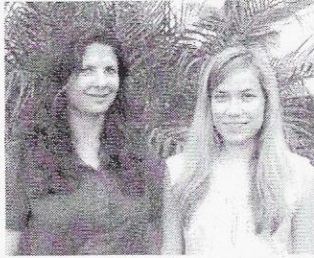


# Diminish Pain Naturally

By Jiji Cook and Gina Bliton

Many people turn to acupuncture to relieve pain for a variety of different discomforts. There have been many research studies showing acupuncture to be effective in relieving pain. In our clinical experience,



we've see dramatic and lasting results for pain relief and muscle tension. Acupuncture helps restore the natural flow of circulation and ease in movement your body naturally has when it is healthy.

## **Q. How will acupuncture relieve my headaches?**

**A.** Headaches are often a manifestation of stress in the body – whether it is physical or emotional. Stress causes inflammation, a rise in blood pressure and muscle tension – all of which can lead to a headache. Acupuncture activates natural pain-relieving chemicals and relieves muscle tension to naturally reduce stress.

## **Q. Why does acupuncture alleviate arthritis pain?**

**A.** Arthritis can be a nagging pain that affects our joints and slows down activity because we need our joints to move! Acupuncture has been shown to relieve this by increasing circulation to the joints. Fresh blood flow to areas of pain will nourish the ligaments and cartilage with red and white blood cells to treat the pain at the source. Over the course of a few treatments, you will experience pain relief and improved range of motion so you can go back to activities you enjoy such as golf, tennis or walking on the beach.

## **Q. What will acupuncture do for my neck and back pain?**

**A.** Acupuncture works great for pain related to the spine because it relaxes the muscles surrounding the spine and helps them to become more supple. Often we feel pain in the neck and back due to tension in certain muscles that are irritating our nerves. Acupuncture helps you naturally release pain-causing tension, soothe irritated nerves and feel great.

## **Q. When can acupuncture help my sports injury?**

**A.** If an injury is preventing you from getting back to your favorite sport, do something about it – and we don't mean take another aspirin. If you injure yourself, it is good to get acupuncture right away to reduce inflammation and relieve pain. On the other hand, if you have a chronic injury or are hurting from overuse – try acupuncture to help heal the problem. Either way, acupuncture and Oriental medicine are an excellent natural approach to relieving all types of pain.

*Jiji Cook and Gina Bliton are licensed acupuncture physicians. For more information or questions, contact us at [Gina@SeasideAcu.com](mailto:Gina@SeasideAcu.com) or call Seaside Acupuncture at (561) 693-4460.*

**Health & Wellness on page 31**