

Dear Friends of the Center for Health Enhancement:

Oh, my aching back! At some time in our lives, we've all uttered these words!

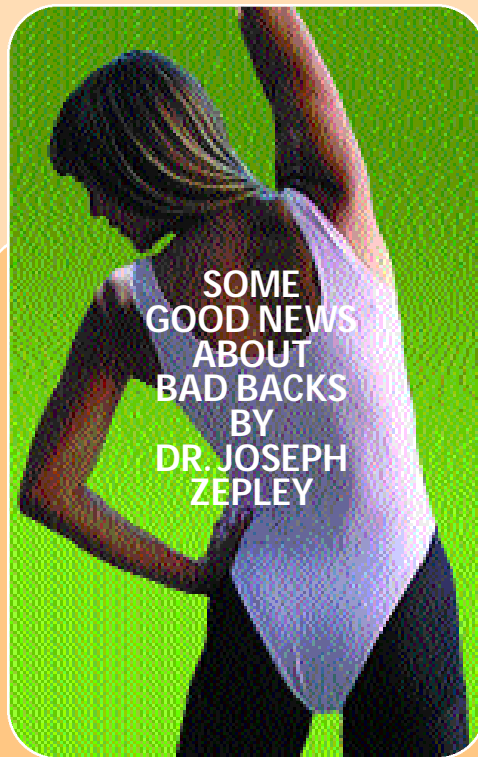
About 1/3 of all Americans suffer from back pain. It accounts for a significant portion of this nation's lost work time, reduced productivity, medical and surgical expenses, plus general suffering. It can come on suddenly from an acute injury or trauma. Back pain can also be the sign of an underlying medical problem, such as bladder infections, osteoporosis, pneumonia, even gastric ulcers!

For centuries, physicians have been looking for effective evidenced-based treatments for back problems. Some remedies have included manipulation, poultices, hot and cold compresses, relaxation, acupuncture, chiropractic, anti-inflammatory remedies (both herbal and pharmaceutical), exercises, bed rest, and even surgery. Unfortunately, too many sufferers go on to develop chronic back pain. Surgery is most useful when the spine or the discs have been so damaged that neurological changes occur. Treating the underlying condition eliminates the back pain in those few people who have discomfort due to another underlying condition. For the other 90% of back pain sufferers, there is not one proven effective remedy.

In a recent study where some patients were treated with traditional medical therapy, some with chiropractic, and some simply given a book to read about back problems, all three groups improved at about the same rate!

However, we do know a few things. We know that pain that does not resolve and is left untreated can develop into chronic pain that is much harder to control. We also know that relaxation and stress reduction techniques enhance the effect of all the other treatment options.

So what can we do? First, we try to prevent back pain. Stay fit. Stay limber. Exercise: Walk,



SOME GOOD NEWS ABOUT BAD BACKS BY DR. JOSEPH ZEBLEY

try movement therapies. They all help prevent problems and keep the back strong. Lose weight: The extra pounds you carry in front place an increased load on the spine, and aggravate the severity of back pain. Maintain good posture: Feldenkrais®, Trager therapy, and Alexander technique all help avoid posture-related back pain.

If pain occurs, treat it quickly and aggressively. Acupuncture, anti-inflammatory remedies, massage, and gentle exercises are all useful. Work actively to reduce the fear and anxiety that surround back pain with relaxation, biofeedback and stress reduction, while rehabbing and re-educating your painful back.

(Signature)

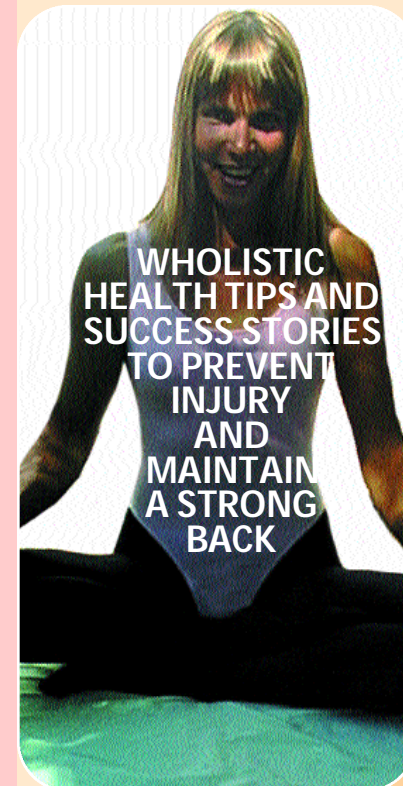
Joseph Zebley, III, MD
Clinical Director



