

4 Proven Methods to Manage Chronic Pain

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Participate fully and consult your doctor regarding these tips or other methods effecting your health.

Coping with pain can be challenging...

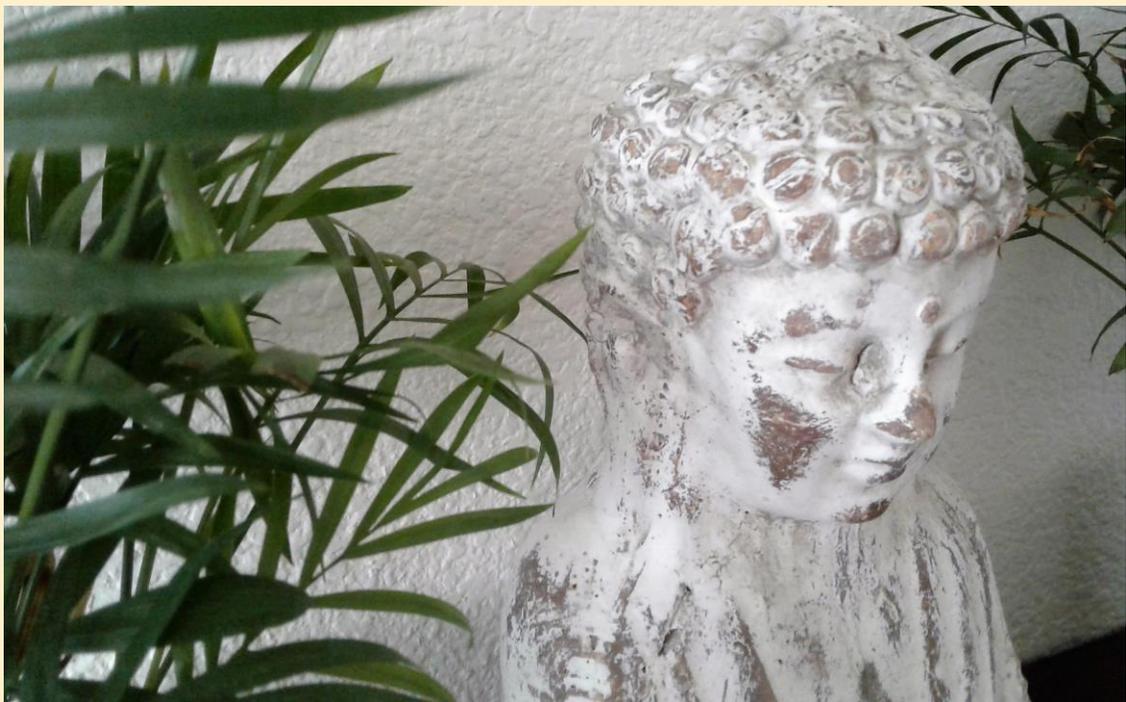
Never ending pain is exhausting.

Chronic pain is the unwelcome visitor refusing to leave.

These 4 proven methods can soothe the beast of pain. They work quickly, are affordable, and have little to no side effects.

Taming the pain puts you in control.

Incorporate one or a combination of all four methods to quiet your pain and enhance your coping skills.

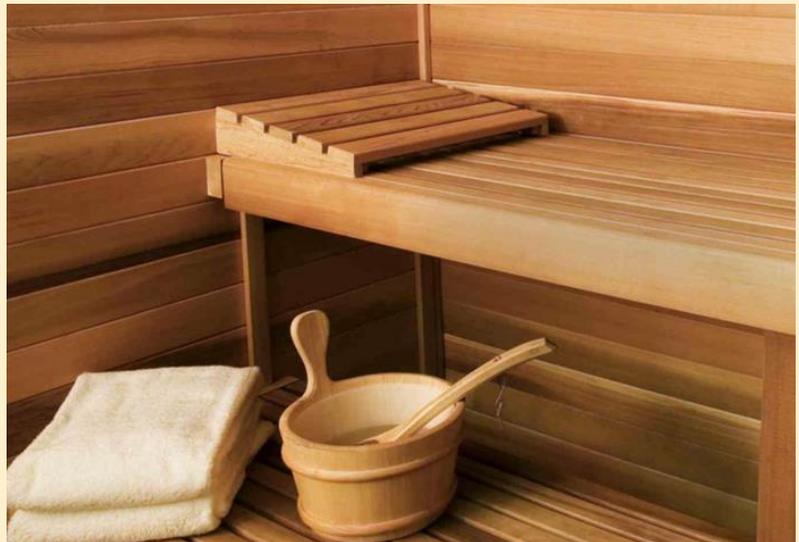


Once You Choose HOPE – Anything's POSSIBLE. - Christopher Reeves

Sweat it out...

It's no accident that our skin is the largest organ of elimination. Our skin is a large surface area with sweat glands that our body uses to rid itself of harmful toxins. Excess toxins can lead to symptoms like fatigue, headaches, and pain. Sweating is an action that both cleanses and cools the body.

A variety of cultures throughout history have used sweat as therapy. Think Roman or Turkish baths, Aboriginal sweat lodges, or the saunas of Scandinavia. Visiting a sauna is a **passive** way to sweat. Relax and let your body do the rest.



