



Arthritis & Musculo-skeletal Health
PRINCETON INTEGRATIVE HEALTH CENTER
MONTHLY SESSIONS



PRESENTERS

- × Helen Law, Ph.D, L.Ac, Dipl. NCCAOM, FAAIM
 - + Ph.D in Natural Health
 - + Licensed Acupuncturist - NY & NJ
 - + Fellow, American Association of Integrative Medicine
 - + NJ Top Docs in Acupuncture for the last 5 years

- × Laura Keiles, ND, CTN, CNW, BCIH, DAAIM
 - + Doctor of Naturopathy, Board Certified Traditional Naturopath and Nutritional Wellness
 - + Board Certified in Integrative Health
 - + Diplomate, American Association of Integrative Medicine
 - + Certified in Clinical Homeopathy

AGENDA

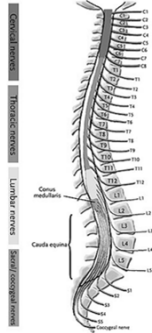
- × Introduction
- × {Helen's Topics}
- × Progressive New Technology for Pain Management - FSM
- × Complementary & Integrative Therapies
 - + Benefits
 - + Cautions
- × Next Steps

THE IMPORTANCE OF A HEALTHY SPINE

- ✘ A Healthy Spine is ESSENTIAL to our Overall Health
- ✘ At conception, the spinal cord is the first development
- ✘ From this spinal cord, develop all the internal organs, head, arms and legs
- ✘ Spine is one of the most complex systems in the body
- ✘ It consists of nearly one hundred intricate joints
- ✘ Plus one trillions of nerve pathways

SPINE STRUCTURE

- ✘ Cervical Spine: C1 - C7
- ✘ Thoracic Spine: T1 - T12
- ✘ Lumbar Spine: L1 - L5
- ✘ Sacral Spine: S1 - S5



THE FUNCTION OF THE SPINE

- ✘ Movement
- ✘ Support
- ✘ Protection
- ✘ Coordination
- ✘ Control

A HEALTHY SPINE = HEALTHY NERVOUS SYSTEM

- ✘ Crucial in terms of maintaining whole body health
- ✘ Any alteration of spinal structure or function may cause irritation of the Central Nervous System, weaken the internal organs

UNHEALTHY SPINE

- ✘ Trauma
 - + Sudden injury, such as a fall, car accident, sports injury
 - + Gradually, such as working, sitting, or sleeping in a bad posture for an extended period of time
- ✘ Individual vertebrae or whole section of spine shift out of normal position
- ✘ When spine is misaligned, energy is blocked from getting to the organs
- ✘ Dimmer switch – organs weakened, degenerate, become diseased
- ✘ Dr. Henry Winsor, MD found in 1921 when examined cadavers, he discovered 49 out of 50 cadavers there is connection between the abnormal curvature in the region of spine whose nerves supplied the diseased organs.

SPINAL DISEASE

- ✘ Scoliosis
- ✘ Kyphosis
- ✘ Herniated Disc (bulging, slipped, ruptured disc)
- ✘ Spinal stenosis
- ✘ Ankylosing Spondylitis
- ✘ Osteophyte (bone spur)
- ✘ Arthritis
 - + NOTE: back pain does not always related to spinal disease

WHAT SIGNS AND SYMPTOMS ARE RELATED TO SPINAL DISORDERS?

- ✘ Neck pain, headaches, migraine
- ✘ Sinus congestion, eye pain, TMJ, ears congestion
- ✘ Trigeminal neuralgia
- ✘ Vertigo, dizziness
- ✘ Concussion

AND...

- ✘ Upper back pain, shoulder pain
- ✘ Elbow, wrist, finger pain; carpal tunnel
- ✘ Vomit of blood/chest pain/fibrocystic breast/ribs pain
- ✘ Cough, wheezing, asthma
- ✘ Allergies

WHAT SIGNS AND SYMPTOMS ARE RELATED TO SPINAL DISORDERS?

ALSO...

- ✘ Digestion disorder, gas, bloating, burping, hiccough,
- ✘ Constipation, Gastroparesis
- ✘ Weight control
- ✘ Lower back pain, Sciatica, Hip pain
- ✘ Knee pain and weakness
- ✘ Ankle pain, foot pain, Morton's neuroma, plantar fasciitis, bone spur
- ✘ Bunion, numbness, varicose veins

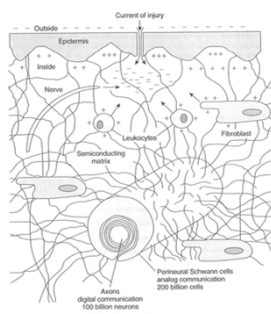
HEALTH IS NOT JUST THE ABSENCE OF DISEASE

- ✘ Your doctor's blood work showed all tests are normal = Healthy?
- ✘ But feeling fatigue, lack of energy, insomnia, achy all over
- ✘ Pain is an important signal
- ✘ Warning light in your car
- ✘ Body's warning light, don't ignore it

WHAT IS ACUPUNCTURE ?

