

## **Pain And Nutrition**

Chronic pain is a big problem, and it expresses itself in many different ways. When a person starts a new workout routine, there is a risk of a muscle or joint causing pain and limiting function. This is very frustrating.

But a workout “injury” may not actually be an injury, and I’ve found many of these problems to be an easy fix. They seem so significant and disabling at the time. If they’re not approached with the right type of therapy, they can turn into big problems.

Over the years I’ve learned how to approach this type of thing in a very gentle but effective way.

If there’s a chronic issue that isn’t quite responding to the more mainstream treatments such as chiropractic care, massage, and physiotherapy, the techniques I use have complimented these therapies very nicely.

These are the types of techniques I use.

- Guided muscle self release.
- Active range of motion with resistance, coupled with a sequence of passive range of motion and manual stretching.
- Cupping. Acupuncture.
- Always, Skill Building.
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Skill Building Is So Important For Sustainable Relief

I clearly explain exactly what’s going on in the body. When you understand what I’m doing, my treatments are much more effective.

My treatments are also detailed assessments. By the end of the treatment, I’m able to show you exactly what stretch, movement, or resting position you can use to enhance the effect of my treatment. The goal is to eventually teach you enough skills to be able to prevent the problem from returning.

Nutrition and lifestyle to come in to play with staying strong and resilient.

Certain nutritional deficiencies can increase the risk of repeat strain injury. Overtraining syndrome increases this risk too. Overtraining syndrome is, basically, getting worn out from pushing ourselves too hard. . In Overtraining, mental clarity and energy decreases. Overall physical pain tends to increase. Weight gain is also possible.

Positive nutrition and lifestyle changes don’t have to be complicated or expensive. If you want to go down that road, by all means go for it. It’s fun, if you’re interested in the intricacies of fitness-nutrition. If you’re not, don’t worry. Optimal nutrition for optimal performance can be quite simple.

*-Dr. Angela, ND*