Back Symptom	Complementary Therapy
If you seek RELIEF from acute back pain: No more than two days of bed rest is generally recommended.	Acupuncture relieves pain by stimulating the production of endorphins, the body's own natural pain medicine, and by reducing muscle spasm. A practice dating back 2,500 years, acupuncture uses the painless insertion of very thin needles to restore a healthy flow of energy throughout the body. Biofeedback Training uses computer equipment to learn how to be aware of and relax back muscles when sensations of tightness or tension first begin. This training provides a life-long skill you can then use to maintain well-being in any stressful circumstance. Guided Imagery and Music taps into the power of your mind to relax muscles, reduce tension, boost the immune system and transform your experience of pain. Reiki Relaxation Therapy , with its warming, gentle touch provides deeply restful and nourishing relief from even acute pain. Trager Bodywork , done while you relax fully clothed on a bodywork table, uses gentle, noninvasive movements to help you experience ease of movement, and to release unhealthy patterns of posture, movement, and muscular responses like stiffness and spasm. Zero Balancing lets you experience your sense of well-being below the level of the back pain, and gently re-establish a proper alignment.
RECOVERY from back surgery	Pre-op preparation using Guided Imagery and Music and Hypnotic Brief Therapy , alone or combined, can help minimize post-op pain and speed your post-op recovery. To minimize post-op scar tissue formation , massage therapy can be helpful when used in a timely way after back surgery, post-op scar tissue formation.
RELIEF & RECOVERY from recurring back pain; related fatigue and depression	Feldenkrais® helps correct body alignment by releasing unhealthy holding patterns in the muscles to decrease tension, and reeducate the body-mind to operate with ease and efficiency. Hypnotic Brief Therapy uses relaxation and suggestion to change the perception of pain, and to modify patterns of thinking or feeling that affect the experience of pain. Therapeutic massage relaxes the nervous system, soothes tense muscles, increases circulation, removes waste from the tissues, and promotes proper alignment.
RECOVERY & PREVENTION if weight gain is contributing to your chronic back pain	Nutritional counseling can work with your lifestyle preferences and comfort foods while helping you adopt to new and healthy eating patterns.
PREVENTION and treatment for back pain, according to The American Academy of Orthopaedic Surgeons	Regular exercise — every other day — is recommended to develop strong, flexible back and abdominal muscles. Start each session with a warm-up. Discontinue during an acute flare-up. And do consult with your physician before starting an exercise program. The Center offers day and evening classes in Yoga, Tai Chi, Qi Gong, and Feldenkrais®

If you are experiencing first tingling or numbness in the legs; pain increasing when you cough or bend forward at the waist; inability to move the legs and feet; fever; or severe pain radiating down the leg... See your primary care physician first.

Tips To Maintain Back Health and Prevent Injury



WHOLISTIC HEALTH TIPS AND SUCCESS STORIES TO PREVENT INJURY AND MAINTAIN A STRONG BACK

Dog And Cat Tilts From Yoga Instructor Claudia Simpson. Regular practice of this simple yoga move will keep the vertebrae in the lumbar region mobile. To begin, get down on the floor on your hands and knees, with your wrists beneath the shoulders and knees beneath the hips. As you inhale, lift the crown of the head and your tailbone, letting the belly sink downward. This is the dog tilt.

As you exhale, tuck your tailbone under, bring your chin to the chest and arch your back like an angry cat. This is the cat tilt. Repeat, allowing the breath and movement to be fluid, keeping your awareness focused on sensations on the spine.

As with all yoga postures, move only within your range of comfort. Call 410-337-4060, Ext. XXX to register for an individual session or class series with Claudia.

A Hips Hula Stretch From Massage Therapist Bob Clark Think about moving with lightness, ease, and less muscle tension.

