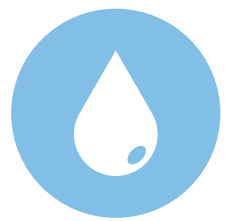
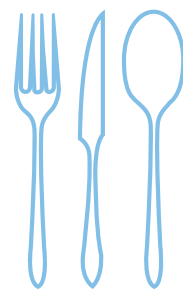


OPTIMIZE YOUR ACUPUNCTURE TREATMENT

TIPS FOR REDUCING PAIN AND INFLAMMATION

NUTRITION & HYDRATION

Incorporate more nutrient-dense foods like fatty fish, liver, meat, and eggs. These foods are packed with omega 3s, minerals, vitamins, and macronutrients that are vital for resolving inflammation. And don't forget to stay hydrated!



SLEEP HYGIENE

Sleep is a crucial time for the body to heal and repair. Try to go to bed early when possible. Avoiding electronic devices and blue light after sunset and keeping your bedroom very dark can help regulate your circadian rhythm and optimize melatonin production.



HEAT OR ICE?

Heat helps to increase blood flow and keep tissues relaxed. For chronic pain, applying heat daily can help resolve inflammation and tension. Ice is constrictive and reduces blood flow, which can impair healing. If possible, it is best to avoid or limit ice application.



STRETCHES & POSTURE

For tight muscles, stretching is recommended daily. When sitting for long hours, it is recommended that you stretch for a few minutes every hour. Maintaining proper posture when seated or standing can also help you prevent pain and tension.



REST OR EXERCISE?

Depending on the nature of the pain, you may want to focus more either on rest or on exercise. In general, you should rest if the pain is acute. If it is chronic, a combination of rest and light exercise is best.

