Naturally

PAIN

STOP

and your mind.
both your body
plan that targets
with this simple
headaches—
back pain to
pain—From
Cure chronic

If you suffer from chronic pain, you

Joshua Dasterh

by Henry Drehner

PHOTOGRAPHS BY
### Chef's Secret

Continued on page 105

With salt and pepper to taste, add the chopped basil to the soup. 

To serve:
- Place 1 quart of water in a medium saucepan over medium-low heat and add ¼ cup low-sodium chicken broth. 
- Cook the chicken for about 10 minutes until tender. 
- Remove from heat and let cool. 

Garnish:
- Chopped fresh dill
- Crumbled feta cheese

Optional side:
- Grilled chicken or steak

### Tomato Soup

**Ingredients:**
- 4 medium tomatoes, chopped
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- Salt and pepper to taste

**Instructions:**
1. Heat olive oil in a large pot over medium heat. Add onion and garlic and sauté until soft. 
2. Add tomatoes, thyme, basil, salt, and pepper. Simmer for 15 minutes. 
3. Puree the soup in a blender until smooth. 
4. Return to the pot and heat until hot. Serve hot.

### Crab Bisque

**Ingredients:**
- 1/2 cup all-purpose flour
- 1/2 cup dry white wine
- 1/2 cup heavy cream
- 1/2 cup chicken broth
- 1/2 cup fresh crabmeat
- 1/2 cup pimentos, chopped
- 1/2 cup green onions, chopped

**Instructions:**
1. In a large saucepan, heat the flour with the dry white wine over medium heat. 
2. Add the chicken broth and heavy cream and bring to a boil. 
3. Add the crabmeat, pimentos, and green onions. 
4. Cook for 5 minutes, then serve hot.

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### Healthy Options

1. Glass of red wine
2. Cup of low-fat yogurt
3. 1 medium apple

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### Menu Options

- 1. Meatballs with marinara sauce
- 2. Grilled chicken with roasted vegetables
- 3. Quinoa salad with feta cheese

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### Breakfast

- 1. Oatmeal with fresh fruit
- 2. Blueberry muffins
- 3. Greek yogurt with honey and nuts

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### Day 7

- 1. Grilled steak with a mixed green salad
- 2. Grilled salmon with roasted vegetables
- 3. Quinoa with black beans and corn

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### Day 6

- 1. Grilled chicken with roasted vegetables
- 2. Pasta with tomato sauce and fresh basil
- 3. Grilled salmon with a mixed green salad

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### Day 5

- 1. Grilled chicken with roasted vegetables
- 2. Pasta with tomato sauce and fresh basil
- 3. Grilled salmon with a mixed green salad

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### Lunch

- 1. Grilled chicken with roasted vegetables
- 2. Pasta with tomato sauce and fresh basil
- 3. Grilled salmon with a mixed green salad

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### Dinner

- 1. Grilled chicken with roasted vegetables
- 2. Pasta with tomato sauce and fresh basil
- 3. Grilled salmon with a mixed green salad

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### Snacks

- 1. Apple slices with almond butter
- 2. Carrots with hummus
- 3. Grilled cheese sandwich

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### Desserts

- 1. Greek yogurt with honey and nuts
- 2. Blueberry muffins
- 3. Chocolate avocado mousse
Correct Posture for Pain Relief

Fix Bad Posture

Poor posture can play a major role in chronic pain, causing tension along your spine that can make your neck, shoulders, back, and legs hurt. Say Gatis and Frey. It also restricts your breathing, reducing the circulation of blood and oxygen to your body needs. The Body Alignment Exercise, which you can perform in less than one minute, realigns your posture and deepens your breathing, say Gatis and Frey. But it does more than physically correct your posture. Regular practice of this exercise will teach you to pay attention to your body and make you aware of how each part feels—an important step for pain sufferers, who often try to forget that those aching parts exist.

At first, do this exercise five times a day for two weeks. Later, use it two or three times per day. You can do this exercise almost anywhere, like while waiting in line at the supermarket.

