



Summer 2018



Dr. P's Corner

Acupuncture and Chronic Pain Management.

According to National Institute of Health Pathways to Prevention Workshop (2014), chronic pain affects an estimated

100 million Americans, with approximately 25 million people experiencing moderate to severe chronic pain, which negatively impacts their ability to function leading to a diminished quality of life. An estimated 5 to 8 million Americans use opioids for long-term management of chronic pain, which can have deleterious effects on their lives including addiction. Recent evidence suggests that acupuncture, a treatment modality that has been used worldwide for over 2,000 years, is a useful pain management option for those who suffer from chronic pain.

Chronic pain is most often inflammatory pain associated with tissue damage, and / or neuropathic pain associated with nerve damage. Acupuncture suppresses both types of pain. Acupuncture may decrease pain-causing inflammation by stimulating the body's pituitary gland to release cortisol, a hormone that is known to reduce inflammation.

Neuropathic pain is a chronic condition most common in individuals who have experienced tissue damage. These damaged nerves send incorrect pain responses to the brain even when painful stimuli are not present. The pain can present itself as numbness or the tingling sensation of "pins and needles." Like many chronic conditions, neuropathic pain doesn't just affect the physical body. It can often lead to difficulty sleeping, anxiety, and depression. For this reason, a holistic approach to treatment is highly encouraged to focus on the entire mind, body, and spirit of a patient dealing with the effects of neuropathic pain.

Natural tips to help reduce inflammation

- Try Turmeric
- Eat your greens
- Eat your reds, blues and purples too
- Grab a handful of nuts
- Get more gentle exercise
- Keep stress at bay
- Up your yoga game
- Get enough sleep

Upcoming Events

June 23-24: Body Mind Spirit Expo

Florida State Fairgrounds 4800 US Hwy 301 n.
Tampa
Sat and Sun 10:00am – 6:00pm Admission \$12.00
Over 60 exhibitors plus 30 talks and seminars.

July 28th-30th Qi revolution

Bradenton, FL Convention Center
Largest Qigong event in the USA \$149 for all 3 days
Experience 3 days of profound ENERGY

Feature Modality

Full Spectrum Infrared Therapy

Infrared light is the invisible part of the sun's spectrum with the ability to penetrate human tissue, giving a soothing natural warmth. It is naturally occurring from the sun and is the basis for infrared sauna therapy.

Full Spectrum Infrared technology is therapeutic because it is 95-99% efficient at heating the body directly rather than simply heating the air.

It raises the core body temperature to produce a deep, detoxifying sweat at the cellular level where the majority of toxins reside. Benefits include:

- Detoxification
- Relaxation
- Weight Loss
- Heart Health
- Pain Relief
- Anti-Aging
- Cell Health/Immunity
- Wound Healing
- Lowers side effects of Diabetes
- Reduces Anxiety & Depression



Wellness Studio

Remember to stretch

We've been told since our first PE class in elementary school that stretching is important. Daily stretching is a great habit to get into. Here are a few of the perks it may provide:

- You be full of energy even at 3:00pm
- You'll be less likely to trip and fall
- You'll move around more easily with less pain
- You'll be less likely to injure yourself
- You may reduce your blood sugar
- You'll reduce stress

Sensoria

Try Eucalyptus for Pain Relief

Eucalyptus essential oils are similar to those of juniper. When used topically it has anti-inflammatory and analgesic properties. You can use it as a lotion or cream massaged into areas that are painful or as a bath oil or salt in the bath. It's recommended for treating nerve pain, sprains, strains and muscular pains and aches.



Sensoria Unlock Essential Oil Blend
Contains Eucalyptus and Peppermint
www.sensoriawellness.com

In addition, it works well when combined with other types of essential oils like peppermint or lavender. However, it should be used carefully since it can be toxic when used in large amounts.

Nutrition

Include Diet in your Pain Relief Regimen

Most pain is caused by inflammation. You have no doubt heard the phrase that food is medicine. This is true but naturally not all foods have healing benefits. If you are dealing with pain due to inflammation

Include plenty of these anti-inflammatory foods in your diet:

- tomatoes.
- olive oil.
- green leafy vegetables, such as spinach, kale, and collards.
- nuts like almonds and walnuts.
- fatty fish like salmon, mackerel, tuna, and sardines.
- fruits such as strawberries, blueberries, cherries, and oranges.

Located in the Fountains Plaza at 34876 US Hwy 19 N. Palm Harbor, FL 34684 • Call us at 727-216-3972

STOP HURTING START LIVING