

Did you know?



That the use of cryotherapy (icing) has demonstrated great results with even chronic pain? For many years we were taught to use heat for chronic pain issues like arthritic pain. The problem is heat over time, can cause inflammation and an increase in pain. Try using ice over the affected area for 10 minutes on small areas like the neck or knee or wrist. Use the ice for 20 minutes over larger areas like the mid and lower back or hip area. By using ice you will reduce deep inflammation and reduce pain naturally. This can be done multiple times per day and usually will accomplish significant relief even after just one or two applications.

The benefits of supplemental Magnesium

Most people are magnesium deficient. The main reason for this is that it is not readily available in the foods we eat due to soil-nutrient depletion. Most adults would benefit from taking a high quality multi vitamin and mineral that has the necessary dose of magnesium (ideally 300-400mg/day for adults). Magnesium helps regulate heart rhythm, blood pressure and muscle and nerve function----it's a big player in many of the body's most critical functions.

Spring into Spring with better health!

One of the great things that separates us humans from other animals is our ability to discern and take action when it comes to making health-related choices. In other words, we get to choose whether or not we should focus on certain improvements or just stay the same. My advice is to take a quarterly inventory of what is and isn't working for you and start with a change you are willing to make. Maybe you'll notice you can make a simple change like going to bed an hour earlier or you'll drink more water or less soda. Pick one target and go for it!

Contact



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First Quarter is Over...Now What?

We're on a mission to make a real impact on the lives of all of our patients. One thing we've done differently in the first quarter of 2025 is reach out to local physicians and physical therapists to educate them on the technologies we utilize to improve patient outcomes. We have found that most are willing to collaborate--we are putting an end to the turf-war battles that have kept providers and patients alike, unaware of the great advancements in care in our offices. Our next steps have included establishing networks that we can leverage to streamline care. Finding the best providers of various disciplines in naturopathic medicine, orthopedics, neurology and spine surgery will enable us to help you coordinate care more effectively. We will only work with the very best in each field so you can feel assured of having your best health outcomes.

April's Provider Spotlight

We have had the pleasure of meeting Dr. Allyn Krieger-Fiedler, a local naturopathic physician. She has practiced for many years and has a keen interest in the holistic well-being of her patients and seeks to find the causes of patients' problems rather than diagnosing simply to treat the effects. With her expertise in gut-health and overall health counseling and her knowledge of applying natural remedies we feel our patients would benefit greatly from her services. She practices in Fountain Hills and can be reached at 480-620-0631 or by email at drakfiedler@outlook.com. Be sure to ask to receive her monthly e-newsletter featuring local providers in her Healthy Living Support Group.