1. Start with your feet firmly planted about 6 inches apart. Make sure your ankles are parallel to each other and your knees are slightly bent. Try to keep your weight equally distributed. Imagine that your body is a stool that bears your weight evenly.
2. Move your chin slightly toward your neck.
3. Drop your shoulders down and back until your arms are parallel to the ground.
4. Keep your knees slightly bent, with your feet flat on the floor.
5. Feel your body realign.
To release a headache:

1. **Breathe deeply.** Inhale through your nose, fill your lungs completely, hold your breath for 5 seconds, and exhale slowly through your mouth. Repeat this cycle several times.

2. **Apply heat or cold.** Place a warm compress or ice pack on your forehead, temples, or neck.

3. **Elevate your head.** Sit or lie down with your head propped up on a pillow.

4. **Drink plenty of water.** Dehydration can cause headaches.

5. **Get enough sleep.** Lack of sleep can contribute to headaches.

6. **Avoid trigger foods.** Certain foods, such as chocolate, caffeine, and wheat, can trigger headaches.

7. **Consult a healthcare professional.** If your headaches are frequent or severe, seek medical advice.

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**Release Potent Energy**

**To soothe the brain,**

1. **Lie down and relax.** Close your eyes and focus on your breath.

2. **Move your hands.** Gently rub your temples and forehead.

3. **Stretch and yawn.** These movements can release tension in your head and neck.

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**How to Stop Pain Naturally**

**1. Use your body position to ease pain.** When in a seated or standing position, try to distribute your weight evenly across your feet.

2. **Lie on your side.** This position can help relieve pressure on your back and neck.

3. **Use a firm pillow.** If you are in bed, use a pillow under your knees and a rolled towel under your head to support your spine.

4. **Avoid sudden movements.** Make sure to get up slowly to avoid dizziness.

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**Overcome Pain**

**How One Woman**

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**Success Story**

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**New York City**

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**BEYOND SMILEY**

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**www.naturalhealthy.com**
For Neck Pain

1. Sit up straight and place your fingertips on the muscles on the back of your neck. Breathe deeply, inhaling and exhaling for 5 to 7 counts each. Repeat 2 to 3 times.

2. On your next inhalation, gently tilt your head forward about 45 degrees, bringing your fingertips in contact with your lower neck. Exhale and bring your head back to its normal position. Repeat 2 to 3 times.

3. Repeat the entire exercise 2 to 3 more times.

Talk to Your Pain

As you explore your pain, imagine the space around you. As you move, your pain may go away. Just continue visualizing floating in space and light.

For Headaches

1. Using the thumb and forefinger of your right hand, pinch the muscle mass between your left thumb and forefinger, near the bottom knuckle of your left forefinger. Apply deep pressure, for 15 to 30 seconds. Slowly release. Repeat on the right hand.

Create Space for Your Pain

Gravis and Frey teach their patients to use meditation combined with visualization to relax and focus their attention. This can help reduce pain and stress.

To ease neck pain, apply pressure with your fingertips. Then move your head forward and back.
Call Toll Free 1-800-657-6148

FREE SAMPLE & INFO!

20 years ago my mother Ethel was diagnosed with osteoporosis and saw little improvement from taking a variety of natural remedies including calcium supplements. I began giving her Advacal.

Several years ago my mother Ethel's 2-year bone density X-rays showed a 4% increase over baseline. Her doctor said, "Period. Bone building calcium. "Advacal is the #1

Stronger Bones = Fewer Fractures.
HOW TO STOP PAIN NATURALLY

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can hold information about the mysteries of why it's there," says Gatanis.

This exercise works best if you are relaxed, so practice it after you finish the "Create Space for Your Pain" section of the program, above. Your goal is to allow a free flow of thoughts and feelings, bringing a compassionate, curious, healing intention to this process. Don't worry if you can't do it from the start; just try it. It may take several tries before you feel relaxed and comfortable enough to listen to your body. But keep practicing daily.

