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Fits right or left hand.

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Question & Answer

Q:

Dear Dr. Tim,

I work as a Licensed Massage Therapist at the beach. In Summer I massage several clients with ankle or toe sprains, since many of my clients wear flip flops or go barefoot when walking, running or bicycling. Can you recommend something I can provide to help their healing process that's within my scope of practice? I sound like a broken record, saying "remember to ice your swollen ankle" but I really want to provide more hands-on care. Sincerely, Grace



Ask
Dr. Tim:

A: Dear Grace,

I appreciate your concern for your client's welfare, wanting to stretch yourself out of your normal "local contraindication box" and honoring your state's scope of practice. I understand your frustration and have an idea for your beach runner's sprained ankles. As you recall from anatomy class in massage school, a sprain is a problem with ligaments that are pulled beyond their normal limits. Ligaments connect bones to bones. Ligaments are not like rubber bands and will not retract when stretched too far. One good ankle roll can sprain ligaments on the lateral side of the ankle and swelling can begin very quickly! Ice is a great first response. Always refer these clients to a primary health care provider to rule out fracture of a tarsal bone in the ankle. When your client has a clean bill of health from their Medical or Chiropractic Doctor, you can use a wonderful product called Biofreeze®. Biofreeze Company states "Biofreeze products are classified as topical analgesics, which work through a "counter irritant" mechanism. This means that the menthol in Biofreeze creates a sensation that overrides pain signals to the brain. This process is known as "Gate Control Theory", where nerve impulses from one stimulus block the nerves containing pain signals to the brain. Recent research also suggests that menthol may stimulate cold receptors in the skin that may also help regulate pain." You simply apply Biofreeze to the sprained area. Massage is not needed or recommended after application. Biofreeze is a form of cryotherapy or cold therapy and has a remarkable cooling effect.

As soon as ankle swelling goes down, you can begin to massage centripetally (toward the heart) using effleurage strokes. I'd also recommend attending a sports massage CEU class. When an ankle sprain is rehabilitated correctly, the chances of a second sprain to the same ankle are greatly diminished. Biofreeze is also effective on overworked muscles (strains).

I've personally used Biofreeze since the early 1980's and have always provided it to my Chiropractic patients and massage clients with very positive results. Try it-you'll like it! :)

Until Next Time,

Dr. Tim Reischman, BS, DC, ST, LMFT #1140 NC

www.MassageTherapy.com

Tiger Balm® Neck & Shoulder Rub

Experience a massage-on-the-go with Tiger Balm's revolutionary Neck & Shoulder Rub. Tiger Balm Neck & Shoulder Rub soothes away stress and aches with its calming scent and soothing formulation, making this conveniently sized tube a must for anyone needing quick relief.

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Seven Simple Green Tips



1. Steppin' light

Rather than travel far and wide, find local activities with low environmental impacts like a trip to the local park, woods, zoo, ballgame, or beach with friends to relax. Time spent with friends and family can be a great way to re-energize, catch up and have fun. Picking up that library book you've been meaning to read while lounging on the deck is another great way to pass the time and leave a smaller footprint behind.

2. Cool and easy

Air conditioning can offer much-needed respite from the heat and can make sweaty nights bearable, but be sensitive to overuse. Turning up the thermostat a few degrees on your AC is a great way to save tons of cash while making the planet a cooler place at the same time. Also, make sure your cooling unit is running properly and filters are changed. Better yet, switch out your old AC for a more energy efficient model. (The saved energy cost can mean the unit pays for itself in a matter of a few years!)

3. Up in your grill

Love to BBQ? Propane burns much cleaner than either wood or charcoal briquettes. If you can't resist charcoal, try a natural product like those produced by Cowboy Charcoal—much cleaner than your traditional briquettes. Of course, when you're done grilling, use natural cleaning products such as SoyClean organic grill cleaner to keep your summer as chemical-free as possible. Tests show it's just as tough on grime as traditional cleaners, but won't leave that chemical residue behind to leach into your next burger or grilled tomato. Plus, if you want to give your neighbors something to gossip about, try a solar oven from a company like Solar Cookers International.

