



MARCH 2017



Dr. P's Corner

The many faces of Post-Operative Pain

Nearly everyone will at some time or another suffer from pain or disability. Post-operative pain, from minor to severe, is one of the main complaints or complications associated with an operation. This pain can occur anywhere from a few hours to a few days or weeks after surgery.

Surgical candidates are often unprepared for what lies ahead or they expect complete relief of the pain or disability after the operation. In addition to the pain itself, it is not uncommon for these patients to feel unhappy, angry, and fearful, stressed, depressed and/or frustrated which in turn will cause aggravation of pain.

Both ancient wisdom and modern scientific research reveal that acupuncture is a safe and effective alternative therapy for a variety of painful conditions including post-operative pain. Post-operative pain can range from nausea and vomiting, (often brought on as a side effect of anesthesia) to urinary infection and bowel obstruction to muscle and joint pain and much more.

The benefits of Acupuncture include:

- Reduced pain levels
- Improved ability to deal with pain
- Control tissue swelling
- Diminish the dosage of pain killers after the operation or reduce reliance on painkillers
- Stimulate rapid recovery
- Strengthen energy
- Shorten the resolution of hematoma (bruising)
- Regulate the appetite
- Calm and assist the emotions

During post-operative pain management, acupuncture treatment is often carried out in combination with moxibustion, massage, cupping, cold laser therapy and Chinese herbal medicine to name a few. Such treatments are often applied simultaneously.

The range of conditions and treatments associated with post-operative pain would fill many pages. A great deal of research has been conducted to assist those who suffer in this way and to answer the questions they may have about the best approach to deal with it. Each case is different as we humans present unique health challenges based on many factors including our inherited DNA, our diet, level of fitness, medications and emotional well-being. The good news is there are many tools available to promote recovery. In addition to TCM, communicate with other specialists such as neurologists, neuro and orthopedic surgeons, occupational and physical therapists in order to get support at maximum points of need.



Upcoming Events

HALOTHERAPY has been added to our impressive list of services. Discover the healing power of SALT.
(Read more in this month's issue of *Wellness Magazine*)

Amy Noia and Morgan Babbitt will be celebrating the grand opening of their company New Way Health and Fitness featuring the Bod Pod at East West Healing Solutions. Come **April 1st from 10:00am till 6:00pm** and learn how this new technology can serve you in your health and wellness quest.

Feature Modality

Massage (Manual) Therapy

Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain and muscle tension. Studies have found massage is also helpful for:

- Anxiety
- Digestive disorders
- Fibromyalgia
- Headaches
- Insomnia related to stress
- Myofascial pain syndrome
- Soft tissue strains or injuries
- Sports injuries
- Temporomandibular joint pain

At East West Healing Solutions acupuncture patients receive manual therapy as a standard part of each session.

Wellness Studio

How Could Tai Chi Help Reduce Pain?

Recent publications have outlined the **benefits of Tai Chi for several medical conditions** including but not limited to: *chronic pain, osteoporosis, arthritis, hypertension, and Parkinson's disease*. Tai Chi has been shown to improve stress, sleep and sexual function. Therefore, the health benefits for individuals suffering with chronic pain extend well beyond their chief complaint.



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Nutrition

Post-Operative Diet Tips

One of the best things you can do to improve your nutritional status when you are recovering from surgery is to focus on whole foods. For example, an orange would be a whole food. Orange juice, though, would be a more processed version. Processed foods tend to have higher amounts of fat, sugar, salt, and chemical additives, but far less fiber and vitamins than their whole food counterparts. One easy way to stick to more nutritious, less-processed foods is to focus on the outside aisles of the grocery store. Most grocery stores are set up with unprocessed foods on the outermost areas of the store in the produce, butcher/fish, dairy, and bread areas. By doing most of your shopping in those areas, you will naturally choose healthier foods.

It is important to include fiber in your diet as you are recovering from surgery. Not only are high-fiber foods healthier than their low-fiber counterparts, fiber plays a major role in preventing constipation, a common complication after surgery.

Focus on Lean Protein: Lean protein can be found in lean meats, such as chicken, turkey, and pork. Seafood, including fish, is also an excellent source of lean protein. Red meat is not recommended because of the high level of saturated fat and because it can trigger constipation.

If you don't eat meat, consider nuts, tofu, beans and "vegetarian" foods, such as tempeh and texturized vegetable protein (TVP) to supplement your protein needs.