Start by thinking of yourself as a hospitable host, inviting a guest (your pain) in for tea. After you make your guest feel at home as possible, ask it the following questions. You do not need to write any of this down (although writing in a journal helps some people). Simply talk, either aloud or to yourself.

1. Ask your pain: "How did you get here?" Invite your pain to answer. The response may come in any form—for example, a voice, a shape, an image, a memory. It may be concrete or intuitive. Open your senses and feelings to whatever answers your pain gives.

2. Ask: "Did something emotionally upsetting happen just before you first affected me?" Listen to the answer.

3. Finally, ask: "Is there something you need from me so I can make peace with you?" Listen to the answer.

Calm Your Nervous System

Craniosacral therapy releases restrictions in the bones, tissues, and fluid that surround and protect your brain and spinal cord, together known as the craniosacral system. Structural misalignments and energy imbalances in this system can contribute to chronic pain, say Gatanis and Frey, and craniosacral therapy can help by calming your central nervous system and relaxing muscular tensions. Gatanis and Frey studied the meningeal approach to craniosacral therapy, which osteopathic physician John Upledger developed following studies he conducted from 1975 to 1982 as a researcher and professor at Michigan State University in East Lansing.

To strengthen your craniosacral system, Gatanis and Frey recommend using a still-point inducer, a small rubber device developed by Upledger. It costs about $15, and you can order it by contacting the International Alliance of Healthcare Educators (800-311-9204; www.iahe.com). Do not use this device if you have or have ever had an acute stroke, cerebral aneurysm, brain tumor, recent skull fracture, or any other condition in which fluid pressure changes within the skull. Practice the following once a day:

1. Lie on your back on the floor, either on a rug or on a mat.
2. Place the still-point inducer under your head, in line with your ears, 1 to 1½ inches above the junction of your neck and skull.
3. Allow your head to rest on the still-point inducer. Close your eyes and relax.
4. Remain in this position for 10 to 15 minutes, using the time to breathe deeply or to practice whichever form of relaxation (like meditation or guided imagery) works best for you.

Henry Dreher is a New York City-based health writer specializing in mind-body and integrative medicine. Since he was treated at Integrative Reahab, his chronic headaches are mostly a bad memory.

HEALTH QUIZ

Continued from page 31

Answers

1. A. When trying to stick to an exercise routine, measure your progress often, says Connie Tyne, executive director of the Cooper Wellness Program at the Cooper Aerobics Center in Dallas. Marking improvements will encourage you to adhere to your program. Tyne also recommends that you set small, attainable goals. 2. B. You're just as likely to lose weight on your own as you are if you participate in a formal weight-loss program, according to statistics from the National Weight Control Registry, a database of more than 2,000 people who have lost at least 30 pounds. 3. A. If your sugar cravings are due to erratic blood sugar levels (indicated by bouts of fatigue), take 200 to 400 mg of chromium three times a day. Chromium increases the availability of insulin, a hormone that regulates blood sugar. 4. A. Don't let a busy schedule deter you from sticking to an exercise routine. Research shows that three 10-minute workouts a day are at least as effective as one 30-minute workout, says Tyne. 5. D. Feverfew (Tanacetum parthenium), skullcap (Scutellaria lateriflora), or willow bark (Salix spp.), taken at 300 mg a day in capsule form or 30 drops a day as a liquid extract, help soothe exercise withdrawal headaches. 6. B. Willpower alone won't guarantee that you'll stick to your New Year's resolutions, according to Roy Baumsteiner, Ph.D., a professor of psychology at Case Western Reserve University in Cleveland. It's possible to have little willpower but excellent habits and still succeed. You can develop good habits by repeating desirable behaviors. 7. B. Research published in the Journal of Personal Social Psychology suggests that people who make more than one resolution at a time have difficulty adhering to any of them. 8. B. The herb lobelia (Lobelia inflata), also known as Indian tobacco, reduces nicotine cravings when taken as a homeopathic remedy.
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