



Smart Therapy

Fall 2016 Newsletter

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What's New @ Smart Therapy

October is Smart Therapy's 1 year anniversary! Celebrate with us by taking an extra 10% OFF all our products as well as additional flash sales that will be advertised throughout the month on our Facebook page. Refer a friend in October and get 50% OFF a 1-hour massage or a \$10 chiropractic visit if your friend purchases a service.

We are excited to continually expand on the services that we offer. A new service we will soon be offering is distance counseling. Distance counseling sessions are done via video chat from the comfort of your home, office or wherever you happen to be. Many clients find this to be a much more convenient option than coming into the office for appointments. As insurance companies update policies, we hope that these services will soon be covered under your plan. However, currently distance counseling services must be paid out of pocket. We hope to have distance counseling services available to you by the end of October, possibly sooner. Please continue to check back with us if you are interested.

Another exciting change is launching this October. Some of you have found our monthly specials confusing or hard to keep track of. Others have asked for varied payment options... We listened to your feedback and here is what we came up with:

We will no longer be offering monthly specials on services. As an alternative, Smart Therapy is now offering membership and prepaid options! Membership costs only \$25 annually and gives you access to member-only reduced prices. Your membership can pay for itself after just 2 appointments!

Prepaid packages are yet another option for great deals. We are offering packages of 5 or 10 for counseling, chiropractic and massage. The more you buy the more you save!

For a list of membership and prepaid prices please ask at the front desk or call 509.466.0226.

While we will not be offering regular monthly specials on services, we will continue to offer monthly specials on our products as well as occasional sales for shorter periods of time. Follow us on Facebook @SpokaneSmartTherapy so you don't miss our random flash sales.

Thank you to all those that have shared feedback and please keep it coming! If you have suggestions for newsletter articles, classes, support groups, etc... please share!

Candace Smart, Owner



Fall Specials

Check out our Fall specials on products...

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Alzheimer's and Memory Problems: 7 Natural Treatments

Learn natural ways to slow cognitive decline and boost memory.

Page 3

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 Dr Wayne Lindell!

Dr Lindell joined the Smart Therapy team this past May, adding Chiropractic to our service menu.

Wayne was born and raised in Spokane and has lived here for nearly his entire life. He is proud to be a Rogers High School alumni and says he believes "it would be tough to find any better place in the world to call home."

Dr Lindell served a tour in the United States Marine Corp as a legal specialist. He was also active with the basketball and cross country teams during his service.

Shortly before he was discharged from the Marines, he was exposed to chiropractic for the first time. The chiropractor was able to help him with an elbow problem that he had suffered for years with only one pain-free adjustment. He had sought treatment through conventional medicine for the same problem for over a year with no success. He



was so impressed by his results from that one chiropractic visit that he completely changed his plans and started on a new career path.

After finishing his schooling, he returned to Spokane to practice. He has been married to his wife, Judy, for 34 years and has 3 children.

Dr Lindell likes spending time outdoors and enjoys the local sports scene, especially the Zags.

He is incredibly passionate about the field of chiropractic. His health care philosophy

centers around his belief that every problem we experience is influenced, to some degree, by the brain and nervous system.

Chiropractic improves nerve function which give the body a fighting chance to overcome its challenges.

To learn more about Dr Lindell or to schedule an appointment visit his webpage at <http://www.smarttherapygroup.net/wayne-lindell.html> or call us at 509.466.0226.



October

10% OFF ALL PRODUCTS

Refer A Friend to get 50% OFF a 1-hour Massage or a \$10 Chiropractic visit.

Celebrate our 1-year anniversary by stocking up on all your favorite products! Refer a friend to get an awesome discount!

November

15% OFF Herbal Ener-Boost

Do the holidays leave you drained? This is an organic and natural energy booster that helps improve stamina, boosts vitality and helps fight fatigue naturally. Made from organically grown herbs that have been known to promote higher energy levels without caffeine or other stimulants.

December

10% OFF Peppermint Essential Oil

Get into the holiday spirit with peppermint! Peppermint has been used for centuries to soothe digestive difficulties, freshen breath and to relieve colic, gas, headaches, heartburn and indigestion.

