

NATURAL BALANCE NEWSLETTER

SUMMER 2005

Helping bring balance back into your life!

Natural Balance Therapy, P.O. Box 2114, Waukesha, WI 53187-2114 ♦ 262.893.3246

Web: www.naturalbalancetherapy.com ♦ E-mail: Amy@naturalbalancetherapy.com

NBT HAPPENINGS

I am grateful every morning when I wake up because I have been given the gift to work and help wonderful people everyday. As many of you know I have only been working part-time in my business and full-time in a rehab clinic. Well, my dreams have come true and I will be working in my Mukwonago and Waukesha clinics full-time within the next couple of months. This will allow me to help more people by having more flexible morning, afternoon, and night hours.

Over the past 5 months I have been working with Spencer-Smith & Perugini Chiropractic in Mukwonago. It has been wonderful working with all of the staff and clients from the clinic. Being able to combine my soft tissue work with chiropractic care has been amazing. Our clients have definitely seen a great reduction in symptoms.

My hours will be changing in both clinics over the next couple of months and I will be notifying you with the changes. My current hours are as follows:

Waukesha:

Monday: 3:30 – 7:00 PM

Thursday: 3:30 – 7:00 PM

Mukwonago:

Tuesday: 12:30 – 7:00 PM

Wednesday: 8:00 – 6:00 PM

Friday: 8:00 – 6:00 PM

I would like to thank my family, friends, and all of my wonderful clients for all of your love and support during this transition. All of you have really been great educators both personally and professionally. I learn something new everyday and am thankful for the continual learning.

In the next two to three months my website will be going through some modifications and restructuring. Please check it out and give me your feedback. You can access my website at www.naturalbalancetherapy.com. Some of the new things to check out will be an Ask Amy section and I will be putting my open appointment times on the web. I hope you enjoy the changes.

Natural Balance Therapy Discounts

Testimonial Discount: Send a testimonial and receive 10% off your next visit. (Limited to one discount per person). Testimonials will be used on promotional information and on my updated website. Only first names will be used when using your testimonials.

Referral Program: Every time you refer a new client, receive \$5 off your next session. Just have your friend mention your name when they get their massage and I will take \$5 off your next visit.

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

Dangers of Over the Counter Pain Medications

Do you reach for an over the counter (OTC) pain medication (Ibuprofen, Advil, Aleve, etc.) at the onset of pain? We have seen news reports and articles addressing concerns with prescriptions like Bextra, Vioxx, and Celebrex, but what are the concerns with OTC medications.

On April 17, 2005 the Associated Press released an article stating that OTC pain medications increase the risk of death from cardiovascular disease. According to the study performed in Norway, smokers who took such drugs for at least six months had twice the risk of dying of a heart attack, stroke or other heart-related problem.

The study suggests that there are problems associated with the family of medications known as non-steroidal anti-inflammatory drugs, or NSAIDs, which include ibuprofen and virtually all other OTC pain relievers except Aspirin and Tylenol.

There are a number of misconceptions regarding OTC medications. One of the more important ones is that OTCs are safer than prescription pain relievers. OTCs are actually very capable of posing the same threat to your health that prescription medications do, and the results of this study support this notion.

The original purpose of the Norway study was to determine if OTC pain relievers could prevent oral cancer. However, the data revealed that the NSAID users were dying at twice the rate of the others from heart-related problems. The risk was highest among ibuprofen users, who were nearly three times more likely to die of cardiovascular disease than non-NSAID users.

There are many ways to treat your aches and pain without the use of OTC medications.

Initially, put a bag of ice on the area for 10-15 minutes, 2-3x/day to help decrease pain and inflammation. You can also perform light stretches for the area to increase mobility. "Being especially sure to optimize your intake of omega-3 fats along with reducing omega-6 fats, can radically reduce your reliance on anti-inflammatory medications," according to Dr. Mercola from www.mercola.com.

Massage, bodywork, and/or specific chiropractic are drug-free choices for the treatment of pain from an injury, digestive or reproductive discomforts, and general aches and pains.

These treatments work on both the musculoskeletal and neurological systems, which will free the body of restrictions and pain. Massage and specific chiropractic will look at and treat the whole body so you can get long lasting results from your symptoms. Taking medications only looks at the symptoms and never will truly get down to the true cause.

So, call me today to talk about a more natural approach to symptom relief.

