



FEBRUARY 2017



## Dr. P's Corner

### *Eastern Medicine Measured in Western terms*

Both Eastern and Western Medicine conduct studies to determine efficacy of treatments and medications. The following is a study conducted at a Swedish University Hospital to determine the short term and long term benefits of acupuncture in the treatment of chronic low back pain.

#### **Acupuncture for chronic low back pain: a randomized placebo-controlled study with long-term follow-up.**

**OBJECTIVE:** The authors sought to determine whether a series of needle acupuncture treatments produced long-term relief of chronic low back pain.

**DESIGN:** A blinded placebo-controlled study with an independent observer. The patients were randomized to receive manual acupuncture, electroacupuncture, or active placebo (mock transcutaneous electrical nerve stimulation). Subjects were examined and monitored by an investigator who was blinded to the treatment given.

**SETTING:** A tertiary-level pain clinic at a Swedish university hospital.

**PATIENTS:** Fifty consecutive patients (33 women, 17 men; mean age, 49.8 years) with chronic low back pain (mean pain duration, 9.5 years) and without rhizopathy or history of acupuncture treatment were included in the study.

**INTERVENTIONS:** Treatments were given once per week for 8 weeks. Two further treatments were given during the follow-up assessment period of 6 months or longer.

**OUTCOME MEASURES:** The independent observer made a global assessment of the patients 1, 3, and 6 months after treatment. The patients kept pain diaries to score pain intensity twice daily, analgesic intake, and quality of sleep daily, and activity level weekly.

**RESULTS:** At the 1-month independent assessment, 16 of 34 patients in the acupuncture groups and 2 of 16 patients in the placebo group showed improvement ( $p < 0.05$ ). At the 6-month follow-up assessment, 14 of 34 patients in the acupuncture groups and 2 of 16 patients in the placebo group showed improvement ( $p < 0.05$ ). A significant decrease in pain intensities occurred at 1 and 3 months in the acupuncture groups compared with the placebo group. There was a significant improvement in return to work, quality of sleep, and analgesic intake in subjects treated with acupuncture.

**CONCLUSION:** The authors found a long-term pain-relieving effect of needle acupuncture compared with true placebo in some patients with chronic nociceptive low back pain.



## Upcoming Events

HALOTHERAPY has been added to our impressive list of services. Discover the healing power of SALT. (learn more on next page)

New Stretching Class starting in February  
Every Saturday morning at 9am

Zero Gravity Meditation  
Every Monday 6:45pm and Wednesday 9:15am

# Feature Modality

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## HALOTHERAPY the healing power of Dry Salt

The term “Halotherapy” comes from “halo”, the Greek word for salt. Simply put, Halotherapy is the use of salt vapor to treat respiratory ailments, skin irritations, and combat mental lethargy. Studies show that people with chronic upper respiratory conditions, airborne allergies, sinusitis, and cystic fibrosis derive significant benefits from Halotherapy.



# Wellness Studio

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## How Meditation works for Chronic Pain

Chronic pain is relentless. Stress, environment, and emotional effects can overlay the original tissue damage in an injury, adding to the intensity and tenacity of the pain.

Mental processes can alter or delay our sense of pain and its severity. This is how war wounds can go unnoticed until after battle, athletes can continue to play with debilitating injuries, or minor traumas can lead to incapacitating pain. The last 5 to 10 years have seen a dramatic increase in the amount of studies focusing on how meditation works.

Knowledge of the nervous system has expanded and technology allowing scientists to visualize the nervous system has advanced. Meditation or relaxation exercises as some may refer to it have proven beneficial to overall well-being including the fight against chronic pain

Visit [www.eastwesthealingsolutions.com](http://www.eastwesthealingsolutions.com)

for a complete class schedule

**Located in the Fountains Plaza at 34876 US Hwy 19 N. Palm Harbor, FL 34684 •**

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# Sensoria

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## Essential oils for Chronic Headache Pain

Effective blends of 100% pure essential oils will help release the tension that causes many headaches and with no side effects. Add to your bath water, put a few drops on your pillow case, Inhale directly through a small inhaler or by using a diffuser. Feel better naturally with Essential oil blends like Alleviate for headache pain.



# Nutrition

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All of the following foods have a place in a healthy diet, so eating and cooking with them can be good for you in general. Even so, it's always a good idea to let your doctor know what kinds of remedies you're trying to be sure that none will interfere with another.

**Ginger** is a root that can be used in flavoring dishes from stir-fry foods to gingerbread cookies. It is most often recommended for easing nausea.

**Coffee** is one of the most common sources of caffeine, but it can be found in other food products, like tea, chocolate, and many sodas. Even if caffeine helps your chronic pain, talk to your doctor about safe levels for you to consume.

**Extra-virgin olive oil** might contain compounds similar to ibuprofen, making it a great oil for cooking foods or in recipes like salad dressings as part of your daily management plan when living with pain.

**Salmon** is rich in omega-3 fatty acids and is a great addition to every diet, even if you aren't living with pain. Salmon also provides calcitonin, which has been shown in clinical studies to reduce the inflammation in joints and may protect against pain from osteoarthritis.

**Turmeric**, also known as curcumin, is a spice that gives curry and other Indian foods their unique yellow color. It also seems to have anti-inflammatory effects and has been studied as a possible way to ease the chronic pain of rheumatoid arthritis.

**Red grapes** contain resveratrol, a chemical compound that is thought to have anti-inflammatory benefits. Combining resveratrol with turmeric may enhance the ability of both to fight inflammation, important when you're living with pain.

**Thyme** is an herb with tiny, fragrant leaves, used in cooking to enhance the flavors of many foods. Research suggests that compounds in thyme may interfere with the perception of pain, although researchers are not yet entirely sure how the plant accomplishes this. In the lab, thyme was as effective as the anti-inflammatory drug dexamethasone in reducing pain perception in mice.