

ISSUE

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Sendarella Newsletter

May 2012

No More Headaches!

Another headache? If you suffer from headaches, you know how painful and frustrating they can be. The most common causes are tension, migraine, eye strain, dehydration, low blood sugar, and sinusitis. Before you reach for medicine to cover it up, see if one of these natural remedies might help you get rid of this headache and the next one before it starts.

Drink decaf. If you're a coffee, tea or soda drinker and you haven't had any, you might be getting a withdrawal headache. While getting a caffeinated drink is a quick fix, a healthier choice is start eliminating caffeine out of your diet altogether.

Drink water. Often headaches are related to dehydration. Get some water in to your system can get rid of that headache. Drinking room temperature water is your best bet since water that is too cold can temporarily give you even more of a headache (think about what happens when you eat ice cream too quickly and get brain freeze)!

Eat right. If you get headaches on a regular basis, it could be due to a food allergy or a vitamin that is missing from your diet. Pay attention to what you eat and how you feel afterwards so that you can prevent the headache from happening in the first place. Also, if you get a headache, determine when you ate last. Sometimes skipping meals can cause headaches so all you need to do is get some food in your system.

Fresh air. Breathing deeply can do wonders for a headache in general; it'll be even more effective as a natural headache cure if you do it out in the fresh air.

Take a hot shower. Stand in the shower and allow the hot water to cascade down your neck and back. This should loosen your muscles and allow for better blood flow. Keep soap, candles or lotions on hand made with natural oils like sandalwood, peppermint, citrus, eucalyptus, lavender, all of which have been shown to help alleviate pain.

Relax and rest. This is one of the most effective and most ignored headache remedies. Sometimes a headache is just your body telling you that you're overworked. Lie down in a dark room, shut your eyes, and just relax for awhile.

Ice Pack. You can use an ice pack, a cold towel, a bag of frozen peas, or anything else that's really cold. Apply this cold item to the back of your neck (or wherever the pain is located) and allow it to sit for about 5 to 10 minutes. This technique should help reduce any inflammation, not to mention help numb the pain a bit.

Cayenne Pepper Eat some cayenne or jalapeno pepper to help drain the sinuses, or use a steam inhalation for the same purpose.

Supplements Calcium has been reported in at least one study to decrease PMS symptoms and menstrual headache. If patients take calcium and magnesium, they should take them at different times of the day, as the calcium may inhibit the absorption of magnesium. Food sources of calcium include dark green leafy vegetables, dairy products, seafood, and certain fish. Calcium supplements should be in the range of 750 to 1,000mg per day.

Other supplements that may help include vitamin B2 (riboflavin), vitamin B6 (pyridoxine), calcium, and certain long-chain fatty acids that are contained in compounds such as fish oil or flaxseed oil. Flaxseed oil at 1,000 mg capsules, one or two per day is recommended for headache relief.

Natural Migraine Relief

Feverfew (*Tanacetum parthenium*), a member of the sunflower family, has been used for centuries in European folk medicine as a remedy for headaches, arthritis, and fevers. The name feverfew comes from a Latin word meaning "fever reducer." The dried leaves—and sometimes flowers and stems—of feverfew are used to make supplements, including capsules, tablets, and liquid extracts. The leaves are sometimes eaten fresh. A survey of 270 people with migraines in Great Britain found that more than 70% of them felt much better after taking an average of 2 - 3 fresh feverfew leaves daily. Several human studies have used feverfew for migraine prevention and treatment. Overall, these studies suggest that taking dried leaf capsules of feverfew daily may reduce the number of migraines in people who have chronic migraines.

One study used a combination of feverfew and white willow (*Salix alba*), which contains aspirin-like chemicals. Participants who took the combination twice a day for 12 weeks had fewer migraines and they didn't last as long or hurt as much. A 3-month study with 49 people found that a combination of feverfew, magnesium, and vitamin B2 led to a 50% decrease in migraine attacks.

Extra Help

In some cases, you'll need extra care to get rid of stubborn headache pain. If you've tried everything above, made lifestyle changes, then it might be time to talk to your healthcare provider about some other options for headache relief designed to meet your specific needs. Possible treatments may include chiropractic spinal adjustments, manual therapy, exercises, neck traction, and/or electrical stimulation.

And don't forget, if you ever have any questions or concerns about your health talk to us. Contact us with your questions. We're here to help.

