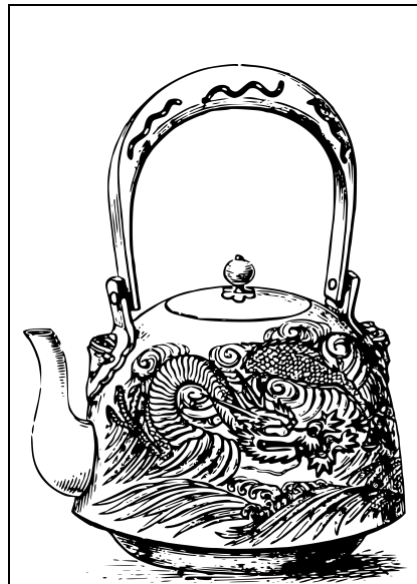


ANTI-INFLAMMATORY HERBAL TEAS

(This article by Dr. Masarsky originally appeared in the military news outlet *Stars and Stripes*. It is reproduced here with that publication's kind permission.)



A hot cup of tea is often just the thing to de-stress, open the sinuses with a little steam, and get a bit of flavor into your break. Many herbal teas are loaded with antioxidants, which help keep the lid on inflammation. This is beneficial for all your organs and tissues, including your joints, muscles, brain, heart, stomach... you name it.

Teas and other herbal remedies have become increasingly popular, not only in the civilian world, but in the military as well. A recent study found that active-duty personnel use as much if not more alternative health care than civilians, including just under nine percent making use of herbal remedies (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3673591/>).

There is no recommended daily allowance (RDA) for any of the herbs in this article, so try a cup. If a particular herb agrees with you, one or two cups per day should be fine. If one herb does not agree with you, try another. If you don't like

the flavor, but want the health benefits, all of these are available as supplements. If using a supplement, don't overdo it; stay within the dosage recommended by the distributor (what we sometimes call the "bottle dosage"), unless advised to do otherwise by your health care professional.

While the herbs discussed here are safe for most people, some of them have anti-coagulant properties. This is generally beneficial, but you should check with your doctor if you are on prescription medication, especially anti-coagulants (clot busters) or if you are scheduled to undergo surgery. Depending on your individual situation, your health care provider may ask you to avoid certain herbs or reduce your intake during pregnancy or breast-feeding.

These four herbs tend to be gentle and gradual in their benefits. It may take a few weeks to notice any health improvements.

Green tea: These days, green tea is readily available in conventional supermarkets and grocery stores, as well as specialty shops. It is available caffeinated and decaffeinated. Research suggests green tea may reduce the risk of heart disease, cancer, and dementia (<https://www.medicalnewstoday.com/articles/269538#other-benefits>).

Ginger: In addition to tea, ginger is commonly used as a culinary spice. Traditionally, ginger has been used as a digestive aid. Recent research confirms this use, and suggests that ginger can be especially beneficial for morning sickness as well as nausea related to cancer treatment (<https://www.medicalnewstoday.com/articles/265990#benefits>).

Hibiscus: Hibiscus is a plant native to West Africa and has long been part of that region's folk medicine. Hibiscus flower tea is tangy to the point of being a bit sour, so some people like to dilute it or add a little fruit juice. Recent research indicates hibiscus tea can play a role in controlling high blood pressure and elevated cholesterol (<https://www.medicalnewstoday.com/articles/318120#benefits>).

Turmeric: Like ginger, turmeric is commonly used as a spice, especially in curry. It has been grown and used in food and folk medicine in India for at least 2,500 years. Recent research suggests turmeric can reduce arthritic pain and help control elevated blood glucose levels (<https://www.medicalnewstoday.com/articles/319638#dosage>).

Anti-inflammatory herbal tea is not a replacement for medicine, chiropractic, or any other professional health care service. It is in the same category as exercise, adequate rest, good diet, and positive mental attitude – part of a healthy lifestyle.

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OUR VERY LITTLE LIBRARY!

Love to read? Next time you're in the office, take a look at the black crate on the coffee table in the reception area. It holds used books looking for new homes. Find something that interests you? Take it home, it's yours. Got a few at home that you're not likely to read again but taking up valuable shelf space? Bring them in, someone out there is looking for new material. Enjoy!



RETURNING WAR VETERANS

Have you been deployed to Iraq, Afghanistan, or any other active conflict area in the past five years? If so, we'd like to offer you a year's care at no cost to you. All we need to see is a copy of your orders and your ID. Call 703-938-6441 for more information. Thanks, and welcome home.

COMMUNITY OUTREACH CLASSES

As part of our commitment to community education, we offer a series of courses on Tuesdays, 10:00-11:00 am at the Vienna Community Center, 120 Cherry Street, Vienna. There is no charge. To register, visit the front desk at the Vienna Community Center. To register online, establish an account at <http://www.viennava.gov/webtrac>. For questions about the registration process, call the Vienna Community Center at 703-255-6360. Upcoming:

<i>Mouth-Tongue Exercises for Better Sleep</i>	January 14
<i>Building Better Knees</i>	February 11
<i>Breathing Exercises for Better Brain Function</i>	March 11

<i>Your Back Before and After Pregnancy</i>	April 8
<i>Building a Better Neck</i>	May 13

THE PHONE

Our office phone isn't cellular, and we can't see you on it either. It doesn't even store your phone numbers. What it does do well is help us communicate with you.

Obviously, if you need to change your appointment for any reason, call us, hopefully with a little lead time so we can either call someone who was looking for that specific time or make some inroads on the mountain of paperwork. As long as you can be flexible about it, we can find a time to reschedule you that works better your needs.

Another important use is making progress calls. These are calls that don't necessarily have anything to do with a set appointment. They help us keep up with your progress in a convenient way. If you're having an acute episode or flareup and we ask you to call us on a particular day, please do it. We're trying to stay on top of things for you. That call can make the difference between saying "Let's see you in a week" and "we'll meet you at the office tomorrow morning, and this is what you need to do until then".

Yet another important use of progress calls occurs when you appear to be doing well but there is a question of how well your adjustment will hold, particularly if you have something planned that may require a little more activity than usual (hosting, traveling, sports) or you have been tapering off a painful episode. The progress call can help us determine if you necessarily need to schedule again soon, could use a few "at home" suggestions or are through with your recent problem. The progress call can save you a trip.

If you call and no one picks up, we are either with another patient at the time or the office is closed. Please leave a message. Tell us what number you'll be at (slowly!), when and for how long. We check the phone every day although if we are closed that day, it will not be immediate. We will get back to you as soon as possible. Calls coming in later in the day, especially Saturday or Sunday will probably be picked up the next day.

AFFORDABLE CARE

In an effort to make chiropractic care affordable to everyone, we offer multipacks and Chiropractic Independence Days. Ask about these programs. Also, see “Returning War Veterans” above.

CALENDAR

Jan 3 Reopen for 2024 4,18 Saturdays Open 20 Chiropractic Independence Day	Apr 5,19 Saturdays Open 28 Chiropractic Independence Day
Feb 8 Saturday Open 17 Chiropractic Independence Day	May 3,17 Saturdays Open 19 Chiropractic Independence Day 26 Memorial Day: Office Closed
Mar 1,15 Saturdays Open 17 Chiropractic Independence Day	<u>STANDARD HOURS OF OPERATION</u> M-W-F: 10:00-1:00 & 3:00-6:00 Sat: 9:00-noon (selected Saturdays) Tue/Thu/Sun: Emergencies Only