

MINDBODY MED

NEWSLETTER



HEAT VS ICE, WHICH TO USE?

BY DR. JOHN CHEVIGNY

Ice is great for acute injuries. For example, if you were to roll your ankle and it swelled, using ice would help decrease the swelling temporarily. With this decreased swelling and numbed pain, you could move the foot around in small circles which would promote fresh blood flow. Heat is best for muscular pain like a feeling of soreness or muscle cramping. It will push blood through the tissue supplying it with oxygen and nutrients. Heat should never be used over an area of acute swelling.

KEY POINTS

- * *Ice restricts blood flow and can help with swelling*
- * *Ice numbs pain*
- * *Ice should be used for 10 minutes then off for 50 minutes 2-3 times but not directly on the skin*
- * *C-A-B-N, Cold -Achy-Burning-Numb is the progression of how you should feel when icing*
- * *Ice is best in the first 72 hours after an acute injury (i.e. rolled ankle) and with aggravations of existing injuries*
- * *Heat increases blood flow to the area*
- * *Heat can help to relax tight muscles*
- * *Generally, heat should be used for 15 minutes on then off for 45 minutes 2-3 times*
- * *Heat is most helpful for sore and tight muscles*
- * *Heat should not be used over an area of swelling*

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**Referrals
are the best
compliment!!**



HOW TO FIGHT CRAVINGS AND FATIGUE WHILE FASTING



"Success is the sum of small efforts repeated day in and day out."

The toughest part about fasting is the cravings and brain fog that come along with it. Despite popular belief these aren't caused by lack of calories, since most of us, even high level endurance athletes, have tens of thousands of calories stored as fat at all times. The true cause of this is central nervous system fatigue. This occurs when significant changes occur in the concentration of neurotransmitters, the brain's signaling chemicals. As the brain and body work in a fasted state fat AND muscle are broken down and when tissue is used for energy tryptophan is released into the body. Tryptophan is an amino acid found in muscle tissue and is what makes us all so sleepy after a large Thanksgiving dinner. Tryptophan is the precursor to serotonin which in elevated amounts makes us lethargic, decreases the strength of muscle contractions and impairs judgment. In addition during CNS fatigue, excitatory neurotransmitters such as dopamine and acetylcholine plummet, which is why we all crave caffeine.

But instead of chugging caffeine or sugary snacks to get our energy and focus back up what can we do to preserve our fast and regain our focus? The answer is simple: Amino acids.

Amino acids are the building blocks of neurotransmitters. so when you have the afternoon brain fog, can't stop thinking about food, or want to take an afternoon nap it's most likely because you are experiencing an epic bout of amino acid deficiency and neurotransmitter imbalance.

MindBody MED
2705 NE 65th St.
Seattle WA
206.523.9000
mindbodymedseattle.com