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Tips for Making the New Year Healthy!

Twisted Top 10

A Belated Happy New Year to Everyone!

At this time of year, almost every publication features lists of things to do to be happier and healthier for the coming year.

We thought it would be more fun to take a walk on the wild side. Click below for our twisted top ten list!!

[Read Our List](#)

Military Uses Acupuncture To Treat Pain

Acupuncture continues to get more and more mainstream attention.

At Andrews Air Force Base, a team of military doctors has begun treating wounded troops suffering from severe or chronic pain with acupuncture. The complete article can read by clicking below:

[Read Full Article Here](#)

Health Tip: Help Manage Back Pain

(Health Day News) -- When you begin to feel back pain, resist the urge to stay in bed for a prolonged period. It's better to remain active, according to the University of Maryland Medical Center (UMMC).

As long as you don't have a serious underlying medical problem that's causing your pain, the UMMC offers these suggestions for how to tame it:

For the first few days, take it easier, but only for a few days. After that, gradually become more active until you're back to your regular routine.

Apply either heat or ice to your sore back -- whichever feels better. You can also alternate between the two, starting with ice for the first two or three days, followed by muscle-relaxing heat beginning the next day.

If it's OK with your doctor, take an over-the-counter pain reliever such as acetaminophen or ibuprofen.

Take a warm bath before bed to soothe your back and help you sleep.

Sleep with a pillow between your legs (if on your side), or under your knees (if on your back).

And of course, call us immediately to receive a healing acupuncture session and help your back feel better!

Sincerely,

John Schmieder & Bryan Wagner
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