4. The local roundup

Buy food locally. Farmers markets are great places to shop, and ensure that the veggies you're eating hot off the grill or mixed in a salad haven't traveled thousands of miles just to reach your plate. That cuts down on the use of fossil fuels, which leads to significantly reduced levels of pollution and resource depletion over your typical tomato bought at the local supermarket. Websites like Local Harvest can help you find one in your area, even if you've never seen one in your life.

5. The green plate special

Use reusable dishes rather than plastics or Styrofoam. If you absolutely must use disposables, make sure to pick up compostable varieties beforehand to put in the compost bin when you're through.

6. Bright idea

The solar charger There are an increasing number of options for on-the-go solar power. From handheld to backpack power, solar chargers now come in a spectrum of types for juicing up phones, PDAs, Bluetooth headsets, iPods, and laptops. Many have an onboard battery pack that can charge while the solar cells are in the sun, and then transfer the power to your device when you need it.

7. Wet and wise

Water usage levels are a big deal throughout much of the U.S. and the summer drought season can really make things tough. Be certain to watch what you use, water plants only when necessary, and take a few minutes to install a low-flow showerhead. They're simple steps that can make a big difference.

For ideas and incentives to "Go Green", visit <http://www.treehugger.com/> where these tips and more can be found.

The first sign of dangerous heat stroke can be "no sweat".

Your body's natural cooling mechanism is the evaporation of sweat. But on hot, humid days, evaporation is slowed and your body may not be able to keep itself cool. The sign of not sweating may indicate dehydration that accompanies heat stroke, and should be taken very seriously. If you take precautions and know the warning signs, you generally can prevent heat stroke. Those that require a close watch are the elderly and infants, people on certain medications, athletes and outdoor workers.

The best defense against any heat-related illness is prevention. Take special note when the heat index is 90 degrees or above. (The heat index tells you how hot it feels in the shade when relative humidity combines with the air temperature.) Always, always drink plenty of water and avoid caffeine and alcohol. If you must be outdoors, take frequent breaks inside or in the shade.

Recognize these warning signs of heat exhaustion:

- Pale skin
- Fatigue, weakness
- Dizzy or nauseous
- Sweating profusely
- Rapid pulse
- Fast, shallow breathing
- Muscle weakness or cramps

If any of these symptoms arise, get out of the heat quickly and rest in a cool, shady place. Drink plenty of water or other fluids containing sugar and salt. Do NOT drink alcohol; that can make it worse. If you don't feel better within 30 minutes, contact your doctor. If heat exhaustion isn't treated, it can progress to heat stroke."

Seek treatment immediately if any heat stroke warning signs are present:

- Skin that feels hot and dry, but not sweaty
- Confusion or loss of consciousness
- Shortness of breath or trouble breathing
- Throbbing headache
- Frequent vomiting

Heat stroke is much more serious than heat exhaustion - it can kill you. People with heat stroke may have seizures or go into a coma and most also have a fever.

Call 911 immediately if heat stroke is suspected. Move the victim to a cooler location, remove heavy clothing, fan the body, wet it down with a cool sponge or cloth, and encourage the individual to drink cool fluids. Tips for keeping cool in the heat:

- Don't overexert yourself.
- Drink a quart of fluids an hour.
- Wear loose clothing light in color and fabric, as well as a hat and sunblock, and stay in the shade or indoors if possible.
- Open windows and use fans, or turn on air conditioning. If you don't have air conditioning, go to a public place that does, like a mall, library, movie theater.
- Avoid caffeine and alcohol, which can speed up dehydration.
- Finally, check on the elderly and chronically ill persons regularly.

Having heat exhaustion or heat stroke makes you more sensitive to hot conditions for about a week afterwards. Ask your doctor to tell you when it is safe to return to your normal activities.

There are two types of heat stroke: **Classic** or non-exercise-induced heat stroke affects those exposed to extremely hot environments for an intolerable length of time and **exertional or activity-induced** - primarily affects athletes, laborers, and soldiers - persons who overdo physical activity in very hot temperatures.

The most classic of those susceptible to heat stroke are the very young and old.

Infants and young children in the heat:

Babies and young children don't have the ability to hydrate themselves or know when to get out of the heat.

