



SMART THERAPY IS LOCATED AT 9708 N NEVADA ST

Smart Therapy

Summer 2016 Newsletter

IN THIS ISSUE

Introduction to Smart Therapy

by Candace Smart

Some of you are already familiar with Smart Therapy and what we have to offer, while others are just getting to know us. This is the first of a quarterly newsletter to keep you updated on our expanding services and special offers. It will also include a variety of informational articles focused around health and natural healing. We love to hear your feedback! If you have comments, concerns or an idea for a future article please let us know!

What is Smart Therapy?

Smart Therapy is using natural treatment methods to treat mind, body and spirit as a whole to reach your health and wellness goals. Our mental health counselors, chiropractor and massage therapists are committed to using natural treatment options, not pushing prescription medication. Our goal is to help you become a happier, healthier you!

What does Smart Therapy offer?

Smart Therapy offers a variety of services, all centered around natural healing. We have mental health counselors, massage therapists and a chiropractor currently on

staff. We also offer nutritional supplements and aromatherapy products. Please visit SmartTherapyGroup.net for more information on our services.

Does Smart Therapy accept insurance?

Smart Therapy accepts most major insurance plans. For those without insurance, we offer a yearly membership plan that comes with access to affordable member-only rates on services. We also offer monthly specials on our services and products.

How do I get an appointment?

There are multiple ways to schedule. You can email us at Office@SmartTherapyGroup.net. You can also contact us through our website at SmartTherapyGroup.net. Each therapist has an email contact box and phone number on their profile page under the Team tab. You can also call our office at 509.466.0226. We do not have a receptionist at this time, so please leave a message if you get our voicemail. Someone will call you back to schedule as soon as possible.



Get to Know Us

Smart Therapy is honored to work with some amazing professionals! This highlight features **Maja LeBon**.

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20 Natural Pain Relievers

Learn natural treatments for pain relief.

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Get to Know Us

Each quarter we will highlight one of our providers so that you can learn more about us. In this issue we get to know Maja LeBon!

Meet Maja LeBon!



Maja is one of our mental health counselors. She specializes in trauma, eating disorders and children's issues, but enjoys working with all kinds of people. Maja grew up in the Spokane area. She attended Gonzaga University for her undergraduate degree and Eastern Washington University for her Master's degree in Mental Health Counseling.

Maja is in the process of completing her

certification in Lifespan Integration Therapy. She is one of only a few in the Spokane area that is qualified to use this therapy.

Maja is a busy mother of 3 children. Somehow in her crazy schedule she also finds time to train and compete in marathons and triathlons. She even completed her first half ironman competition this summer!

Maja is a huge asset to our team at Smart Therapy and we are proud to have her! You can learn more about her, including how to contact her, at smarththerapygroup.net/maja-lebon.html.



Maja competing in a triathlon in June 2016.

LIFESPAN INTEGRATION THERAPY

Lifespan Integration is a gentle, body-based therapeutic method which heals without re-traumatizing.

TO LEARN MORE VISIT
lifespanintegration.com

Summer Specials

Smart Therapy offers monthly specials on services and products. Check out this seasons deals...

August

\$55 for a 1-Hour Massage

½ OFF Massage Add-Ons

\$35 for a Chiropractic Adjustment

10% OFF Wild Orange Essential Oil

September

Buy Two Get One FREE 1-Hour Massage*

Buy One Get One FREE Chiropractic Adjustment*

10% OFF Vitamin Supplements

* Discount off Regular Prices Only



20 Natural Pain Relievers

by Candace Smart, MS, NCC, LMHC, CNC

25.3 Million Americans Suffer from Daily Pain



Pain affects more Americans than diabetes, heart disease and cancer combined. Whether it's a pulled muscle, an achy back or something much more serious, pain affects everyone at some point in their life. According to the National Institute of Health, 25.3 million American adults suffer from daily pain.

Pain medication can have dangerous side effects, especially when taken on a regular basis. Prescription pain medication is responsible for over 15,000 deaths per year. Even over the counter pain medicines do not come without risk. Repeated use can lead to organ failure and death.

Nature provides an abundance of natural pain killers to help us find relief. While not all treatments will work for everyone, hopefully this alphabetical list will provide you with at least a few options to reduce your pain level.

1. **Acupuncture**, an ancient practice of inserting needles into specific points on the body, has been shown to be an effective treatment for pain.
2. **Aquamin** comes from red seaweed. It decreases inflammation in addition to being a strong pain reliever. It is often used to treat arthritis pain.
3. **Arnica** is derived from a European flower and has analgesic and anti-inflammatory properties. It is a well known pain killer.