Stand with your hands on the back of a sturdy chair or table edge. Lean some of your weight on the support, taking some weight off your legs and back so that you can sense the subtlety of the following movement. Slowly bend and straighten alternate knees, creating a rhythmic movement of your hips side to side in a hula fashion. Feel the free, fluid movement in the lower back and hips. Rest after 30 seconds and feel the reverberations of the motion.

Repeat any time it would feel good to your tired or stiff lower back. Call 410-337-4060, Ext. XXX to register for an individual session with Bob.

Yoga And Massage Work Wonders For A Post-Op Recovery Marelle M. had a history of back injury and back surgery. After a second operation, she continued to have recurring pain from muscle spasms and scar tissue. To improve her physical condition and manage her stressful life, she chose a combination of approaches at the Center. She is calmer. She has learned how to take care of her body, mind, and spirit: "I tried the yoga program and massage therapy, and both have been very helpful since I had my back surgery."

Acupuncture Helps Golfer Maintain His Active Lifestyle Despite prescribed pain medication, debilitating lower back and leg pain prevented 73-year-old Milt D. from sitting or lying down for any length of time without pain. Having seen his wife gain arthritis pain relief through acupuncture, he decided to try it. "The pain was 99% gone after the second treatment, and the third was more of a precautionary measure... I felt very relaxed. The treatments were painless... When my golfing buddies complain about their knee or back trouble, I suggest acupuncture to them."

To select the method best for you, call the practitioner of your choice at the Center: 410-337-4060, 9 AM - 9 PM weekdays. Or call to schedule a Wholistic Consult with our Clinical Director, Joseph W. Zebley III, MD (See money-saving coupon on last inside panel).



OUR FIRST OBJECTIVE IS PAIN RELIEF AND HOW WE CAN HELP REDUCE INFLAMMATION.

A Few Words About The Center for Health Enhancement's General Services.

We're part of St. Joseph Medical Center. Like it, we're building a strong community reputation and trust with the same compassionate service and high quality care. We want you to select us with confidence as your provider of complementary care: our practitioners are licensed or certified in their specific area of practice, and each one lives and models a balanced mind-body-spirit approach to life.

The foundation of our services is:

- An orientation to your health – regardless of your diagnosis, age, length or stage of illness, or level of functioning.
- A personalized approach to your particular needs of body, mind and spirit.
- Education so you can make an informed choice for your wholistic care.
- Teaching you simple ways to oversee your health on a daily basis.
- Effectiveness: if you and your practitioner do not see progress in 4-6 sessions, he/she will make a referral for another type of care.

As a good consumer of complementary care, satisfy yourself that:

- The benefits outweigh any risks.
- The approach can be effective in *your case*.
- Your practitioner's background and qualifications are impeccable.
- You're comfortable asking questions and satisfied with the answers.
- Your practitioner is giving you enough time and quality time.
- You and your practitioner come to an understanding about optimum frequency and number of sessions.
- Your primary care physician has provided a medical evaluation of your health.

Back Pain? Seek Relief At The Center For Health Enhancement.

Lower back pain is one of the most common reasons why clients seek relief at the Center for Health Enhancement. Our consultation takes into consideration the type and severity of your back pain, as well as your medical and surgical history.

Our first objective is PAIN RELIEF and how we can help reduce inflammation.

Next, as you begin to feel better, we encourage your RECOVERY by working with an approach that can help your muscles release the tension they have learned to hold. We can also relax the stiffness that has developed as those muscles compensated for the pain in your back. Finally, we encourage you to focus on MAINTAINING A HEALTHY BACK, AND PREVENTING INJURY: a movement class or therapy can provide your muscles with gentle stretching to increase and maintain back health. This type of lifestyle support is a fun, gentle and relaxing way to prevent a recurrence.

No penalty for clipping these coupons! Receive a \$5 discount on your first appointment or class, quit smoking, and more!

Call 410.337.4060 x900 to reserve your appointment. No rescheduling permitted.

SAVE ON A 30-MINUTE WELLNESS SELF-ASSESSMENT.

Assess your state of mind, body, and spirit! Your 30-minute consultation includes a Wellness Self-Assessment and a consultation with the Center's new Clinical Director, Joseph Zebley, III, MD. With him, you can review your health history and the best complementary options for your care at the Center. Price: Just \$20. Save \$5.

