

May, 2019

Is your muscle tightness caused by overuse or something else?

Greetings!



Is your muscle tightness caused by overuse or something else?

Dr. Jared Bernstein
True2Form Chiropractic

Have you ever felt tight and sore in areas that no matter what you have tried, it just hasn't alleviated the issue? Have you ever had extremity pains that come and go and you haven't been able to figure out why? Many times this can be caused by a muscle imbalance within your body. When a muscle fails to function the way it is originally designed to do, then your body immediately starts to compensate for it by using other muscles to try and stabilize the area where the original muscle that is supposed to be working failed. This causes the compensating muscles to work harder doing a job that they were not originally intended for. This in turn forces these muscles to stay in a chronic state of tension.

The best way to help get rid of this form of tightness, is to get the muscle that wasn't originally firing properly to function properly again. Once this muscle begins firing then the muscle that were compensating for it are able to finally relax. What a muscle needs to properly fire varies for each person. At

Product of the Month *Jojoba*

WHAT IS HobaCare Jojoba?

HobaCare Jojoba is the pure extract of the jojoba seed, which has been grown and then pressed and filtered to The Jojoba Company's exacting specifications. HobaCare Jojoba is exceptional due to the high quality of its seed source and the manner in which we have the seed pressed. "HobaCare" is the brand name we give our jojoba to distinguish it from so-called generic "jojoba oil" obtainable elsewhere. HobaCare Jojoba is available as "pesticide-free" (as close to organic as you'll find available) and as "Certified 100% Organic". Please refer to the end of this section for a thorough discussion of pesticide-free and certified 100% organic HobaCare Jojoba. Jojoba is excellent for:



- Revitalizing the skin before or after a shower or bath
- A superior massage medium for adults, children and babies
- Removing make-up, deep-cleansing the skin and facial massage
- Conditioning scalp and hair
- Providing soothing relief from psoriasis
- Conditioning and softening cuticles
- Soothing and conditioning skin after exposure to the sun
- A base or carrier for blending your own essential oils

It is non-allergenic, does not stain and does not clog pores or turn rancid. Jojoba has an indefinite shelf life!

True2Form Chiropractic I use an approach called Applied Kinesiology, which allows me to isolate and test each individual muscle to determine which are weak and which are strong.

Muscles that are strong are easily held throughout the test where as a weak muscle will be difficult to maintain. This weakness shows not only a possible musculoskeletal issue but could also indicate an organ, gland, or other tissue on the same nerve, vascular, acupuncture, or nutritional grouping. In order to determine the cause, challenges are applied to the body testing each category with the goal of changing the "weak" muscle into a strong one. When this is found it may indicate the need for an osseous adjustment, lymphatic drainage, acupuncture work, or a need to work directly on the muscle itself.

Muscles help to support the body with balance and stability. If muscles on one side of the knee or back are weak and not working efficiently it can cause strain and joint instability in that area. Nearly all joints of your body can be involved, including the entire spine, shoulders, elbows, hips, and ankles. Thus proper muscle function is essential to making sure your body stays healthy.

To find out if your pains could be coming from muscle imbalance, call now to schedule a free consult.

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Dr Jared Bernstein Bio
Doctor of Chiropractic – Sherman College of Chiropractic 2016
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Dr. Jared Bernstein specializes in Applied Kinesiology allowing him to analyze your body as whole in order to pinpoint areas of concern. While at Sherman College of Chiropractic he entered the Academy of Chiropractic Excellence program, ACE, and

Restoring Your Health with Massage Therapy after a Car Accident

By *Dr. Brent Wells, DC*
5/1/2019



Massage therapy can have incredible physical and mental health benefits for anyone, but it's particularly beneficial for those who have been in a car accident. Even if your car accident was a minor one, massage therapy will help you recover faster and prevent future health issues related to the accident.

Common Health Problems Caused By Car Accidents

While each car accident is unique, there are certain injuries that are common. Even if the client initially feels fine after an accident, they should pay extra attention to their health in the days and weeks directly afterwards, as sometimes these issues can present themselves later. The client should always seek treatment by a medical professional after a car accident to identify problems as soon as possible.

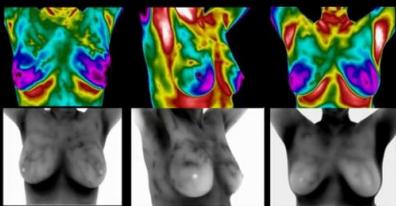
- **Whiplash:** This is possibly the most common health problem people experience directly after a car accident. Whiplash occurs when the impact of the crash puts strain on the muscles and ligaments of the neck, causing tension or even tears. Whiplash can be very painful and drastically reduce range of motion.
- **Herniated disc/other back injuries:** It's also very common for back issues to occur after a car accident. A herniated disc is when one of the spinal discs slips out of alignment, and this condition can be very painful and can be hard to correct. However, clients might also experience general chronic pain or even a broken rib after a car accident.
- **Knee injuries:** Knee injuries are particularly common after a car accident, sometimes because a person's knees hit the dashboard during impact. In the most serious cases, the kneecap may shatter, but ligament strains and tears are also common. Since the knee connects two of the biggest bones in the body,

had the privilege of tutoring his peers and underclassman until his graduation in 2016. In addition to the regular course load from school and interning, Dr Jared took additional courses in pediatric and maternity care through the International Chiropractic Pediatric Association as well as beginning his studies in Applied Kinesiology which he continues to do today as well. Earning his BS at the University of Cincinnati allowed Dr. Jared to spend 3 years in Japan to further his studies and is fully conversational in Japanese. He was also able to meet his wife while overseas. Today they have been married for 5 years and have 1 child.