- + Affects every major system of the body
 - + It relieves pain and reduces intensity of chronic pain
 - + It reduced inflammation
 - + It restores homeostasis and balances hormones
 - + It promotes blood flow and increases circulation
 - + It stimulates healing mechanism and restores function
 - + It releases natural painkillers
 - + It relaxes the whole body and regulate serotonin in the brain
 - + It reduces stress and calms the anxiety
- TCM treats disease from the root cause not merely the symptoms

HOW DOES IT WORK



- Acupuncture points are areas of designated electrical sensitivity
- Inserting needles at these points stimulates various sensory receptors that, in turn, stimulate nerves that transmit impulses to the hypothalamic-pituitary system at the base of the brain
- Hypothalamus-pituitary glands are responsible for releasing neurotransmitters and endorphins (the body's natural pain-killing hormones)
- It is estimated that endorphins are 200 times more potent than morphine

Article in Discover Magazine (**Needles & Nerves**, Sept 01, 1998)

FREQUENCY SPECIFIC MICROCURRENT

- × Pairs of frequencies of microampere-level electrical stimulation are applied to acupuncture points as well as myofascial trigger points on the skin of a patient via probes or gel electrode patches.
- × **For arthritis, joint stiffness pads and or probes are placed on impacted areas and signals are sent to neutralize the inflammation.**
- × **Injuries to bone, ligament, tendon, cartilage, muscles, connective tissue, or scar tissue are addressed similarly.**



DEMONSTRATION

- × Example frequency pairs:
 - + 40/10 - Pain removal
 - + 127/59, 191 - Arthritis in bone, ligament
 - + 124, 58/191 - Torn or Broken, Tissue repair of ligament
 - + 94/480 - Trauma to joint capsule (Hip, Knee, Shoulder, Elbow)
- × Uses both acupuncture point and standard anatomical point placement.
- × Can be biphasic (alternating focus) or polarized (One direction focused)

MOST COMMONLY USED HOMEOPATHY

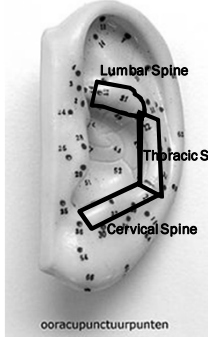
- × Arthritis
 - + Arnica
 - + Bryonia
- × Nerve Pain
 - + Gelsemium
 - + Hypericum
- × Spinal Stenosis - Hekla Lava and Calcareo Fluorica
- × Broken Bones - Symphytum



BEST SUPPLEMENTAL SUPPORT FOR JOINT HEALTH

- × Enzymes to “digest” the pain signature
- × Glucosamine & MSM
- × Curcumin (Turmeric for Inflammation)
- × Vitamin D

AURICULAR THERAPY FOR ARTHRITIS/SKELETAL



Key points on the ears can help manage pain through out the body:

Around each area we also find other body parts:

- Knee
- Shoulder
- Hip
- Neck Pain/Headache

FOODS THAT CAN IMPACT JOINT PAIN

- ✘ Glutens – Grass family plants
 - + Biggest Culprits - Wheat, Rye, Corn, Barley
 - + Least likely culprits – Millet, Rice
 - + Pseudo-grain options – Quinoa, Amaranth, Buckwheat
- ✘ Dairy
- ✘ Nightshades - Solanine
 - + Eggplant, Bell Peppers, Hot Peppers, Tomato, Potato, Tomatillo, Tobacco, Gogi Berries
 - + Non Nightshade “solanines” – Green Apples, Blueberries
- ✘ SUGARS!

NEXT STEPS

- ✘ Talk to your orthopedist or primary practitioner if you are interested in adding complementary therapies.
- ✘ Do your homework
 - + Update your blood work/tests
 - + Keep a weather log as we can be ‘barometers’
 - + Keep track of your food/supplements/medicines and how effective it is

NEXT WORKSHOPS ARE

- ✦ JUNE 27 – A closer look at Autoimmune Conditions
- ✦ JULY 25 – All about Aromatherapy
- ✦ AUGUST – Men’s & Women’s Health

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