

NATURAL BALANCE NEWSLETTER

SUMMER 2004

Helping bring balance back into your life!

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HEADACHES



Are you one of the 40 million men, women and children that suffer from headaches? Do you feel that headaches are normal and you should have to live with them?

After reading this article I hope that you come away with a better understanding of signs and symptoms, causes, and non-medicated treatments for headaches. I believe that no one should have to live with headaches and that there are numerous treatment options available to a headache sufferer.

Headaches can be triggered by any of the following reasons: muscle fatigue or tension, stress, anxiety/depression, low blood sugar, allergic reactions, eye strain, teeth clenching/grinding, and consumption of certain drinks or foods.

If you suffer from headaches regularly, it is very important to keep a headache log so that you can identify and avoid headache triggers. Using this record of your headaches, with a description of the pain, time of day, what you were doing up to 2 hours before, and how you treated it, can empower you to take control and become headache free.

Symptoms of headaches can vary greatly. Common signs and symptoms include:

- Pain in the head with tight neck or jaw muscles
- Temple or eye pain
- The feeling of having a vise over the back of your head
- Insomnia
- Pain in the head/jaw in the morning due to clenching or grinding of teeth

Migraines can have more severe symptoms including nausea, vomiting, and sensitivity to light.

There are several treatment options that don't involve medication. These include self acupressure, acupuncture, stress management, breathing and relaxation exercises, chiropractic, and massage/bodywork treatments. Massage/bodywork sessions can assist by decreasing muscular and tissue tightness throughout the body. This tightness can pull down on and cause strain on sensitive structures including the jaw and the base of the skull.

I try to find alternative treatments to headaches instead of medication because medications work on the symptoms but don't look at the cause of headaches. I also wonder about the long-term effects of medication on the body.

I hope that you can use this information to take control of your headaches.

TYPES OF HEADACHES

The following are the most common types of headaches:

1. **Migraines:** affect 15% of the population, 75% are women, typically start early in age (teens or twenties). Common symptoms can include nausea, vomiting, sensitivity to light and can be debilitating

2. **Cluster:** affects 1% of the population,

mainly in males. Attacks occur for days, weeks, or months and then will resolve for months or years.

3. **Tension:** affects nearly everyone at some point in their lifetime. Usually considered a nuisance, but many people suffer daily from these headaches.

4. **Rebound:** caused by overuse of pain relievers which causes medication withdrawal.

ACUPRESSURE POINTS FOR HEADACHES AND MIGRAINES

Acupressure is used to stimulate sensitive points throughout the body. When these points are triggered the body releases endorphins, which is a neurochemical that relieves pain.

Acupressure should not be substituted for medical care of headaches and migraines, but can be used as a complementary treatment. When using acupressure as a self treatment, apply prolonged pressure directly on the point. The pressure should be gradual and steady and held for approximately three minutes. You will feel a good achy pain, but **should never** experience extreme pain.

The following eight points are good for headaches and migraines. You do not have to use all of the points. Determine which ones work best for you. All of these points have different purposes.

1. Hold pressure at the base of your skull (where your spine meets your head).
Benefits: neck stiffness, eye pain, headaches, vertigo
2. Start at the pressure point in #1 and then move your fingers outward until you feel a slight hollow and hold.
Benefits: neck stiffness, eyestrain, irritability, headaches, migraines
3. Apply pressure at the indentations on either side of the bridge of your nose (where glasses rest) and hold.
Benefits: eye pain, headaches, sinus pain, hay fever
4. Apply pressure directly between your eyebrows (Minds eye) and hold.
Benefits: balances pituitary gland, hayfever, headaches, eye strain, indigestion
5. Apply pressure at the bottom of the cheekbone directly below your pupils and hold.
Benefits: Nasal and head congestion, eyestrain, toothaches
6. Apply pressure into the webbing between your thumb and index finger and hold. **DO NOT USE IF PREGNANT(may cause contractions).**
Benefits: frontal headaches, toothaches, shoulder pain, abdominal discomfort, labor pain
7. Apply pressure on the top of the foot between the big toe and second toe (follow the valley between the bones of the foot) and hold.
Benefits: foot cramps, headaches, eye fatigue, allergies, arthritis
8. Apply pressure on the top of the foot, 1" above the webbing between your last two toes in the groove between the bones and hold.
Benefits: Hip pain, shoulder tension, headaches, sideaches, water retention, sciatica

I hope that you find this information beneficial. If you have any questions please call me at 262.893.3246.

