

AcuNews

"Be not afraid of growing slowly, be afraid only of standing still"- Chinese Proverb

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How Acupuncture Can Help Arthritis

May is known as Senior Citizens Month, a great time to reach out to your loved ones and check in on their health. As we age, our health needs change. It is especially important for seniors to take care of their health and do so in a way that is as natural as possible and does not require potentially harmful prescription drugs. Traditional Chinese Medicine and other alternative practices have been proven to help aid the aging process and chronic conditions that may come with it.



Acupuncture

Acupuncture is a common treatment for chronic pain, which can be very beneficial for seniors. This centuries-old practice addresses the body as a whole by using specific acupuncture points to return the body back to its natural balance and relieve pain as well as other symptoms. Acupuncture treatment is non-invasive and is a great natural alternative to prescription medication.

Yoga

It can get harder to stay active as we age. We may find that our bodies just don't move like they used to. Yoga has many health benefits and can be incorporated into your daily routine. Yoga has been proven to help strengthen bones and reduce the risk of osteoporosis. This practice can also help keep your joints healthy and reduce symptoms of carpal tunnel syndrome and arthritis.

Massage therapy

Massage therapy not only has physical health benefits but mental as well. This therapy can work to relieve pain, improve circulation and release tension. Massage is also an excellent stress reliever and can leave you feeling more relaxed and at ease.

Aromatherapy

Aromatherapy is a natural remedy that has been used for thousands of years. Aromatherapy involves breathing or applying essential oils to the body to help improve health. Different essential oils can have a large range of benefits. This therapy can help lower pain, increase a sense of well being and help improve sleep for patients with dementia.

6 Superfoods for Aging Well

1 Olive Oil

Olive oil is beneficial for many reasons. Researchers now know that this oil contains the antioxidants called polyphenols, which can help prevent age-related diseases.

2 Fish

Fish like wild caught salmon are a no-brainer. They are packed with omega-3 fatty acids, which help regulate cholesterol levels and can improve heart health, which become increasingly important to take care of as we age.

3 Dark Chocolate

Quality dark chocolate not only tastes good but can also be great for your health. Cocoa is packed with flavonoids that are good for heart disease and promote healthy blood vessels. Add a little dark chocolate into your diet to help lower your risk of high blood pressure, type 2 diabetes, kidney disease and dementia.

4 Blueberries

Blueberries are known for their high amount of antioxidant properties. These berries can help inflammation and age-related deficiencies such as memory loss and motor function.

5 Avocado

Avocado is filled with omega-3s and vitamin E, which prove to have many health benefits. If you are fighting aging skin, avocado is your go-to food for rejuvenating your skin as well as stronger nails and hair.

6 Turmeric

Turmeric is an incredible herb that is often used in Chinese medicine for its anti-aging benefits. A part of the ginger family, turmeric contains curcuminoids, which act as a powerful antioxidant that can reduce inflammation and promote healing. This herb is perfect for Asian cooking and to add a little spice to dishes.



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