Medication Facts

Info taken from Associated Press (AP)

- Americans are the most medicated population in the world
- 130 million Americans take medications every month
- 125,000 people die from drug reactions and mistakes each year
- Prescription drug usage by Americans has increased by two-thirds to 3.5 billion prescriptions per year
- Americans spent as much on drugs last year as they did for gasoline

Understanding Foot Pain

Recently, I have treated a lot of clients with foot pain. So, I wanted to discuss different diagnoses, causes and treatments for foot pain.

You may have heard many diagnoses for foot pain. Here are the most common diagnoses that I see.

- Sprain – injury to a ligament (ligaments connect bone to bone)
- Strain – injury to a muscle or tendon (tendons connect muscle to bone)
- Plantar fasciitis – inflammation of the plantar fascia on bottom of the foot
- Bony spur – bony growth typically at muscular attachments

There can be many direct causes of foot pain including:

- Trauma – direct blow,
- Overuse – excessive running, strain from heeled shoes, etc.
- Excessive pressure - caused from improper fitting shoes (toe box is too small, shoe length is too small or large, etc)

During my practice I have seen many indirect causes of foot pain that many may not be aware of including muscle or fascial (connective tissue in the body) tissue tightness and an imbalance in the pelvis. When we develop tissue tightness, over time we may develop decreased range of motion or compensations in our walking pattern. These will lead to overuse and strain on the structures of the foot and lower leg. So, it is vital to assess and release the restrictions in the whole body in order to resume a normal range of motion and re-train for normal walking patterns.

The second indirect cause is an imbalance in the pelvis. When our pelvis is out of balance (rotated or torqued) it can affect the lower extremity alignment as well as the spine and head. When the pelvis becomes rotated it may cause one leg to

be pulled short causing a leg length discrepancy. Almost all leg length differences stem from the pelvis being out of balance. So, it is critical to bring the pelvis into balance to eliminate this leg length difference and any compensatory patterns that may have developed.

Treatment for foot pain really needs to look at the whole body and determine what is causing your foot symptoms. It is essential to balance the pelvis and eliminate the tissue restrictions in the lower extremities, feet and hips/pelvis. Soft tissue work including myofascial release, cross friction massage, and pressure point treatment are vital in the treatment of foot pain.

Ice should be used on the foot to decrease pain and inflammation. You can also perform light stretching on the calf, hamstrings, quads, and hips.

Call today to discuss care for foot pain.

Wheat Berry Waldorf Salad

- 4 C water
- 1 C wheat berries
- 1 Gala or McIntosh apple
- 1 Granny Smith apple
- 2 Tbsp walnuts, toasted and chopped (optional)
- 1 celery rib, sliced thin
- ½ C dried cranberries
- ¼ C golden raisins
- 2 green onions, chopped
- 3 Tbsp rice vinegar
- 3 Tbsp orange juice
- ¼ tsp freshly grated orange zest

In saucepan, boil water and add wheat berries. Simmer, covered for 1 ½ hours or until tender. Drain wheat berries and cool to room temp. Cut apples into ½" chunks and toss them with wheat berries and all remaining ingredients in large bowl.

Per Serving (1 C): 200 calories, 3g fat, 0g SAT FAT, 6g fiber, 0mg CHOL,

Skin Care Strategies

May was Skin Cancer Awareness month, and according to the Skin Cancer Foundation, your best defense against melanoma is self-detection. Examine your skin monthly for moles (have a doctor check it once a year) and use the ABCD rule:

- * A is for *asymmetry* (if one half of a mole does not match the other you should have your physician check it out)
- * B is for *border* (an uneven one is a warning sign)
- * C is *color* (varied shades within a mole are suspicious)
- * D is for *diameter* (if it's greater than six millimeters – the size of a pencil eraser – show your doctor right away)

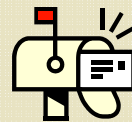
Learn more at skincancer.org and remember, prevention is key: Use a sunscreen with an SPF of at least 15 daily (apply every 1-2 hours). Stay out of the sun during peak hours between 10 AM and 3 PM.

Info taken from Organic Style magazine, May 2005

Want a discount on your next session?

Just refer friends, family, or co-workers for a session and receive **\$5 off for each referral** when they mention your name.

If you have been happy with your treatments and noticed symptom relief please tell others so they can receive the same benefits that you have received.



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:

Phone: 262.893.3246

E-mail: amy@naturalbalancetherapy.com

NATURAL BALANCE THERAPY
PO Box 2114
Waukesha, WI 53187-2114

