

Chinese herbal formulas have helped thousands of athletes through the centuries; try our formulas for peak performance.

HERBAL COMFORT PROGRAM SINCE 1992



Mark Hammer, C.M.H., is a master herbalist-Asian Medicine, trained at the Scientific American Hanyak Institute. Secret formulas were handed down from

one master to another (20+ generations), eventually to rest with Mr. Hammer's mentor, George Chun.

Before passing on, Dr. Chun requested that he reveal his most treasured formulas. Mr. Hammer began his studies and practice in 1992 and is actively engaged to share on his promise.

Currently, Mr. Hammer, looks forward to sharing the medical secrets of Traditional Asian Medicine with the U.S., benefiting both men and women. In particular, he is researching & formulating master herbal formulas that benefit the primary ailments that plague mankind.



Mark Hammer CMH, CHU LONGEVITY MOUNTAIN HERBS

10070 Emnora Dr.
Houston, Texas 77080
(832) 691-5333

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

All statements are based on the records approved by The Chinese Administrative Bureau of Traditional Chinese Medicine. The Food and Drug Administration of the United States has not evaluated this statement. Our products are not intended to diagnose, treat, cure or prevent any disease.

SUPERIOR



Athletic

Performance

Raising the Bar of Excellence



LONGEVITY MOUNTAIN

Proven Path to Natural Health

REAL POWER & ENERGY FROM NATURE

Herb Master Formulas, that really work- more speed, strength... *THE EDGE!*

VITAL YANG



Vital Yang is a 100%, all natural, revitalizing formula. Vital Yang opens all the channels, nerves, vessels to peak performance. Vital Yang allows more blood and oxygen to move

quicker through the body thus alleviating fatigue, immune deficiency and digestive disorders. Vital Yang raises and balances the hormonal environment for increased stamina and physical strength.



KNEE RELIEF

Knee Relief 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.



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

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, massage therapists, chiropractors, osteopaths and their clients. Spasmalin softens the liver, 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 and dysmenorrhea. For those who feel short of breath, fatigued, 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.



OSTEO SUPPORT

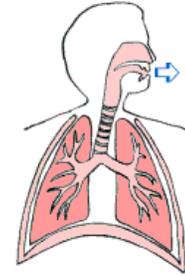
Osteo Support nourishes the blood when it is deficient and blocked which results in swollen and painful knee joints with wasting of the leg muscles.

Benefits:

- Chronic bone & joint pain
- Lower back & leg pain
- Fortifies the muscles, sinews, bones & blood vessels



BREATHE EASY



This master formula fortifies the lungs, eliminates phlegm while expanding lung capacity. Breathe Easy circulates the lung's energy throughout. The formula opens up the lung's alveoli while providing more

nourishment to the organ so it can perform its function more effectively. Breathe Easy relieves chest pain, wheezing, relaxes difficult breathing, opens breathing passages thus allowing balance of nitrogen, oxygen and carbon dioxide gases. Benefits: Lung deficiency, oxygen deprivation, excess lung mucous:

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, strengthens tendons, leg pain & numbness, lower body aches (trunk, legs).



(832) 691-5333