Fall Specials

FAST FACTS

5 Million

Americans are living with Alzheimer's Disease



Alzheimer's and Memory Problems: 7 Natural Treatments

By Candace Smart, MS, NCC, LMHC, CNC

Alzheimer's Disease is a growing epidemic in the United States. According to the Alzheimer's Association (2016), over 5 million Americans are currently living with Alzheimer's. It has risen to become the 6th leading cause of death in the US and the 3rd leading cause in Washington State.

People living with Alzheimer's Disease are often cared for by a family member or close friend. Being a caregiver can be draining physically, mentally, emotionally and financially. Caregivers often start experiencing health problems of their own due to the stress of being a caregiver. An estimated forty percent of caregivers experience depression (Alzheimer's Association, 2016). While Medicare will pay almost half of the estimated \$236 billion in healthcare costs for those with Alzheimer's, the rest falls on the patient and their families. Family caregivers spend an average of \$5000 per year of their own money caring for their loved one with Alzheimer's.

As our large baby boomer population ages, the 65+ age group is expected to double by 2050 (US Census Bureau, 2016). If the same holds true for the percentage of American's with Alzheimer's the projections range from 13.8 million to 16 million (Alzheimer's Association, 2016). The emotional, physical and financial toll to families, as well the economic impact as a nation, is staggering!

What can we do about it?

Contrary to popular belief, dementia (and all disease for that matter) is not a part of normal aging (Moody, 2000). Aging has the tendency to make us more susceptible to disease, however it is not inevitable.

Alzheimer's "develops as a result of complex interactions among multiple factors, including age, genetics, environment, lifestyle, and coexisting medical conditions" (Alzheimer's Association, 2016). While your age and genetic makeup cannot be altered, other risk factors such as chronic inflammation, high blood pressure and a sedentary lifestyle are within our control to change. The following are all natural ways in which to prevent and/or treat Alzheimer's symptoms as well as boost memory:

Exercise

We all know that being active is important. A sedentary lifestyle significantly increases risk for all kinds of health complaints and disease. A recent study conducted on people with severe Alzheimer's Disease found improvements in memory and cognitive functioning after implementing a 6-month exercise program (MJ Kim, 2016). While it is great news that physical activity can improve cognitive function even in advanced Alzheimer's, imagine the good you can do for your body if you stay active throughout your

life. Exercise will not only help ward off dementia, but will make for a better quality of life in your golden years. Mental exercise is also important. Puzzles, reading and learning new things are all ways to get your mind in great shape too!

Diet

A healthy diet based on fruits, vegetables, whole grains, fish, nuts and healthy fats has been proven to benefit both heart and brain function. Diets filled with sugar, hydrogenated fats, and processed foods significantly increase risk of not only Alzheimer's Disease, but a host of other health issues as well. Type 2 diabetes is a health condition caused by poor diet choices and is highly correlated with an increased incidence of Alzheimer's Disease (F Ye, 2016).



Omega-3 Fatty Acids

Omega-3 fatty acids are found primarily in fish oil. These fatty acids have been shown to slow down cognitive degeneration in Alzheimer's and other dementias (N Külzow,

2016). Research shows that a diet high in omega-3 fats or regular supplementation has positive effects on memory function and recall.

Coconut Oil

Recent studies have shown coconut oil to be beneficial in the treatment of Alzheimer's Disease. Coconut oil is made up of medium-chain fatty acids. Medium-chain fatty acids are easily absorbed and metabolized by the liver which can then turn them into ketones. Ketones are an important alternative energy source in the brain, and may be beneficial to people developing or already suffering from cognitive impairment (WMADB Fernando, 2015).

Niacinamide

The success of niacinamide, a form of Vitamin B₃, for improving memory and treating Alzheimer's Disease has been documented since 1943 when Dr William Kaufman (1943) wrote a book about it. Newer research has backed Dr Kaufman's findings on the benefits of niacinamide. The most effective method is to take dosages spread out every 90 to 120 minutes, rather than once or twice a day.

Anti-Inflammatories

Inflammation is highly correlated with Alzheimer's Disease. While it is unclear whether chronic inflammation leads to Alzheimer's or Alzheimer's causes inflammation, studies have shown that people on long term anti-inflammatory drugs have a reduced risk of Alzheimer's Disease. Long term use of anti-inflammatory drugs can cause other health issues, however natural anti-inflammatories can have the same result... minus the side effects. Some common natural anti-inflammatories include: ginger, turmeric, rosemary, white willow bark extract, omega-3 fatty acids and essential oils like lemongrass and mint.



