

# MINDBODY MED

## NEWSLETTER



### ARE YOU TAKING ANTI-INFLAMMATORIES AND PAIN KILLERS TO HELP YOU SLEEP OR JUST GET THROUGH THE DAY?

BY DR. JOHN CHEVIGNY

We have all heard the side effects of taking too many anti-inflammatories or too many pain killers: "They damage your liver and kidneys; "They decrease bone density over time." Yet we still take them. First sign of a headache or back pain we reach for our chosen brand; Advil, Tylenol, Aleve, Naproxen, etc. Most times they do help with the pain, but are they helping us heal any faster? Think of this, most of our reparative processes take place at night. That is when our body releases the highest amounts of HGH, cytokines, and T cells. These are the factors the body uses to repair damaged tissues and mount an immune response. Many times we'll have a fever, or local inflammation, to help kill off an infection and stimulate the production of reparative proteins called "heat shock proteins." However since NSAIDS (non-steroidal anti-inflammatories) retard inflammation, heat shock proteins won't be created and the T-cells and HGH won't be delivered in elevated amounts. Furthermore NSAIDS have been shown to inhibit the production of cytokines. So while they may help us feel better temporarily they are ultimately prolonging our recovery. What to do? Good ol' fashioned ice is a wonderful option and is cheap and quick. There are many natural anti-inflammatories such as Turmeric and Fish oil. With supplements the highest quality ones can be found through your health care provider. They will help manage excess inflammation without the side effects.

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**Referrals  
are the best  
compliment!!**

The Kundalini  
is the life  
force; it is the  
essential  
energy of  
existence. It is  
the hidden  
ingredient in  
life. It is what  
makes it all  
work.

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## WHAT IS KUNDALINI AND HOW IT CAN HELP YOUR BODY AND MIND??

By Kristen Chevigny

Kundalini is a special form of yoga. Whereas other styles of yoga focus primarily on posture and movement, Kundalini puts a strong emphasis on breathwork and meditation as well as having specially formulated exercises that target specific areas and systems. Both safe and effective, it brings balance to the body, mind, and soul. There is something for everyone, regardless of age, fitness level, or experience.

Through the practice of exercises (kriyas), breathing techniques (pranayama) and vocalizations (mantras), we aim to increase our life force (prana). When all these are combined this is Kundalini yoga and it can be used to heal yourself and heal others. Self-healing and self-love are really the same. Kundalini gives us the tools to expedite spiritual growth as well as providing physical benefits such as: increased flexibility, expanded lung capacity, a strong core, and stress alleviation. A Kundalini Yoga class leaves you feeling like you've gone to a therapy session, had an awesome workout in the gym, made it to your yoga mat, and enjoyed a fun social activity with friends.

**To contact Kristen directly for more information about classes you can reach her through email at [kristen.chevigny@gmail.com](mailto:kristen.chevigny@gmail.com)**

