InnerSource Natural Health News

Peter Bongiorno ND, LAc www.InnerSourceHealth.com *Pina LoGiudice ND, LAc*

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Dear Patients and Friends,

Happy and Healthy New Year and congratulations to many of you who are starting your New Year's detoxification and cleansing programs. These are quite a challenge, and we applaud you for your perseverance (and the cows thank you for eating less dairy).

We would also like to thank our patients for an excellent past year. We are honored to work with you, and we are especially honored to have your trust, and for all the referrals we have received. We do believe it is a privilege to be a part of your health care.

In health, Dr. Pina and Dr. Peter

No Vioxx, What Can I Do For Pain Now?

By Peter B. Bongiorno ND, LAc and Pina LoGiudice ND, LAc



Now that major anti-inflammatory drugs like Vioxx and have been pulled off the market due to heart disease risk, what other options do millions of pain sufferers have? Luckily, there are some effective and safe methods to decrease the pain and treat their causes. For pain relief, naturopathic doctors will use time-tested hot and cold contrast water treatments to relieve inflammation and heal injured tissue. Anti-inflammatory herbs such as Curcuma, Boswellia and Cat's Claw are also very useful. Acupuncture is thousands of years old to relieve pain by moving stagnant qi energy. Homeopathy can also offer relief, especially in cases of accident and arthritis pain. Natural treatments that get to the source of the problem include improving digestive function to absorb the proper nutrients for repair, followed by intake of tissue-building nutrients like vitamin C, glucosamine and MSM. Musculoskeletal alignment and orthotic foot arch support often help bring the body into proper position. Quality footwear is essential. Once acute pain is decreased, both specific exercises to strengthen areas around the joints, as well as general exercise will help the body heal and protect painful areas. Proper sleep and stress modification are the final healing strategies to decrease sensitivity to pain that you thought might never go away without Vioxx.

- See the November 2004 Staten Island Advance article, in which Dr. LoGiudice and Dr. Bongiorno discuss natural health options for pain at www.innersourcehealth.com.



New Research:

- People with coronary artery disease who regularly exercise may slow heart disease progression and have a better chance of survival according to *Circulation* (2004;109:1371–8).
- A government-funded study recently showed that acupuncture provides pain relief, improves function for people with osteoarthritis of the knee, and serves as an effective complement to standard care (*Ann Int Med*. 2004;141(12):901-910)
- Women who take fish oil during pregnancy and the first three months of breast-feeding are likely to have more intelligent children, according to a study published in *Pediatrics* (2003; 111:e39–44).
- People suffering from chronic fatigue syndrome are more likely to experience improvement in their symptoms when they

Georgetown Mind Body Center
3077 Hylan Boulevard
Staten Island, NY 10306
(718)668-3901

HealthyBody NYC Natural Health
48 West 21st Street (Chelsea)
New York, NY 10010
(917)710-6852

InnerSource Natural Health
50 Underhill Blvd, Suite 202
Syosset, NY 11791
(516) 496-4259

are given educational information designed to encourage physical exercise, according to studies in the *British Journal of Medicine* (2001:322;1–5) and the *British Journal of Psychiatry* (2004:184;142–6)

- People taking antidepressant medications who continue to suffer from the symptoms of depression can benefit from the dietary supplement S-adenosyl-L-methionine, according to a study in the *Journal of Clinical Psychopharmacology* (2004;24:661–4). Please see our website for Dr. Peter's articles on depression and natural treatments.

Need More Vitamins?:

- Supplements can now be purchased on line by patients for convenience. Use "For Patients Only " link on our home page and then go to.

Teaching Position:

- Dr. LoGiudice and Dr. Bongiorno will be teaching health and medicine classes at the Natural Gourmet Institute adjunct faculty at New York University in the Summer of 2005. Come back to school and join us if you are interested

Elimination Diet-Friendly Dessert:

Ginger balls of Bliss ingredients:

Cashew butter (1 small jar)
2 tbsp Honey
¼ cup Syrup
½ cup Walnuts
candied ginger
Coconut flakes

In a double boiler, add a container of cashew butter, allow to melt and warm. Add syrup, honey, nuts, ginger. Blend well. In a side dish, place coconut flakes. Take 1 Tbsp of cashew butter mixture and roll into balls. Then dip into coconut flakes. Keep in the refrigerator.

Lectures and Events:

Contact us or www.InnerSourceHealth.com for more information about our lectures.

- **New York University Healthy Living Event**
Thursday, January 13, 2005, 5:30 to 7:30 pm in Downtown Manhattan
- **Listen to Your Heart - Holistic Insights on Preventing Heart Disease**
Tuesday, January 18, 2005, 6:30 - 9:30 pm
Natural Gourmet Institute for Food and Health, 48 West 21st Street, Manhattan
- **Seeking Immunity: A Comprehensive Approach to Supporting Immune Function**
Monday, January 24, 2005, 6:30 - 8:30 pm
Natural Gourmet Institute for Food and Health, 48 West 21st Street, Manhattan
- **Your Digestive Engine: An Operational Guide**
Tuesday, February 1, 2005, 6:30 - 8:30 pm
Natural Gourmet Institute for Food and Health, 48 West 21st Street, Manhattan
- **Lobby Day to Support the Licensing of Naturopathic Medicine in New York State**
Tuesday, February 8, 2005 at the State Capitol in Albany
- **The International Complementary and Alternative Healthcare Conference and Expo**
February 12 & 13, 2005 at the Grand Hyatt in New York City
- **Your Liver and Your Health**
Wednesday, March 16, 2005, 6:30 - 9:00 pm
Natural Gourmet Institute for Food and Health, 48 West 21st Street, Manhattan

Quote:

"Nothing can bring you peace but yourself" – Ralph Waldo Emerson

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