Rosemary

Rosemary is often used in aromatherapy to increase concentration and memory, and to relieve stress. Studies have found that smelling rosemary can improve memory as much as 75 percent! You can use the fresh herb straight from your garden or a therapeutic grade essential oil. One study

used dried rosemary capsules to improve the memory of older adults (A Pengelly, 2012), however taking rosemary internally should only be done under supervision of a health professional as there are possible interactions with certain health conditions and medications.

Unfortunately, there is no miracle cure for Alzheimer's disease. These natural Alzheimer's treatments can help prevent or slow down disease progression. They promote a healthier body and mind, which is central to maintaining a higher quality of life. We can all benefit, whether suffering from Alzheimer's or not.



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Introduction To Essential Oils

by Candace Smart, MS, NCC, LMHC, CNC

How Do I Use Essential Oils?

You've decided to try essential oils... good for you! But how do you use them? There are 3 ways to use an essential oil: aromatically, topically and internally.

Aromatically

Aromatic use means breathing in the scent of the essential oil. This can be done by inhaling the scent directly from the bottle or by apply 1-2 drops of oil to your hands and cupping your hands over your mouth and nose while inhaling. You can also put a couple drops of the oil into a diffuser. A diffuser combines water and essential oil into a fine mist which is sprayed into the air. Diffusers are a great way to quickly spread an oil throughout the room.

Our olfactory system, which is responsible for our sense of smell, is closely connected to the limbic system, which includes the hippocampus (long-term memory), the amygdala (emotions), the hypothalamus (autonomic nervous system and hormones) and the cingulate gyrus (regulates blood pressure, heart rate and attention). This connection is much of the reason that essential oils have such a profound physiological and psychological effect.

Topically

Topical use means applying the oil directly on the skin. Depending on the oil, it is often a good idea to use a carrier oil, such as coconut oil, to dilute it as some oils can be irritating to the skin. Always use a carrier oil to dilute oils that you are massaging over a large area or for use with children. Essential oils are incredibly potent; more is not always better. Typically 1-3 drops of an oil is adequate.

The best place to put the oil varies on the particular oil you are using and the results you are trying to achieve. Often applying the oil directly to the area of concern is good idea. For example, if I am using lemongrass oil to relieve my leg cramps I will put lemongrass directly on my legs.

You can also apply an oil to the bottoms of the feet. The feet absorb oils very quickly. Other quick-absorbing areas include behind the ears and on the wrists.

Applying an oil to reflex points can also be very effective. For example, the ankles have reflex points that lead to the uterus and ovaries. If I am using clary sage for hormone balance I can apply directly over these organs on my abdomen as well as on the ankles.

Using 3-6 drops of an oil in a bath can be a great way to detox and soak of the relaxing, soothing properties of an oil. Add Epsom salt for added benefit.

Hot or cold compresses can be made by adding a few drops of oil to 2 quarts of water. Immerse a towel in the water until saturated and wring out any excess. Apply compress to the affected area for 1-2 hours.

Internally

Internal use of essential oil means consuming the oil into the body. Only pure, therapeutic grade essential oils should be used internally, and even then **use with extreme caution**. Not all oils are intended for use internally. Do not use unless you know what you are doing.

Oils can be taken sublingually, which means placing a drop or two under the tongue. Oils directly enter the bloodstream in this way and quickly travel to areas of the body where they are needed.

Capsules are another common way to use essential oils internally. Put a few drops of essential oil into a capsule and finish filling it with a carrier oil, such olive oil. Close and swallow.

Cooking with essential oils can be another way to use them internally. Usually 1-2 drops are all that is necessary to add the flavor you are looking for.

Beverages are another easy way to consume essential oils. This can be done by placing 1-2 drops into 4 ounces of water, rice milk or almond milk and drinking.

Around the House

Many essential oils have disinfectant, anti-fungal and anti-viral properties. These oils can be used to safely disinfect areas around the house without the use of chemical cleaners.



Whether you are using them for their relaxing or invigorating scent, for a specific health condition or to support overall health and wellness... The benefits found in essential oils are endless!

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9708 N Nevada St
Suite 205
Spokane, WA 99218

509.466.0226