At least 4 billion dollars is spent annually on over-the-counter pain relievers for headaches. (Many of these are ineffective for the headache sufferer).

THE SUMMER ATHLETE

Are you getting ready to start your summer softball, volleyball, or soccer leagues? As we all become active over the summer and start moving our bodies that may have become glued to the couch over the cold winter months, we run the risk of injuring muscles that have not trained for the task at hand.

You may ask, how can I prevent a muscle pull when starting these activities? Well, here are some quick suggestions for maintaining a healthy body this summer.

1. **Maintain an active lifestyle in the winter months:** keep body conditioned with cardiovascular and weight training.
2. **Train for the activity at hand** (i.e., get out and start doing a throwing progression of the softball at least 3-4 weeks before your first game, so you can minimize shoulder soreness and help prevent injury)
3. **Warm-up properly:** you should warm your body up prior to any activity, whether it's a game or a fun non-competitive activity. Warm-up should last at least 15-20 minutes and consist of jogging or brisk walking, stretching that incorporates movement, and light sport specific activities.
4. **Cool-down properly:** cool-down for at least 10-15 minutes. This should include: full body stretches where you hold the stretch with prolonged holds for 20-30 seconds for each muscle group.
5. **ICE immediately:** If you feel sore or injure yourself during an activity put ice on the area immediately for 10-15 minutes. Ice should be used for the first 48 hours after injury. Icing helps to decrease swelling, inflammation and pain.
6. **Medication:** taking a 3-4 day supply of over-the-counter anti-inflammatories (Tylenol) may help with swelling and pain. Follow guidelines on medication jar.

All information provided are just suggestions and should not take the place of medical advice from your physician.

RECIPE CORNER – SAUCES/DRESSINGS

Tomato Red Pepper Salad Dressing

6 oz can tomato paste
1 whole roasted red pepper from a jar
2 Tbsp red wine vinegar
2 Tbsp water
1 garlic clove, chopped
1 tsp dried basil

Combine all ingredients in a blender. Blend until well mixed. Recipe will keep in a refrigerator for at least one week.



Honey Dijon Sauce

Great with chicken nuggets, pretzels or as a mustard.

1 Pkg Mori Nu tofu, silken, firm
5 Tbsp Dijon mustard
¼ C honey

Blend tofu in a blender until smooth. Stir in mustard and honey. Serve.

Balsamic Vinaigrette

¼ C balsamic vinegar
2 Tbsp olive oil
1 Tbsp fresh basil, chopped
1 garlic clove, minced
¼ tsp paprika
1/8 tsp salt

Combine all ingredients in a covered shaker and mix well.

STRETCHING CORNER

Try these stretches to help alleviate neck stiffness and soreness. Hold for 20-30 seconds and repeat 3-5x on each side.

With rolled towel placed lengthwise at mid-back level, lie back on towel with arms outstretched. Gently elongate arms. Hold 20-30 seconds. Relax.

Repeat 3-5 times per set.
Do 1 sets per session.
Do 2-3 sessions per day.



Gently grasp right side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt. Hold 20-30 seconds. Repeat on both sides.

Repeat 3-5 times per set.
Do 1 sets per session.
Do 2-3 sessions per day.

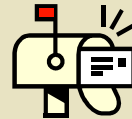


MASSAGE SPECIALS

SUMMER SPECIAL: Schedule two 1-hour sessions within a month and get a 1 hour myofascial treatment for \$25. (expires August 31, 2004)

Volume Massage Discounts: Purchase 3, 5, or 10 massages and get a discounted rate.

Referral Program: Every time you refer 4 new clients, I will give you a free massage. Just have your friends mention your name when they get their massage. I will send you a massage on your 4th referral.



FEEDBACK!

Do you have questions or suggestions? I would like to hear from you. Send me your questions, suggestions, recipes, ideas, or anything that you would like.

Call or write to:

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