

August Newsletter

20 Ways To Help Transform Your Life End Pain, And Help You Feel Your Best



1. Lose weight with a chocolate smoothie: Add one tablespoon of unsweetened cocoa powder to your smoothie. It will instantly give your body a chocolaty flavor lift and drop excess pounds! The chocolate smoothie gives you 2 grams of fiber to help keep you full, spark weight loss, ease joint pressure, control blood sugar and even reduce inflammation.

2. Joint pain relief from apricots: Apricots have beta-cryptoxanthin which helps prevent osteoarthritis. Apricots have high levels of magnesium as well to ease pain.



3. Hand exercise: Helps improve grip, strength and range of motion and ease joint pain.

Try the "Cat's claw"

- Open hand wide, fingers straight
- Slowly bend fingertips and thumb toward the base of your fingers
- Hold 6 seconds. Open hand and repeat



4. Serenity: If you eat 18 halves of walnuts a day for 3 weeks, you will experience a lower blood pressure response to a high stress situation than people who don't eat the nuts. Walnuts are rich in inflammation-fighting omega-3 fatty acids.



5. Prevent muscle shrinkage: due to age or inactivity. Beans are packed with protein, fiber and antioxidants, and are practically fat-free. They have the power to prevent muscle shrinkage, help keep your muscles stronger, and your joints moving freely. Red beans, small red kidney beans and pinto beans are ranked the top antioxidant foods.



6. Lift with ease: For a better, safer grip when lifting, get as close to the object as possible, then lift with your palms or arms. Avoid twisting, bending or reaching over or around the object to grasp it.

7. Cherries Mimic the effects of NSAIDs like Advil, without the side effects. By drinking tart cherry juice twice a day for three weeks, you will experience 50 percent drop in inflammation. Also, try cherries in your cereal.



8. Peppermint: Lifts brain fog by sniffing peppermint. Researchers found that by sniffing peppermint helps people feel less fatigued. That's because sniffing stimulates the part of the brain responsible for attention and energy.



9. Ease inflammation: With Olive Oil. Have you ever notice a scratchy sensation in the back of your throat after dipping your bread in olive oil. Olive oil have a inflammatory compound that works as a pharmacological action similar to ibuprofen to ease inflammation



10. Sweet Potato: Sweet potatoes are rich in Vitamin C and Beta-carotene. These two nutrients help reduce the risk of knee and spine arthritis/inflammation. For a anti-inflammatory effect, chop sweet potatoes in chunks and add olive oil, cumin, ginger and roast them.



11. Pumpkin seeds: For a faster healing from a scraped knee or surgical condition eat them. The high zinc content promotes healing and helps repair and regenerate tissue faster.



12. Let Laughter be your medicine: Laughter can trigger the release of feel good endorphins that your body's natural painkillers. So laugh and lower your inflammation.

13. Ease Foot Pain: Soak your feet in Epsom salt, rub CBD oil, Hemp oil, ginger/ lavender essential oil or analgesic cream on your feet at night. Also, take a golf ball, place it under your feet and roll it back and forth.



14. Keep Blood Pressure In Check: Buy frozen spinach, NOT fresh Frozen spinach has higher concentrations than fresh of folate. A mineral that has help lower risk hypertension.



15. Fight with Mushrooms: Look for packaged mushrooms labeled 'high in vitamin D.'" They've been exposed to UVB light and can pack a healthy dose of vitamin D. That's important because people with low levels of vitamin D may have weaker bones.



16. Stretch: Stretch your way to a stronger back and arms by strengthening your reach. Begin by doing 6 repetitions of this exercise and work up to 8 as you get stronger. As the exercise gets easier add an extra set. **Overhead arm reach** Sit or stand with arms at your side, palms facing forward and elbows straight. Raise arms out to your side and up, crossing wrists above your head. Lower arms slowly to your side, palms inward, and cross wrists in front of you. Do up to three sets of 10 each day.



17. Turmeric: a spice that eases arthritis/inflammation. It works along the lines of prescription COX-2 inhibitor, but without the side effects. Stir turmeric into side dishes or sprinkle it on fish or chicken.



18. Happiness: Boost your happiness and let the sunshine in! Sunlight stimulates the production of serotonin makes you happier and ease aches and pains.

19. Sleep: How to Get To Sleep Faster and sleep more soundly. Before taking a bath/showering, warm essential oil combination consisting of lavender, Sage, and olive oil. Rub oil on your entire body for 15-20 minutes. Then take a bath or shower and do not use any soap, just rinse off and pat dry. Your body temperature will cool down, you'll get drowsy, making it easier to nod off, sleep like a baby and wake up refreshed.

20. Apple Cider Vinegar: Miracle cure for just about everything. Such as May reduce the risk of chronic disease, Lower your cholesterol, Lower your blood sugar, etc.of omega 6 vegetable oils when cooking. You consume an abundance of the bad genetically modified oils like soybean, corn, and canola oil when you eat out. We should eliminate these oils at home and instead use avocado oil, olive oil in salad dressings, and coconut oil, ghee, or pastured butter when cooking. Omega 6 fatty acids are precursors to pro-inflammatory compounds that create inflammation in the body when taken in excess amounts. This is the reason why the ratio of 3:1 of omega 3 to omega 6 is so important. High levels of omega 6 (relative to omega 3) create a pro-inflammatory environment and have been linked to cardiovascular disease, diabetes, certain cancers, and mental health problems.