- OR -

CALL NOW FOR A FREE 1-HOUR MASSAGE.

The first 20 people to call 410.337.4060 will be scheduled for a free 60-minute massage. Available to first time users of the Center only. Not valid with other offers.



Or Save \$5 To Stop Smoking In Our 1-Month Clinic.

Combine the best of ancient and modern approaches in our unique acupuncture and hypnotherapy stop smoking clinic. Experience a proven format that provides soothing support and guidance to become a nonsmoker for good. Enroll any Tuesday for four consecutive group sessions. Your instructors will assist you in scheduling two additional Thursday group acupuncture sessions at the best time to provide that extra relief when you quit. Fee: \$275. Instructor: Hillel Zeitlin, LCSW-C Acupuncturists: Mary Phelps, RN, L.Ac. and Eric Wiegmann, L.Ac. Call us at 410.337.4060. Continuous enrollment. Offer expires 30 days from receipt.

Sign Up Now And Save \$5! Get A Personal Dietary Nutrition Consultation Through The Mail.

Everyone has advice about eating a healthy diet. How do you know if you're getting the nutrients you need from the food you eat? The supplements you take? What size portions are best for you? Does the order in which you eat different foods affect your body's ability to use the nutrients in your food? The Center for Health Enhancement's new nutritional screening-by-mail can assess whether your reported food intake shows if you are missing key nutrients. We mail the assessment to you. Just return it with a check for \$25, and Judy Knapp, our registered, licensed dietitian will review the information and mail the evaluation back to you. Call Judy today at 410.337.4060, xXXX.

Or Receive An Herbal/Supplement Consultation.

Are you confused by the extravagant claims about what vitamins and herbs can do for you? Do you depend on the clerk in the health food store to select the right supplements? Wondering if you've been overspending? The Center for Health Enhancement's new nutritional screening-by-mail can assess whether your reported supplement use is appropriate or excessive. We mail you the assessment to you. When you return it with a check for \$25, Judy Knapp, our registered, licensed dietitian will review the information and mail you your evaluation. Call her today at 410.337.4060, xXXX.



YOGA

FELDENKRAIS

QIGONG

TAI CHI

MEDITATION

Class Summaries For Relaxation , Improvement, Movement, and Meditation.

Yoga, Levels I and II – Between them, instructors Claudia Simpson and Jennifer Dove have been practicing yoga for XX years. Their classes are sought out by both beginners (Level I) and experienced students (Level II) who want to tap this age-old practice for insight, deep relaxation, flexibility and balance.

Feldenkrais® – Singer and musician Paris Kern turned to this gentle form of exercise to overcome her chronic pain. Now as a Feldenkrais teacher, she can help others to achieve step-by-step improvement in their daily functions and ease of movements..

QiGong – Eric Wiegmann, Buddhist monk, and licensed acupuncturist with the Center, is popular with his students and clients for his gentle humor, clarity, and compassion. He'll teach you how to stimulate and balance the flow of vital life energy with simple, easy-to-learn movements for health and longevity.

Tai Chi – Doug Lake inspires his students with his own love of the martial arts, where Tai Chi originated as a combination of exercise for health and meditation. Doug will teach you to cultivate focused, relaxed movement sequences for relaxation, well-being, and strength.

Meditation – In this class, Eric Wiegmann will help you learn to use breathing, stretching, and visualization to bring balance in to your busy life.

Call for class schedule
410-337-4060
x1000

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Choose a consultation with a physician or call for a FREE 1-hour massage.



