



M. Ellen Teeter, AP, DOM  
Acupuncture and Oriental Medicine



## Oriental Medicine Options News

Healing • Prevention • Radiant Health

### May is National Arthritis Month

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Dear M. Ellen,

Do you or someone you know suffer from arthritis pain? Please see the article on strategies for easing pain and stiffness. Too many people take too many 'over the counter' and prescription medications for pain when some simple lifestyle changes can make a huge difference.

Remember that I offer sliding scale "Affordable Acupuncture" hours Monday and Wednesday evenings, call 941-727-1500 for more information.

Feel free to call or e-mail me any time you have questions or comments, there is an e-mail link above or phone numbers at the bottom of the page.

Thanks

Ellen



### Arthritis? Five Strategies to Keep You Moving

Arthritis is a general term for joint inflammation. The main symptoms are pain, swelling, and stiffness. There are over 100 types of arthritis, with intensity ranging from stiffness to severe stabbing pain. The two most common types are rheumatoid and osteo arthritis. Rheumatoid arthritis is characterized by autoimmune attacks that usually come and go, and it may be influenced by numerous factors that alter the immune functions, including infections, dietary components, and stress. Osteoarthritis also involves some autoimmune responses, but is characterized by a gradually worsening degradation of the joint spaces, leading to sharp, fixed pain that persists.

Below are some of the strategies for dealing with arthritis that could be helpful in both these types (as well as others). The first 3 are drawn from the 3 Free Therapies of food, exercise and relaxation.

**1. Keep moving!** Loosen up and get the blood flowing to reduce pain and stiffness!

According to the Arthritis Foundation "research has shown that exercise is an essential tool in managing your arthritis." If you haven't exercised in a while start with a low impact activity such as water walking, yoga or tai chi.

**2. Try an "elimination diet" for a month and watch inflammation and joint pain subside.**

There is strong evidence which indicates that patients who follow vegan or vegetarian diets may experience significant improvement in arthritis symptoms. Aside from a vegan diet **there is strong evidence that avoiding certain foods can help reduce the inflammation and pain of arthritis.**

Many experts in nutrition suggest avoiding pro inflammatory foods such as wheat, dairy (milk, cheese), refined sugars, artificial sweeteners, alcohol, caffeine, red meat, processed foods, table salt and for many sufferers the

Night Shade family of vegetables (This includes egg plant, potatoes, tomatoes, peppers (excepting black pepper) and tobacco).

**Elimination Diet:** Stop eating all suspected foods for 4 weeks, reintroduce them into your diet one at a time. Give it 2 days to check your reaction as food sensitivities can take up to 2 days to manifest before adding another food.

**3. Develop a meditation practice.** Develop an enhanced sense of wellbeing, more positive emotions, and less depression. Participants in one study on "mindfulness meditation" reported very high value in terms of increased learning and personal growth.

**4. Get regular acupuncture treatments.** Soothe your mind and ease your pain with this modality of a 2,000 year old system of medicine. Pain is the most common symptom treated by acupuncture and it treats it quite well. Fibromyalgia, osteoarthritis, back pain, headaches and rheumatoid arthritis have been shown to get significant pain relief with regular acupuncture treatments.

**5. Take Chinese Herbal Prescriptive Formulas to boost your vitality and ease your pain.** Take a prescriptive herbal formula designed for your condition and problem area. Chinese herbs are prescribed according to the pattern of symptoms accompanying the joint pain such as; where in the body the most pain appears, whether it's hot or cold, what makes it better or worse, how much weakness accompanies the pain, whether the muscles are contracted or soft, and more.

***Chinese medicine is not a "one size fits all" medicine, it is custom tailored to the individual.***

## Pain Relief



I was suffering terribly and in constant pain because of fibromyalgia when I found Chinese medicine. The herbs and acupuncture combined with the qigong exercises I learned got rid of that pain and most of the symptoms of the fibromyalgia. I've continued using Chinese medicine to get rid of colds, recover more quickly from the flu and to control flare-ups of eye inflammation. Ellen Teeter, AP treated me with acupuncture for more than a year. I am so grateful to her for her understanding and empathetic care.

**Barbara R., Destin, FL**

Hippocrates the Father of Modern Western Medicine said "Let Food Be Your Medicine" Sun Si Miao, a famous Tang Era Chinese physician said that disease should first be treated with diet and lifestyle.

Our modern lifestyles can benefit from some attention to the "3 Free Therapies" of food, exercise and relaxation. As part of your office visits I am happy to coach you on these life changing actions.

To your health,

M. Ellen Teeter, AP  
Oriental Medicine Options

Located at Alternative Physical Therapy  
Bradenton, Florida 34207  
941-727-1500



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