We can sweat **actively** by increasing our fitness routine. Choose activities that fit your abilities. Regular exercise also releases endorphins, natural pain killers produced by the brain. Drink plenty of water to replenish fluids lost by sweating and eat well to maintain electrolyte balance.

Acupuncture...

Acupuncture is effective, safe, and brings about a **relaxation response**. Acupuncture is an ancient therapeutic method sought out for numerous reasons, including *minimizing and eliminating pain*. Many people are so relaxed during acupuncture they fall asleep, this doze is called an 'Acu-Nap'.

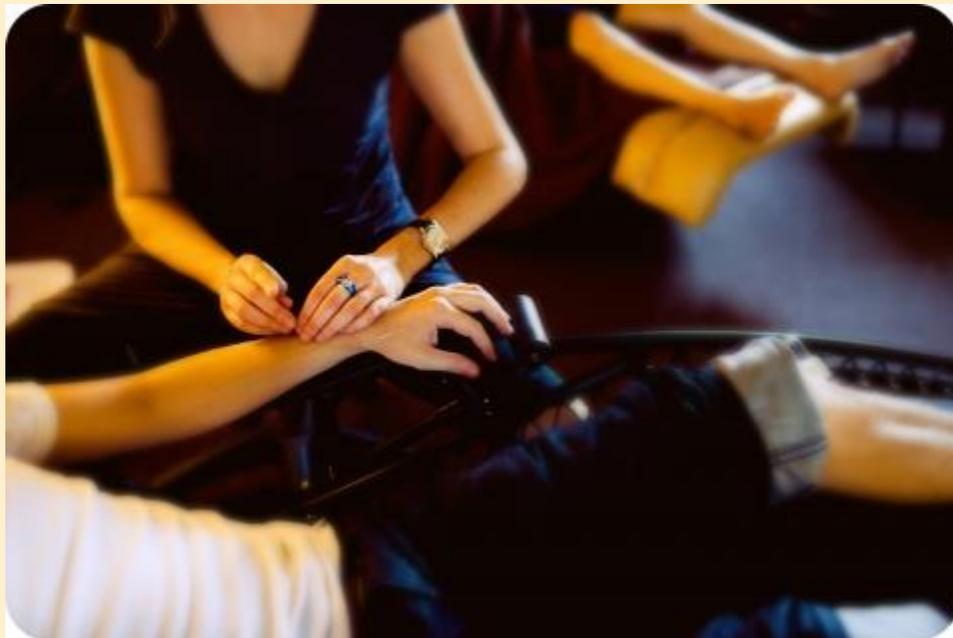


Figure 1 Image courtesy <http://whereapy.com>

Some clinics offer community treatment rooms that reach multiple patients and keep costs down. A wonderful setting for those new to acupuncture. To learn more about this affordable option, visit: [People's Organization for Community Acupuncture](#).

Nourish...

Certain foods contain unique nutrients that support health and minimize pain. Small changes in your diet can decrease inflammation plus help you to maintain a healthy weight. Ankle, knee, and hip pain decreases when we shed excess weight.

Add more unrefined starches like potatoes, yams, whole grains, and legumes. These foods are low in calories and high in nutrition.



Starches also provide plenty of fiber. If you are experiencing back pain or are regularly constipated, there is a nutrition connection. Fiber helps you to digest and have regular, meaning daily, bowel movements.

Online resources are plentiful. **Examples of delicious and simple recipes can be found at www.drmcDougall.com or www.forksoverknives.com.**

Soak...

Your body relies on water inside and out to function properly. When you are dehydrated your body feels tired and muscles ache. Solve this by drinking enough water and adding water based foods to your meal plan. **Hydrate inside** with foods like watermelon, celery, broth based soups, grapes, and leafy greens.

Hydrate outside by soaking in a warm bath or mineral pools, use wet towel compresses, or contrast baths. These examples of [hydrotherapy](#) methods soothe away discomfort.



Cocktail Recipe for *Your Body*: **POUR** warm water to fill your tub...**SHAKE** 1-2 cups of Epsom salts into the water...**STIR**...Soak. The warm water and minerals in the [Epsom salts](#) eases muscle pain improve your quality of sleep.

Access specialized help...

At **Anderson Therapeutics** you'll find plenty of **free** resources, tips, and tools to help you manage chronic conditions and improve your health.

My name is Tiffany Anderson. I am a Baby Boomer aging well with chronic conditions. I practice what I preach as a Professional Licensed Massage Therapist, Reiki Master Teacher, and Certified Health Education Specialist. Hashimoto's disease, liver failure, heart failure, osteoarthritis, shingles, and artificial hips haven't stopped me. What's stopping you?

Feel limited? Feel powerless? Feel overwhelmed?

Become a more active participant – partner with me.

I have over 20 years of professional health experience and offer specialized coaching services for people living with chronic conditions. Review my CV & credentials – consider my qualifications. Chronic conditions may slow us down – but they needn't stop us.

Reach out and join my virtual community. *Live well and be well.*

Yours in health,

Tiffany Anderson, LMT, RMT, BS, CHES