Backaches

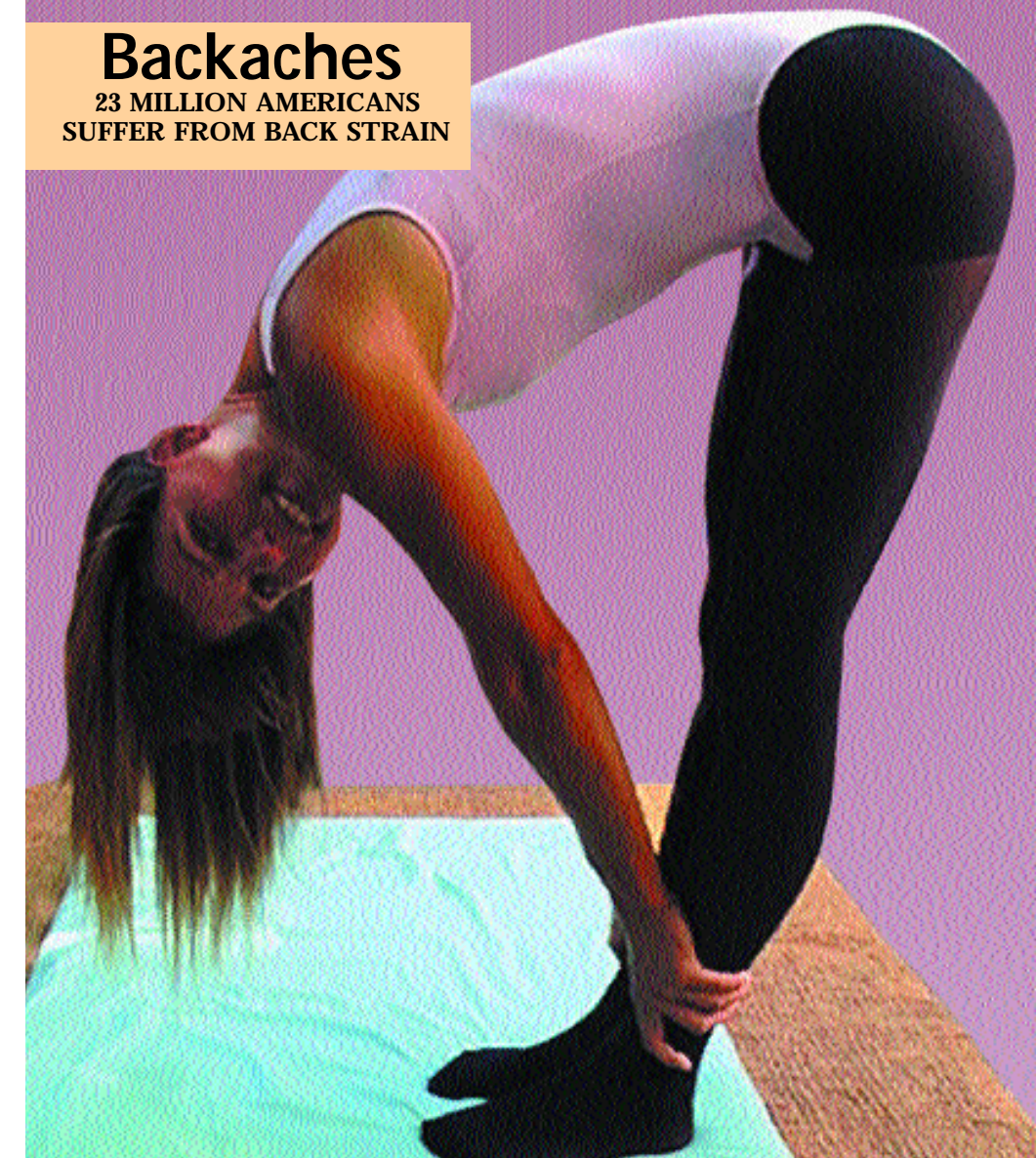
BACK PAIN AFFECTS UP TO 80% OF US AT SOME TIME IN YOUR ADULT LIFE.

NOVEMBER- DECEMBER 1999

Centerings

NEWS , EVENTS AND EDUCATION FOR WHOLISTIC HEALTH FROM ST. JOSEPH MEDICAL CENTER

Backaches
23 MILLION AMERICANS SUFFER FROM BACK STRAIN



IN THIS ISSUE:

■ Oh, My Aching Back letter from Dr. Joseph Zepley

■ Complementary therapies

■ Relief, recovery and prevention for your back pain at CHE
– Pre- and post-op suggestions
– Success stories and tips

■ Yoga, Tai Chi, Meditation, and other classes

■ Plus, holiday savings:
– Choose a wholistic consult
– Sign-up for a FREE 1-hour massage
– Stop smoking classes
– Dietary and herbal consultations