



Health

At this moment without you thinking your heart is beating. If you think of something stressful it starts to beat quicker. What is your heart rate now? This is called the heart rate or pulse. Acupuncturist as part of evaluation and management will feel this pulse. What is the quality of the pulse? Is it fast or slow? Does it feel strong or weak? Is there a certain quality to the pulse? Our goal is to help the body relieve stress and move better and this is just one of the tools we use to evaluate where you are at.

If you have ever wondered what can provoke changes to the heart rate it will include physical exercise, sleep, anxiety, stress, illness, eating and certain drugs. We just got out of the month of February and often people think of this month as the month of love and broken hearts. I wanted to briefly discuss a condition called Broken heart syndrome. It is a real condition that mimics a heart attack with chest pain and shortness of breath. Always call 911 if you experience chest pain and shortness of breath. The causes are unclear but there is a surge of stress hormones, such as adrenaline, that may cause temporary damage to the heart. It is typically brought on by an intense physical or emotional event. STRESS!

Managing stress and pain are key to maintaining a quality of life. Often as Acupuncturist we are working with people that deal with pain and stress as a result of loss of movement and function. How do you respond to pain? Does it cause stress? Does it limit your ability to exercise? If you are looking at eliminating pain to reduce your stress and allow your body to move better acupuncture may help. Acupuncture may be a great addition to your routine that makes for a happy healthier you so call today!

Sincerely,

Bonnie M. Abel Bolash, M. Ac., L.Ac.

Licensed Acupuncturist

4060 Hampshire Avenue North

Crystal, MN 55427

763-537-4955

www.tryTCMacupuncture.com

BonnieBolash@tryTCMacupuncture.com

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Referrals are appreciated!