

## Soothe Pain Safely

You are probably aware that three prescription pain killers, Vioxx, Bextra and Celebrex were pulled off the shelves because of recent research showing the high risk of heart attacks along with numerous other side effects with their use. So, what does one do now for pain relief?



At Holistique, we offer safe and effective treatments for physical distress and pain. Kaprex, for instance, is a cox-2 inhibitor similar to Celebrex but is safe and easy on the GI tract. To ensure maximum safety, it is tested in four different ways. Derived from olive leaf and rosemary, it helps reduce joint inflammation and pain, is fast acting and long lasting. Another effective treatment option for pain is acupuncture with electric stimulation. Acupuncture is safe but does require several consecutive treatments for optimal results. Interferential therapy, a form of deep electric stimulation, is also very effective in reducing pain by releasing endorphins and enkephalins, body's natural pain killers, and eliminating inflammation and muscle spasm. See Dr. Darvish or Dr. Leslie for the right protocol for you.

### Home Remedies for Pain Relief

Castor oil can dramatically ease muscle, joint and tendonitis pain and decrease inflammation and scar tissue. Here is how to use it.

1. Gently heat the castor oil under warm water.
2. Apply a very thin layer of oil to the area and gently rub it in.
3. Cover the area with ace bandage or other cloth.
4. Heat the area with a hot water bottle or towel for 30 minutes.
5. Repeat as necessary.

### Muscle Pain

Having recently had a bout with a severe muscle spasm, I know what that can be like. Here are few of natural remedies:

**Ultrasound** and **interferential therapy** are effective ways to reduce muscle spasm and inflammation. Also hot pack and cold pack can ease the throbbing.

Here is another recipe for reducing muscle pain:

- 1-Mix together 1 teaspoon liquid extracts of lobelia, myrrh, and cramp bark.
- 2- Add a pinch of cayenne pepper. Too much cayenne will irritate the skin therefore its effectiveness!
- 3- Rub the compound gently into the effected areas.
- 4- Repeat as necessary.

### Infrared Bed Reduces Inflammation pain

Not only does spinal compression cause fiery nerves, but it also impairs the functioning of organs along these neural pathways, making them more vulnerable to disease. Acupuncturists have long recognized that opening energy blockages in the spine spurs regeneration. Infrared Bed uses the principles of heat, (moxibustion), massage, acupuncture, acupressure, spinal traction, far infrared rays and the jade effect. The Chinese believe jade helps purify the body, strengthen the immune system and slow the aging process.

The bed uses jade-covered massage caps, the most efficient natural way to conduct warm Far Infrared Rays, deeply penetrating and loosening tight back muscles. Studies in China and Korea report a 90% improvement in people with chronic muscle and bone pain as well as 95% improvement in ill patients using the Infrared Bed. We offer this as a **complimentary** service to all our patients. Please call to reserve your time to take advantage of this healing bed.

### Sore Throat Gargle Recipe

- 1 tbs of freshly squeezed lemon juice
  - 1 clove of garlic smashed
  - 1/2 tsp salt
  - 1 pinch of cayenne pepper
- All the above mixed in 1/4 cup of water.
- Gargle and spit out 2 -3 times per day to relieve and treat sore throats and common cold.

