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HAMMES

FAMILY CHIROPRACTIC

Natural Solutions to Pain That Are Not Drugs

Americans use and are prescribed an incredible amount of pain medication each year. In addition it's estimated that Americans purchase billions of over the counter anti-inflammatory (i.e. ibuprofen) drugs each year. These medications work by inhibiting the enzymes that convert dietary fatty acids into inflammation producing chemicals that cause pain in the body. This description makes it sound like there are dietary alternatives to the anti-inflammatories, and low and behold there are.

Our modern diet consists of many empty, nutrient free, calories. In fact for many people 80% of their diets include calories that actually promote inflammation rather than reduce it, thus resulting in



Self Massage Technique Tips

There is nothing that rivals the stress relief and relaxation of a full body massage. Last year alone 48 million Americans got at least one massage. Massage therapy can be effective for a variety of conditions, including arthritis, lower back pain, insomnia, headaches, anxiety, circulatory problems, and recovery

pain. Most of our calories *should* come from vegetables, fruit, fish, lean meats and nuts. These foods are the best sources of calories to reduce pain because of they include natural mineral that are anti-inflammatory nature.

Another thing that people with chronic pain should consider taking is Fish Oil pills as a supplement. Fish Oil pills have been shown to be helpful with people who have neck and back pain, as well as joint pain from arthritis. The recommended amount for a fish oil supplement is 1-3 grams of Omega -3 Fatty Acids, which is the equivalent of 2-5 fish oil capsules daily.

Autoimmune diseases, such as rheumatoid arthritis, are inflammatory in nature and known to be associated with a vitamin D deficiency. We get most of our vitamin D from the sun however when we wear sun screen with an SPF 8 or greater our vitamin D intake is reduced by 95%. You can increase your Vitamin D intake by taking supplemental vitamin D3.

There are also natural health benefits in herbs and spices that we use everyday. The most well-studied in the context of inflammation and pain are ginger and turmeric. Each has been shown to reduce musculoskeletal pain. The most economical way to take ginger and turmeric is with meals as an added spice. However,herbal supplements are widely utilized and available in many locations.

Remember that we are always here to help you develop a program that will keep you healthy. Bottom line and our goal is always "Quality Care, To Feel Better, To Heal Better".

www.hammesfamilychiropractic.com

References:

Everyday Health - <http://www.toyourhealth.com/mpacms/tyh/article.php?id=1179&pagenumber=2>

from a sports injury.

But what if you can't get to a massage therapist right away? Not to fear you can still benefit from the many positive effects of massage with your own hands. Here is one way how...

Massage Therapy to Ease Headaches and Tension

Start by placing your thumbs on your cheekbones close to your ears, and use your fingertips to gently apply pressure and rub the temples (the soft spot between the corner of your eye and your ear).

Using very firm pressure and a tiny circular motion, gradually move your fingers up along your hairline until they meet in the middle of your forehead, massaging your entire forehead and scalp as you inch along.

**December's
Wellness Day is
Monday
December**

Next Months Topic: Tips To Manage Your Everyday Stress Levels

29th!!

Reduced Cost
Adjustments!!

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