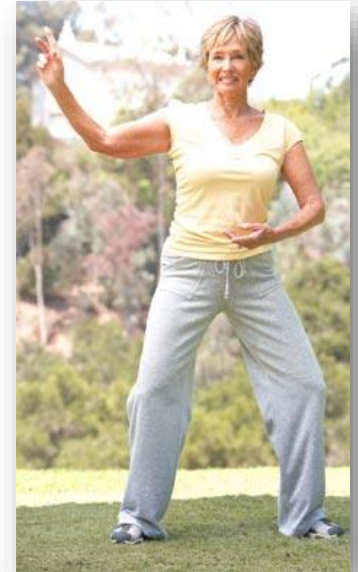
9614 Vilven Ln.  
Houston, Texas 77080

4 Sunset Dr.  
La Luz, NM 88337

Houston: (832) 691-5333

La Luz:  
[herbmaster@traditional-chinese-herbs.com](mailto:herbmaster@traditional-chinese-herbs.com)  
<https://traditional-chinese-herbs.com>

# 真 CHRONIC PAIN RELIEF Master Formulas



**LONGEVITY MOUNTAIN**  
Your Proven Path to Natural Health

## REAL HEALING POWER FROM NATURE

Herb Master Formulas, that really work,  
restoring health where seemingly lost ...

### LOWER BACK & LEG RELIEF



This formula tonifies the lower body's energy, nourishes the spleen thus stimulating urination, decreases ascetic acid & edema, fatigue, improves blood circulation to the lower back & legs.

Benefits: heavy sweating, body heaviness sensation, water retention, urination difficulty, strengthens tendons, leg pain & numbness, lower body aches (trunk, legs), abdominal fullness.

### NECK & SHOULDER COMFORT



This formula opens the channels (arteries, veins, capillaries, lymph system) to cleanse the stasis of

body fluids surrounding the neck & shoulders.

### FOOT COMFORT



Generates blood & energy to the heel, toes & overall foot. Clears obstruction related to the leg &

foot channels. Benefits: Bone spurs, cold feet, bunions, foot & toe pain & swelling, ankle pain, burning, tingling & numbness, foul smelling feet. Add Vital Qi to increase corrective effect, as needed.

### SPASMALIN

For athletes, sciatic nerve and groin pulls are a common complaint. Spasmalin speeds up the recovery process on a cellular level that is appreciated by athletic trainers, neuro-muscular-skeletal practitioners and their clients. Spasmalin reduces painful spasms in the muscles and the sinews. In particular, this combination is effective for hands, feet, thigh and calf spasms or cramps. Spasmalin relieves chronic pelvic inflammation, intercostals and trigeminal neuralgia. Spasmalin opens up channels, blocked off from energy. Spasmalin clears heat, toxins and sores from all locations of the body. This Master Formula stops spasm pain of the abdomen, muscle contractions (tremors, seizures) and numbness of lower extremities.



### ARM COMFORT



Opens and restores strength and circulation to the shoulder, arm, elbow, wrist and hand. Improves:

Carpel tunnel, tennis elbow, numbness of skin and muscles, painful joints, arthritis complaints in the upper extremities.



### VITAL QI

This formula is good for the weak & debilitated person. Vital Qi is especially helpful for the middle to elderly aged person who needs to boost their Qi or body energy. Normally, the Qi weakens over one's lifetime. This master formula focuses Qi or energy to the lower portion of the body (below navel-legs). It is an overall tonic to add to other lower body formulas. Also benefits prolapse, fatigue, excessive sweating and hernia.



### KNEE COMFORT

Knee Comfort brings nutrition and blood to the knee where it is absent. By depositing fresh warm blood, the stasis, which is cool to the touch, surrounding the knee is moved on. This cleansing process lubricates the bone and soft tissue so they may function harmoniously.



### PERSONALIZED HEALTH

Just as each individual has a different constitution, Longevity Formulas tailors its products to meet the individual's needs. Longevity Formulas has developed many other formulas, which work for unusual sources of pain (toes, heels, etc). Please, ask! We may have an answer or know of someone who does.

<https://traditional-chinese-herbs.com>

**(832) 691-5333**