- Never leave a child in a closed, parked vehicle, not even for a minute. The temperature inside a parked car can soar into triple digits within minutes. We've all heard the horror stories. Don't do it.
- Make sure babies and children drink plenty of fluids. If you are thirsty, chances are your little ones could also use a beverage. Avoid beverages with caffeine, or a large amount of sugar.
- Avoid bundling infants in heavy blankets or clothing. Like adults, babies need to air out in order to cool down.
- During the hottest hours of the day, keep children indoors in an air-conditioned environment as much as possible. Families without air conditioning should pull shades over the windows and use room fans.

The elderly or infirm - heat risks:

The elderly are more prone to heat-related illness for several reasons:

- Their bodies do not adjust well to sudden changes in temperature.
- They are more likely to have a chronic medical condition that upsets normal body responses to heat.
- They are more likely to take prescription medicines that impair the body's ability to regulate its temperature or that inhibit perspiration.
- Visit older adults at risk at least twice a day and watch for signs of heat exhaustion or heat stroke.
- Take them to air-conditioned locations if they have transportation problems.
- Make sure older adults have an electric fan and can take a cool shower or bath.

Many medications also can put you in danger of heat stroke, so check with your Doctor to see if any of your health conditions or medications put you at risk. Take special precautions at any age, and enjoy a happy, healthy Summer!

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M

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Gives added benefit for Trigger Point and Deep Tissue work, helping relieve muscle pains and spasms and increase blood circulation.

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–Unit includes–

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Use over entire body before any product to encourage deeper penetration and for maintenance at home.

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A unique formula for reducing and diminishing the appearance of cellulite. Celiminate is an exclusive blend of Theo-phylling, whole leaf aloe vera and Chinese slimming herbs, all noted for their ability to break down and eliminate.

Slender Serum

(Slimming/Detox Oil). **Apply directly to skin to condition and continue detoxification.** Contains cypress, lemon and thyme to cleanse and encourage the elimination of unwanted toxins and excess fluids that contribute to weight gain, bloating and cellulite.

Citronella



1. Botanical Classification

Citronella grass represents one of more than 50 species of grasses of the genus Cymbopogon, which belong to the Plantae kingdom of plants. Specifically, the lemongrass species is designated Cymbopogon citratus. Other species collectively referred to as citronella include C. nardus and C. winterianus.

2. Range

While Citronella nardus originated in India, it is now naturalized in much of South-west Asia. India remains one the largest commercial producers of this plant, followed by Indonesia, Sri Lanka, Java and Burma. In the United States, it's grown commercially as an ornamental landscaping plant in California and Florida.

3. Common Names

When referring to citronella as a seasoning or culinary herb, it is most commonly known as lemongrass. However, this plant has several other common names, including fever grass, barbed wire grass, silky heads, Hierba Luisa and cha de Dartigalongue.

4. Culinary Uses

In Asian cuisine, citronella is commonly used to flavor soups, rice and vegetable dishes. It is also frequently paired with seafood and poultry. In Latin America and Africa, citronella leaves are fermented and made into tea.

5. Essential Oil

The primary constituents of the essential oil of citronella are the terpenoids citronellol and geraniol, which are also found in lemons, roses and some species of geranium. These agents are responsible for the strong fragrance of the plant and are used in combination with other oils in the perfume industry.

According to research conducted by the University of Florida, these terpenes also deter insects, most notably mosquitoes. For this reason, the essential oil is a common ingredient in many natural insect repellent soaps, lotions and sprays. It is also used in commercial agriculture to attract spider mites. However, as the U.S. Environmental Protection Agency notes, the oil of citronella does not harm or kill the mites as other pesticides might. Instead, the oil has the effect of interrupting the reproductive cycle of the pest, thereby controlling local populations.

6. Medicinal Properties

Citronella oil is being studied for its potential to stimulate apoptosis, or programmed cell death in cancer cells. Israeli researchers at Ben Gurion University suspect that this biological activity is due to the presence of another terpenoid called citral. The scientists further observed that this agent initiated apoptosis in cancer cells while leaving normal, healthy cells undisturbed.

7. Alternatives

Citronella's large size and high light requirements can make it inconvenient to grow indoors. Recently-developed "mosquito geraniums" contain the genes for production of citronella oil and grow to a more convenient size and shape.

For this article and more information, such as how to grow citronella, visit <http://www.ehow.com/>

BML Basic, Inc. cannot be held responsible for misadventure resulting from the misuse of essential oils or any other therapeutic method mentioned. When there is a doubt or a serious condition, seek professional advice.

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