Winterize Your Immune System

The average U.S. adult typically has two to four colds each year, while children may have up to 12! Colds and the flu account for millions of lost school and work days, making us desperate to do anything to avoid getting sick. But sometimes, the cure is worse than the illness. Just last year, with hundreds of severe reactions, including a death, seasonal flu vaccinations were suspended in Australia for all children under the age of five. Some research even indicates that the flu vaccine even increases your likelihood of getting the H1N1 virus. The flu vaccine isn't the solution to staying healthy.

Viruses can live on pens, computer keyboards, coffee mugs and other objects for hours, so most of us come into contact with such viruses daily. But, just because you encounter such viruses doesn't mean you will contract the illness. That's where your immune system comes into play.

Don't get stressed out. Stress weakens your body's natural immune system and makes you susceptible to the common cold, the flu and many other germs.

Correct Vitamin D deficiency. Less than optimal vitamin D levels will significantly impair your immune response and make you far more susceptible to contracting colds, influenza, and other respiratory infections. In a study involving 19,000 Americans, people with the lowest vitamin D levels reported having significantly more recent colds or cases of the flu -- and the risk was even greater for those with chronic respiratory disorders like asthma.

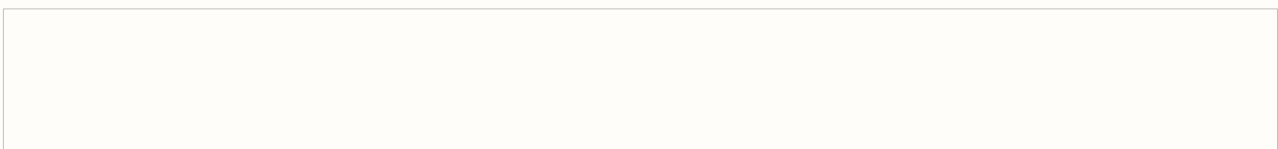
Minimize Sugar: Ease up on sodas, pastries and such. Even just a few grams of sugar can destroy your white blood cells' ability to resist infections for several hours.

Lower your cholesterol. Lowering cholesterol could help the body's immune system fight viral infections. Researchers at the University of Edinburgh have shown a direct link between the workings of the immune system and cholesterol levels.

Exercise. Aerobic exercise speeds up the heart to pump larger quantities of blood; makes you breathe faster to help transfer oxygen from your lungs to your blood; and makes you sweat as your body heats up. These all help increase the body's natural virus-killing cells. As Ann G. Kulze, MD, CEO and founder of Dr. Ann and Just Wellness explains, "Working out regularly enhances immune function."

Be happy. New research has found that happiness may help you fight colds and flu. Researcher Carl Charnetski, MD, professor of psychology at Wilkes University, found that sex, positive thinking, playing with a pet, and other pleasurable behaviors boosted participants' immune systems..

If you start getting sick, add use zinc lozenges which may shorten the duration of common cold episodes by up to 40%, according to a study published in the Open Respiratory Medicine Journal.



How Being Creative Can Keep You Healthy and Happy

There is no use trying," said Alice. "One can't believe impossible things." "I daresay you haven't had much practice," said the Queen. "When I was your age, I always did it for half an hour a day. Why, sometimes I've believed as many as six impossible things before breakfast." — Lewis Carroll

Is there something you've always wanted to learn, like singing, dancing, or acting? Have you always wanted to go ice skating or belly dancing or take horseback riding lessons? Don't brush it off as a silly extravagance or something you just don't have the time or money for — giving into your creative desires is not only fun, it's also good for you. Creative expression typically fosters feelings that can improve outlook and a sense of well-being. Just as chronic unrelieved stress has a detrimental effect on the immune system, continuing creativity, by promoting the expression of emotions, promotes an immune function boost

Are you feeling stuck? You don't sleep well or you sleep too much, you eat the same thing day after day, do the same exercise routine, and watch the same things on television. Boring. Not sure how to get started? Go outside. Read something completely different from your normal fare. Get off your social networking site and write a letter. Paint, draw, write, sculpt – anything that's different from your normal routine. Still not sure where to start? Try one of these creativity exercises excerpted from Caffeine for the Creative Mind, by Stefan Mumaw & Wendy Lee Oldfield, published by HOW Design Books:

Trading Spaces

Often, finding a creative solution simply means looking at what we see every day in a slightly different way. From our work environments to our computer desktops, altering our perspective can lead to creative results. While we spend countless hours in these environments, there's another place many of us spend countless hours observing our surroundings...our cars. Many of us have taken steps to "customize" the interior of our cars to "brighten the view" of something we stare at everyday... the driver's seat. We have pinned up photos of loved ones, created places for our phones and sunglasses to reside, even flower vases! Your task today is to "redesign" or decorate the dashboard and surrounding area of a car's interior. But not for you... Choose one of these occupational audiences:

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