

Bodywork for Wellness

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Fall 2012 Newsletter

Notice of Enhanced Service and Fee Adjustment My passion has been for many years now, to study and to the best of my ability understand the human body. To learn how the body works, how to help it heal, or adapt to injuries so that we can be healthy, mobile and in as little discomfort as possible.

As many of you know, I pursue many continuing education courses per year from coast to coast to gain the most current and diverse treatment information, which allows me to offer you the *best care possible*. So far this year I have attended five different courses with two more planned before the end of the year. Each seminar I attend adds valuable tools to my toolbox and allows me to offer the most effective and complete treatment skills and tools possible. I always do my best to balance my costs of education and business with the cost of treatment.

I want to thank you in advance for your continued support as I remain committed to providing you with the very best bodywork and manual therapy care available. As of October 1, 2012, I will have new rates for my sessions. My one hour session will be valued at \$110, and my initial session for the evaluation will be valued at \$130.

Acute vs. Chronic Inflammation: Did you know that we actually need inflammation to heal? Acute inflammation is a normal process that protects and heals the body following physical injury or infection. Acute inflammation involves local increased blood flow to the injured area. At the site of an infection or injury, a variety of cells are called to the area to engulf and kill the invading microorganisms. The cells kill pathogens as well as adjacent cells, sick and healthy alike. Chemicals are also produced which induce the liver to make proteins and start a systemic inflammatory response (e.g., fever and a rise in the number of white blood cells). This is why we see heat, redness, and swelling in an area of infection or injury. In a healthy immune system this process will manage the area, clean it up and repair it, and the acute phase of inflammation will end and tissues will be restored and the body returns to health.

Chronic inflammation is primarily driven by different types of immune cells which attack the bad tissues as well as the healthy tissues and can last for days, months, and even years. In fact, tissue damage is a hallmark of chronic inflammation. Another characteristic of chronic inflammation is repair of the damaged tissue by replacement with cells of the same type or with fibrous connective tissue (scar tissue) and development of new blood vessels. In some instances, the body is unable to repair tissue damage, and the inflammatory cascade continues. Chronic inflammation is abnormal and does not benefit the body; in fact, chronic inflammation is now linked with a number of diseases.

Can we decrease our levels of inflammation? YES! Inflammation is not only caused by injury or diseases, dietary components may modulate inflammatory responses within the body and adherence to a Mediterranean-style diet has been shown to reduce inflammation. A Mediterranean-style diet is rich in monounsaturated fatty acids from olive oil, fruits and vegetables, nuts, beans, and whole grains. In addition, a Mediterranean-style diet emphasizes consuming alcohol in moderation. When we decrease foods we eat that cause inflammation we can decrease the inflammatory load that our bodies need to fight.

Essential fatty acids play a role in the body's inflammatory processes. Increasing dietary intake of the omega-3 fatty acids found in oily fish and fish oils generally decreases several markers of inflammation, whereas increasing dietary intake of omega-6 fatty acids increases inflammatory markers. A few reports suggest that the spices turmeric and ginger, as well as the herb *Boswellia serrata*, may decrease inflammation; however, scientific data supporting anti-inflammatory properties are largely lacking. Catechins, polyphenolic compounds found in tea, have both antioxidant and anti-inflammatory effects. Also avoiding sugar and high glycemic index foods is important. Achieving or maintaining a healthy body weight is important to prevent or control chronic inflammatory diseases. Furthermore, smoking cessation has been reported to decrease inflammation. Info taken from <http://lpi.oregonstate.edu/ss07/inflammation.html>

If you have a comment or question, or to learn more about Bodywork for Wellness please call or email:

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