



Staying in Touch®

It's time for Spring!

Spring is here, and things are looking up! More than ever, we should appreciate this time of year by getting out of the house for some gardening or for walking, jogging or biking down your favorite path.

This issue covers remedies for neck pain and migraines. Of course, massage can play an important role in both of these life-interrupting problems.

While the second article addresses the benefits of exercise in reducing migraines, massage can help, as well.

Research in massage therapy has found promising results for reducing pain associated with chronic conditions including migraine headache, lower back pain, fibromyalgia, and juvenile rheumatoid arthritis. The benefits of massage therapy may therefore extend to other chronic pain conditions such as tension headache.

Source: ncbi.nlm.nih.gov

The National Center for Biotechnology Information (NCBI) is part of the United States National Library of Medicine (NLM), a branch of the National Institutes of Health (NIH)

Remember, massage is a great overall support system for your health.

Stay healthy; see you soon!

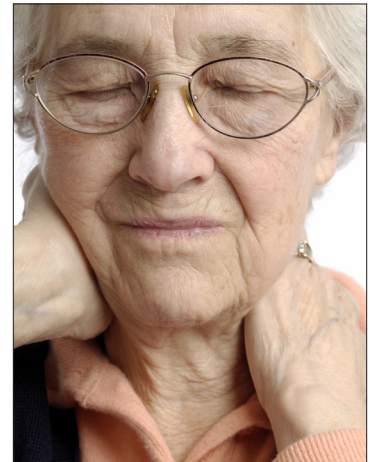
The risks of a pain in the neck and how to manage it

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New Delhi: A pain in the neck happens to be the fourth leading cause of disability globally ... Neck pain can interfere with daily life, including the ability to feel productive, sleep, and enjoy time with family. It is a common occurrence among the working population usually engaged in tech jobs or desk jobs.

A naturopath at Jindal Naturecure Institute points out that there are several factors that can result in neck pain like stress, poor posture, obesity, muscle inflammation, arthritis, and injuries.

“The best way to deal with neck pain is to minimise it in the first place. Naturopathy offers safe and effective alternatives to deal with neck pain without falling prey to the side-effects of pharmaceutical drugs. Blending in the goodness of natural therapies like yoga, massage, herbs, and acupuncture, along with lifestyle modifications, naturopathy can bring huge relief from neck pain,” he says.



Risks of Neck Pain— The expert says: “The common causes of neck pain are muscle strain and nerve compression. However, the symptoms alone cannot indicate which one of these is occurring. Muscle strain usually results from poor posture, repeated lifting, sleep, stress, or anxiety. Nerve compression can occur when a disc in the spine slips out of its position and pinches or presses the nerves, or when the tissues in the neck get inflamed or swollen causing the nerves in the area to get squeezed. Whatever the cause, ongoing chronic neck pain shouldn't be neglected as it can lead to a lifetime of disability or even permanent damage.”

He suggests naturopathic ways to treat neck pain, including:

Massage— Several studies have pointed out that massage therapy can offer relief from neck pain and improve range of motion when performed by qualified professionals. Massage therapy usually involves the use of the hands to manipulate soft tissues, like the tendons and muscles, increase blood circulation, and reduce muscle tension. It helps to ease up the sore, numb and stiff muscles in the spinal area and neck region.

Lifestyle Modifications— These play a significant role in the management of neck aches and stiffness. Practicing good posture while at work or home should be a key priority for those suffering from neck pain. Getting good sleep and maintaining the spine in a comfortable position throughout the night, regular neck exercises, and taking breaks in between work and stretching are some of the ways to reduce strain on the neck and keep it relaxed. **Source:** telanganatoday.com

Migraine triggers can be calmed by just 2.5 hours of exercise a week *by Study Finds*

Migraine headaches are nothing to take lightly. While there can be several causes for a migraine, a new study finds the best prescription may be regular exercise. Researchers from the University of Washington say just two-and-a-half hours of exercise a week can reduce many of the causes which trigger a migraine.

The new report finds more than two-thirds of people who suffer migraines do not get enough exercise. By increasing the levels of moderate to vigorous exercise each week, researchers say this will lessen migraine triggers such as stress, depression, and sleep problems.

The study authors say people can also benefit by completing at least two-and-a-half hours of brisk walking, playing sports, and even heavy cleaning each week.

“Migraine is a disabling condition that affects millions of people in the United States,” says study author Dr. Mason Dyess in a media release. “And yet regular exercise may be an effective way to reduce the frequency and intensity of some migraines.

“Exercise releases natural pain killers

called endorphins, helps people sleep better and reduces stress. But if people with migraine are not exercising, they may not be reaping these benefits,” the researcher continues.

Less exercise is bad for your mental health— In the study, 4,647 people completed a questionnaire about their migraine characteristics, sleep, depression, stress, and anxiety levels. They also noted how much moderate to vigorous exercise they participated in each week. The group was allowed to include those alternate activities like playing sports and cleaning in their answers.

The results reveal just 27 percent of the group report meeting that fitness

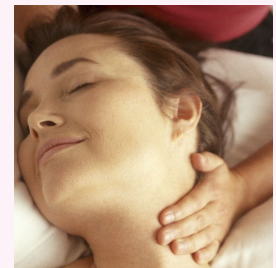
recommendation. People who got less than 150 minutes of exercise each week had increased rates of depression, anxiety, and sleep problems.

Almost half of the participants (47%) who did not exercise reported experiencing depression, compared to a quarter of people in the group that exercised the most.

Dr. Dyess, a member of the American Academy of Neurology: “People with migraine should consider incorporating more exercise into their daily life because it may be a safe and low-cost way to manage and minimize some of the other problems that often accompany migraine.” **Source:** studyfinds.org

Make Mom feel extra special this year on Mother’s Day with a relaxing massage gift certificate!

Show her how much you care; call today to order ...



When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child. —Sophia Loren

The content of this newsletter is not intended to replace professional medical advice. If you're ill, please consult a physician.
