

peaceful mountain.  
THE HEIGHT OF HEALTH®

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# press release

## Peaceful Mountain, Inc. announces release of all natural sports rehabilitation and performance gel, Arnica Plus.

BOULDER, Colo. (May 17, 2007) – Peaceful Mountain, Inc., a boulder based natural healthcare manufacturer, recently released Arnica Plus gel, the strongest arnica gel on the sports topicals market. Arnica usually refers to Arnica Montana, a mountain plant used for relief of muscle soreness, stiffness, bruises and rehabilitation in herbal medicine. Many athletes agree that using Arnica Plus as a pre and post exercise gel can help prevent muscle injuries.

Local Professional Athlete, Christine Knight, says about Arnica Plus:

*"The eve before a competition I begin layering Arnica Plus gel into my muscles and joints. Light stretching teamed with the gel usage totally prepares me, mentally and physically. It keeps my muscle fibers loose and fired up for taking on what lies ahead in my intense sport of hard core running and biking. Afterwards, massaging in more Arnica Plus and any/all of the Rescue gels keeps my recovery time to a minimum."*

In addition to Arnica Plus, Peaceful Mountain, Inc. manufactures a clinically tested tendon rehabilitation gel. Tendon Rescue aids in the recovery of tendon problems common among athletes. Tendon Rescue is specially designed to facilitate the repair of damaged tendons, ligaments and soft tissues. It contains a powerful blend of herbs known to alleviate the pain associated with tendonitis.

### About Peaceful Mountain:

The Peaceful Mountain product line was born with the belief that many common problems could be helped with the powerful herbs and elements supplied by nature. It is our goal to construct products that are natural, holistic and formulated for specific circumstances. As the tradition continues, rigorous scientific testing is the ultimate authority regarding the release of these solutions as Peaceful Mountain products. Only products that offer superior performance or fill a pressing need are brought to the market.

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### For immediate release

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