4. **Birch Leaf (Betula Lenta)** mimics cortisone. Birch leaves contain a chemical called methyl salicylate, similar to salicylic acid used in aspirin. It is anti-spasmodic, analgesic, astringent, antifungal, diuretic and detoxifier.

5. **Boswelia** comes from Frankincense, an ancient herb used for centuries. Boswelia is a natural anti-inflammatory.

6. **Breathing Exercises** have been proven to increase relaxation and decrease pain perception and processing in the body.

7. **Bromelain** is an enzyme in pineapple that can help reduce inflammation. It is also used to aid in digestion.

8. **Capsaicin (Capsicum)** is a compound in hot chile peppers. It is a powerful pain reliever, especially for headaches.

9. **Cannabis**- While controversial, cannabis can provide effective pain relief, control nausea and vomiting and stimulate appetite.

10. **Cherries**, specifically red cherries are said to have the highest anti-inflammatory content of any food.

11. **Chiropractic** aids in decreased pain and inflammation by keeping the spine in proper alignment.

"Nature provides an abundance of natural pain killers to help us find relief."



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12. Epsom Salts can be used while soaking in a warm tub. Two to three cups of Epsom salt in your bath water will decrease muscle fatigue and increase relaxation. Magnesium is absorbed from the salts, aiding the body's ability to battle stress.

13. Essential Oils have been valued for their analgesic effects for centuries. There are many ways to benefit from essential oils—some people inhale them (aromatherapy), others include several drops in a carrier oil and apply to the affected area. Several oils in particular have an analgesic effect including **lavender, peppermint, rosemary** and **wintergreen**.

14. Gamma-Linolenic Acid (GLA) is an essential fatty acid found in seed oils. Studies have shown its ability to reduce nerve pain associated with diabetic conditions.



15. Ginger is a powerful anti-inflammatory and pain reliever.

16. Holy Basil (Ocimum Sanctum, O. Tenuiflorum) is an anti-inflammatory. It contains cinnamic acid which is known to enhance circulation, stabilize blood sugar and improve respiration.

17. Massage- Studies have shown that massage therapy not only helps with relaxation, but can also help diminish the body's perception of pain. A high quality therapeutic massage spurs blood

flow, which in turn helps nourish and heal the soft tissues throughout your body. Massage also releases endorphins, which are your body's natural analgesics.

18. Turmeric is a component of the spice curry. It is renowned for its ability to decrease inflammation and pain.

19. White Willow Bark (Salix Alba) promotes blood flow and reduces swelling. It can relieve aches, pain and inflammation.

20. Yoga Evidence suggests that the mind-body practices of yoga and tai chi increase flexibility, circulation and relaxation to offer significant relief of pain symptoms.

This list is by no means comprehensive, there are many more natural remedies for pain management out there. The intent of this list is to bring natural pain killers to your awareness, the information is a just a snapshot and is by no means complete. Please educate yourself on each item before using. Please be advised that some of the herbs on this list may increase the risk of bleeding and can cause interactions with some medications and health conditions. Always do your research and consult with a qualified health professional about any and all health concerns and medicine interactions.

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Introduction To Essential Oils

by Candace Smart, MS, NCC, LMHC, CNC

Essential oils were one of man's first medicines. An essential oil is the volatile liquid distilled from plants and their parts. The purity and therapeutic value of an oil is determined by its chemical constituents. These constituents are affected by many variables such as: the part(s) of the plant from which the oil was produced, soil condition, fertilizer, geographic region, climate, altitude, harvest season and method, and distillation process. Low temperature and low pressure are essential to maintain purity, fragrance and therapeutic value. A pure, therapeutic grade oil is a requirement when using essential oils for health benefits. There are a lot of cheap, low quality oils on the market. Unfortunately, the processes used to extract these low quality oils destroys the constituents that give them their therapeutic value.

What are the benefits of essential oils?

Essential oils embody the regenerating, oxygenating, and immune strengthening properties of the plants they come from.

Essential oils are so small in molecular size that they quickly penetrate the skin and membranes. An essential oil can affect every cell of the body in 20 minutes.

Essential oils contain oxygen molecules that help transport nutrients to cells, often correcting a nutritional deficiency.

Essential oils are powerful antioxidants.

Essential oils are antibacterial, anticancer, antifungal, anti-infectious, antimicrobial, antitumor, antiparasitic, antiviral and antiseptic. They have been shown to destroy

all tested bacteria and viruses while also restoring balance to the body.

Essential oils can detoxify the cells and blood in the body.

Essential oils help promote emotional, physical and spiritual healing.

These are just a few of the benefits of essential oils. Essential oils can be used aromatically, topically and sometimes internally. They are most often used to bring specific desired effects (relaxation, energy, joy, etc.) or to treat a specific health concern. As with anything, please do your research before using and be aware of any safety concerns.

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