

HEALTH & WELLNESS *from page 19*

Is Pain Ruining Your Game?

By Jiji Cook, Licensed Acupuncture Physician

Recently, we met a woman at the beach while we were all rinsing the sand off our feet. We began chatting a little and upon finding out that we practice acupuncture, she lit up and told us that she loves to play tennis. Then a little cloud crossed her face and she said she hadn't been out to play tennis in weeks. When we



asked her why, she said that her tennis partner hadn't been able to play due to shoulder pain that was preventing her from moving her arm very much. "Now," she said, "My friend can't play tennis so that means neither can I!"

How Does Acupuncture Relieve Pain?

Endorphins and serotonin are medical terms that many people have heard of recently. What they actually do for us in the body is relieve pain and invoke a sense of well-being. Who couldn't use that? There are active ways to get the body to release these "feel-good" chemicals such as exercise, doing your favorite activity or even meditation. One passive way (meaning you don't have to work for it) to release endorphins and serotonin in the body is to receive acupuncture.

Does Acupuncture Increase Mobility?

Good mobility in the joints involves multiple factors.

Acupuncture in a sense "awakens" an area by doing a number of things. Acupuncture increases blood and lymphatic flow, which, in turn, nourishes the collagen within your joints. When your joint collagen is healthy, more cushioning is available within the joint. This, in turn, relieves the pain of impact during movement. If there is scar tissue present in the joint and that is what is preventing good movement, then acupuncture can help to break up scar tissue.

I Saw My Doctor And He Gave Me Pain Medication, Is There More I Can Do?

It is important to remember that when you take a pill, you are taking a chemical solution to a physical problem. There is no deficiency of aspirin in the body! If you are suffering with physical pain, seek physical solutions. The goal should be to increase circulation, relax musculature and improve joint range of motion. Acupuncture can accomplish

all these goals naturally. Other physical treatments such as massage, stretching, heat applications and therapeutic baths are also great pain relievers.

Why Choose Acupuncture Over Taking Ibuprofen Daily?

While ibuprofen is mild enough to take on an occasional basis, it is not something we recommend taking daily long-term. The most common side effects of ibuprofen are rash, ringing in the ears, dizziness, headaches, nausea, heart burn, abdominal pain and diarrhea to name a few. You might have been better off with a knee ache!

Jiji Cook and Gina Bliton are co-founders of Seaside Acupuncture Physicians in Juno Beach. They are available for public speaking on natural health topics for your group, organization or school. For more information or questions, you can contact us at: SeasideAcu@Gmail.com or call Seaside Acupuncture at (561) 693-4460, www.SeasideAcu.com.