Sparks Flyer
Harnessing Better Health & Wellness
VOLUME 10, ISSUE 2 FEBRUARY 2020

“Happiness is nothing more than good health and a bad memory.”
—Albert Schweitzer—

Acupuncture has been around for hundreds of years. Many of you reading this have perhaps had experience with it at some point. Acupuncture is usually used to treat pain but it is also increasingly being used for overall wellness—even for stress! Dry Needling has come about in more recent years and offers a more targeted form of pain relief. It’s most commonly used to treat trigger point pain. Dry Needling is also called Trigger point dry needling or Myofascial trigger point dry needling.

When muscle fibers stick together due to stress or prolonged contraction, blood flow is restricted, metabolic waste builds up causing pain and spasm in the muscle.

Factors that can lead to or cause trigger point pain:
- Injuries from overuse
- Heavy lifting
- Repetitive motion
- Poor posture
- Lack of exercise
- Tension from stress
- Direct injury

Dry needling could be a good form of treatment for this type of pain! Before seeking this kind of treatment, it’s important to check with your physician first.

“Dry needling is not recommended for pregnant women, people on blood thinners and should not be used in the presence of vascular disease, including varicose veins.” -Cleveland Clinic.org

Cayenne

When you think of Cayenne pepper, do you think of spicy sauces and marinades, chili and hearty soups? What about chocolate?? Cayenne enhances the depth and sweetness of chocolate! It’s also a source of Vitamin A which is good for healthy vision, boosting the immune system, maintaining healthy skin and may even improve brain function! Combined with antioxidants in dark chocolate, this combination is a win, win!!
Dry Needling

A skilled intervention performed by a physical therapist that uses a thin filiform needle to penetrate the skin and stimulate underlying myofascial trigger points, muscular and connective tissues for the management of neuromusculoskeletal pain and movement impairments.

(American Physical Therapy Association
Dry Needling Task Force, May, 2012)

Physical therapists use *dry needling* to try and release trigger points to relieve pain or improve range of motion. The needles are not used to inject medicine, but to stimulate the tissue. The needles may be placed just under the skin or deeply and may stay in the muscle for a few seconds or 10-15 minutes. The length of time the needles are left in, depends on what type, length of and severity of the pain that is being treated.

Dry needling is almost always used as a part of an overall plan that will likely include some type of exercise, manual therapy, heat therapy, and education. Dry needling is used to increase range of motion that may be limited due to muscle tightness or scar tissue. Dry needling may also treat:

- Joint problems
- Disk problems
- Tendinitis
- Migraine and tension-type headaches
- Jaw and mouth problems (such as temporomandibular joint disorders or TMD)
- Whiplash
- Repetitive motion disorders (like carpal tunnel syndrome)
- Spinal problems
- Pelvic pain
- Night cramps
- Phantom pain
- Post-herpetic neuralgia (pain left behind by shingles)
HOW TO OBSERVE AMERICAN HEART MONTH—CDC

1. Get moving!
   It’s never been easier to start exercising. Our digital world is overflowing with all sorts of apps and information to help you find an exercise regimen that works for you — and to stick with it.

2. Cook up a tasty, heart-healthy meal.
   There’s plenty of good and healthy recipes out there. Why not whip one up? Maybe a chicken and bean tostada with avocado. Yum!

   The American Heart Association also encourages people to participate in “National Wear Red Day For Women” on the first Friday in February. According to the AHA, it’s a “massive national public awareness day … urging women, people from all walks of life … to ‘go red’ and ‘glow red’” in bringing attention to heart disease.
Hot Chili Pepper Truffles
from: the view from great island

Ingredients:
• 1/2 cup heavy cream
• 1/2 tsp cayenne chili pepper (more if you dare!)
• 8 oz good quality dark or bittersweet chocolate, or dark chocolate chips
• 1/4 cup unsweetened cocoa powder (for rolling)

Instructions

1. Heat the cream until it just comes to a simmer. You can do this in a small saucepan on the stove, or in a bowl in the microwave.
2. Meanwhile, if you are using bar chocolate, chop it into small pieces.
3. Add the chocolate and chili powder directly to the hot cream. Let it sit for about 5 minutes, and then stir until the mixture is smooth and glossy. If the chocolate isn't completely melted you can heat it for about 15 seconds in the microwave and stir again.
4. Cover with plastic wrap and set the bowl in the refrigerator to cool for about 2 hours, or until the ganache has hardened enough to be scoopable.
5. Using a small 1" sized scoop, a melon baller, or a teaspoon, scoop up small amounts of chocolate and set them on a plate. Work with about 10 truffles at a time.
6. Roll each truffle around in your palms until it is a smooth ball.
7. Roll each truffle in the cocoa powder until they are completely coated.
8. Repeat the process with the rest of the truffles, cleaning your hands in between batches.
9. You can roll truffles in crushed pistachios or walnuts instead of cocoa powder. You can store the truffles in the refrigerator, and you can serve them chilled or at room temperature.
Specific For You & Your Wellness Program

Featured Items
BMR and BMI Calculators
Newsletters

Health Information
Glucose
Cholesterol
Blood Pressure
Triglycerides
Exercise
Weight loss

Supporting materials and videos

Link your family to good health through the web!

www.1stopwellness.net