

PREMIER SPORTS MEDICINE ~ NOVEMBER NEWSLETTER 2011

121 Main Street, Princeton, NJ 08540 ~ 609-919-9005

WINTERIZE YOUR BODY...NATURALLY!!!

Acupuncture and Oriental medicine have been used for thousands of years to strengthen the system in hopes of preventing winter colds and the flu. These ancient systems of healing teach us to begin with a healthy diet loaded with seasonal fruits, vegetables and whole grains and gentle exercise such as walking, yoga or *tai qi*.

One of Asia's best known "secret" immune boosting remedies is the herb **ASTRAGALUS** (Huang Qi in Chinese). I suggest using a good quality *tincture* of the herb twice daily before and during cold and flu season to prevent getting sick. Two eyedroppers full of this remedy can be added to water or your favorite juice.



If those nasty germs get the better of you and you begin to feel sick use **ECHINACEA** tincture to fight back. This herb must be taken in larger quantities to be at its most effective. When cold or flu symptoms show



up I suggest using 3-5 eyedroppers full up to every few hours! Don't be shy with this herb!

If you feel a sinus infection coming on try adding 10 drops of **GOLDENSEAL** tincture to a nasal rinse or *neti pot*. This herb has been used traditionally to fight bacteria and infection.



You can also gargle with it in salt water to help an infected, sore throat.

To balance your system and improve your health, try **ACUPUNCTURE**.

Bring your mind and body into harmony.

Yours in Health,

Andrew Appello, MSOM, L.Ac., RH(AHG)
Acupuncturist and Clinical Herbalist

Meet our Certified Acupuncturist ~ Andrew Appello

Andrew is a New Jersey Certified Acupuncturist and Pennsylvania Licensed Acupuncturist with a Master's of Science degree in Acupuncture. He is a practicing clinical herbalist and has training in Ayurvedic Reflexology, Master Level Usui Reiki, Chinese Tui Na massage and Zheng Gu.

Andrew brings his experience and training as a certified yoga instructor, certified personal trainer, and black belt practitioner of the internal and external martial arts into his treatment style particularly in treatments associated with pain management. He practices a blend of several different styles of acupuncture including Japanese (Kiiko Matsumoto) style, Acupuncture Physical Medicine (a musculoskeletal form of acupuncture involving trigger point release), Traditional/Classical Chinese Medicine, and Die Da (martial arts hit medicine).

His specialties are sports medicine and eye health but he also offers treatments for Acupuncture Facial Rejuvenation.

Acupuncture treats the whole person as well as each condition a person has.

Is getting rid of a headache becoming a headache?

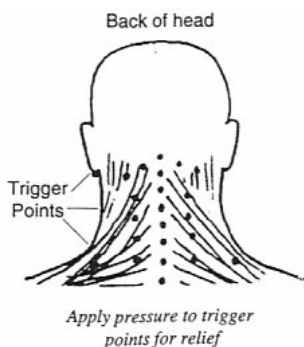
By Mohamed Masoud, DPT

Do you ever develop headaches that feel like your head is being held by a vice grip? **Can the headache get so bad that your eyes even become sensitive to light?** Many of these symptoms are common among people with diabetes when the sugar content in their blood gets too low; and the arteries of the brain dilate.

These headaches should disappear after eating food high in sugar content. However, if the headaches do not subside, even after eating foods with high sugar content, then you may be experiencing a condition known as a **cervicogenic headache** (more commonly “**ram’s horn headache**”).



The symptoms include muscle spasms that originate behind the head, at the base of the skull and travel to the sides of the head and behind the eyes.



These “ram’s horn” headaches are common among people with neck pain or upper shoulder stress. Before taking any

medication try performing simple neck stretches and placing ice on the muscles at the base of the skull to relieve some of the muscle spasms. Also, a good deep tissue massage to your upper shoulders and neck muscles would be a relaxing addition. If the symptoms are not fully resolved, consult your local Physical Therapist for a full evaluation of your cervical spine.

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Physical Therapy

Podiatry

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