



CMO: Cetyl Myristoleate (Woodland Health)

Rita Elkins MH

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Today the focus of arthritis treatment has turned from traditional methods that simply target symptom relief to actual joint intervention. Natural compounds are being found that help heal and protect joints rather than masking the pain caused by their deterioration. One such compound is CMO, or cetyl myristoleate. In this booklet, Rita Elkins, MH, describes how CMO can be used safely to treat joint problems and promote joint health.

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