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treating knee injuries properly and quickly is imperative.

- **Anxiety and PTSD:** In addition to the physical problems that can arise after a car accident, people might also find they have increased anxiety or post-traumatic stress disorder. Anxiety and guilt are very common after a car accident. PTSD can result from the most serious cases. Symptoms of PTSD include flashbacks, irritability, nightmares, and emotional detachment.

Benefits of Massage for Car Accident Victims

Regular massage therapy is a particularly excellent way for your client to stay healthy after a car accident. Massage has wonderful physical, mental and emotional benefits, and can help your clients develop a better awareness of their body as well.

- **Stress relief:** Massage is excellent for reducing anxiety levels and calming the mind. Regardless of what type of massage, most clients will be encouraged to get into a very relaxed state. The physical touch of a massage also naturally reduces stress levels.
- **Increased blood flow:** A good massage also increases blood flow to the areas of the body that have been injured. Better blood flow may help the body heal faster after an injury.
- **Better range of motion:** Massage loosens up muscles, which may prevent them from becoming stiff and can also help improve flexibility and range of motion. Better range of motion means clients will be able to get more quickly get back to exercise, which is a key factor in preventing future injuries and staying healthy.
- **Prevents chronic muscle pain and spasms:** Some people may experience muscle spasms for a while after car accidents due to the tension and shock their muscles have been through during the impact. A massage will not only get rid of the knots that can cause chronic pain, but also help their body stay relaxed, which prevents the spasms.

Best Types of Massage for Muscle Recovery

There are many different types of massage available, and each have their own unique benefits. Following are some massage techniques that can be especially helpful when working with clients who have been in a car accident.

- **Trigger point massage:** Most pain after an

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How to use *Geranium Essential Oil*

- Helps with jet lag. Diffuse into a tissue to feel refreshed after a long trip.
- Firm breasts by adding 1 drop vetiver, geranium and ylang ylang to a carrier oil like jojoba
- Improve your depressed mood by diffusing 2 - 3 drops of Geranium Essential Oil in your diffuser
- Helps with dry skin. Add a drop to a small handful of Jojoba. Rub on face to help with broken capillaries, good for all skin types - normal, oily, dry, sensitive, or dehydrated.
- Fear causes the blood vessels to tighten, restricting the amount of oxygen and nutrients that can reach the cells. Release fear by rubbing Geranium on skin.
- Add 9 drops to 1 oz. unscented body care or to a massage oil/lotion. If you like you can make your own hair care blend, combining Geranium with Rosemary, Jasmine, Patchouli and Lavender according to your liking. Add to unscented shampoo or conditioner (5-10 drops per 1 oz. of product), or apply 1 drop to your hairbrush to rejuvenate and naturally scent hair and scalp.
- To add to a bath - in order to prevent the oils from floating on the surface - you may want to blend the Essential Oil with some Half and Half, honey, or vinegar before adding it to the water.

injury can be traced back to a trigger point, and this type of massage focuses on releasing trigger points. By treating the trigger points, you can treat the broader forms of pain throughout the body.

- **Cranial sacral therapy massage:** This type of massage is particularly effective for people who have experienced whiplash. Cranial sacral therapy is very gentle and focuses on the head and neck. It is very relaxing and can also be very helpful for reducing headaches.

- **Deep muscle therapy massage:** Deep massage therapy can be very helpful in helping clients who have persistent chronic muscular pain. It's more intense than the other types of massage we've talked about, but can provide long-lasting relief.

- **Swedish massage:** This very gentle form of massage therapy is excellent for those who have been in a car accident. The full body approach promotes general well-being for both the body and mind. This type of massage is often recommended for those getting a massage for the first time because it's so gentle.

If your client has recently been in a car accident and is looking to get your body back to a healthy, energetic state, consider scheduling a massage appointment. Regular massage appointments will make their lives much more comfortable, and they may enjoy it so much that they continue to get massages after their injuries have healed.

DISCLAIMER: massage therapists should ensure they are practicing within scope of practice as outlined by their state's regulatory board.

Important news...

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Holistic Health Mobile Thermography (a subsidiary of Mindful Wellness Medical Thermography) is bringing mobile thermography scans to your area!



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Office (8101 Miller Farm Ln., Centerville, 45458)
937-773-1778 Option #1

3rd Friday of Each Month

Happy Hormone Cottage Vandalia Office (900 S. Dixie Dr., Vandalia,
45377)
513-444-6343 Option #1

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Fully Alive Chiropractic
Dr. Nathan Siebenaller
335 North Main St., Suite 2,
Springboro, Ohio 45066
513-443-5161

True2Form Chiropractic
Dr. Jared Bernstein
9393 Cincinnati-Columbus Road
West Chester, OH 45069
513-443-5161



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