

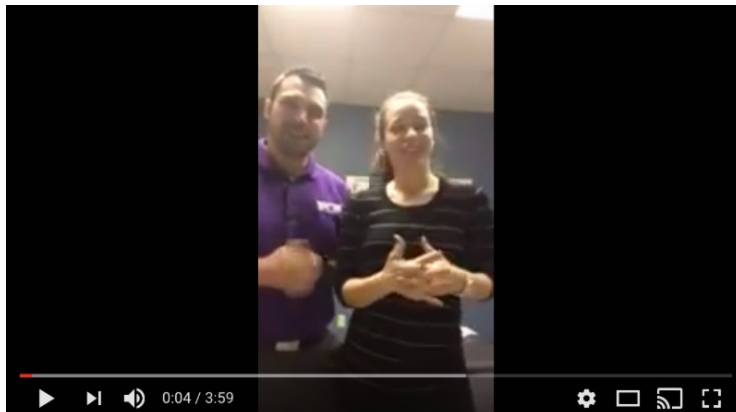
# NEWS & HEALTH TIPS

FIRST STATE HEALTH & WELLNESS | APRIL 3-7, 2017

*"The body heals with play, the mind heals with laughter  
and the spirit heals with joy." –Proverb*



## Spring Group Cleanse 2017



Join Dr. Kondrad and Dr. Miller as they participate in a 21-day cleanse with you, supporting, encouraging and educating you along the way!

Not sure why we recommend regularly cleansing? Check out their video and then call your local First State office to reserve a complete cleanse kit with everything you'll need to begin.

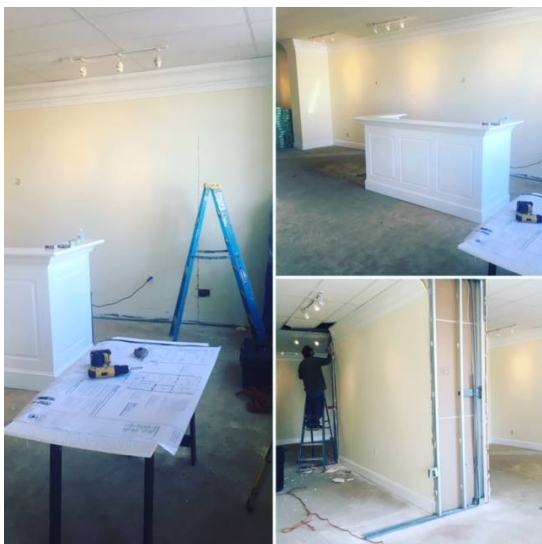
[Contact Us](#)

## Your Personal Instruction Manual

You can take all the vitamins and supplements you want, but how do you know what *you* actually need, or if *your* body is even using them?! SpectraCell Micronutrient testing is now available at First State.

To learn more about all of the conditions that are influenced by nutrient levels, schedule a functional health consultation at 302.654.4001





## Groundbreaking News!

Construction has begun on our new Integrative Health Center on Union Street in Wilmington. The new Center will feature expert functional health and lifestyle coaching, educational workshops and hands-on classes, yoga/mindfulness training and more.

In conjunction with this new endeavor, Dr. Stacy Cohen weighed in on the importance of mindfulness as a component of care for pain relief, health and healing in the March edition of *The Delaware Business Times*. "Even the American College of Physicians is publishing new research that says that mindfulness from meditation can provide effective relief of pain even prior to surgery or medications," he shared.

Join the journey and follow our progress as we work to open the doors on this dynamic new center that will unite all of the natural healing resources offered at First State!

## Game On

Our chiropractic and wellness team has been busy keeping the Delaware 87ers game ready with chiropractic care, cupping, laser therapy and whole-body cryotherapy. Some of the players are learning about and experiencing these all-natural options for the very first time!

Forward [Carlos Yao López](#) gave thumbs up on his first Whole-Body Cryotherapy session at First State: "Everything hurt when I came in, but after an adjustment, cupping and cryotherapy, my joints feel great, my knees feel great, I feel younger and energized...it's like the fountain of youth!" Nate Robinson said, "My adjustment was awesome! I had knee and groin pain but after cryotherapy I feel good, it feels better—like I could run a marathon...fast!"



# Health Tips

Get Well! Stay Well!



**Organic Teas That Help with Inflammation Caused by Rheumatoid Arthritis.** A Virginia-based rheumatologist has found that certain organic teas help with reducing inflammation caused by rheumatoid arthritis. "Tea has fantastic anti-inflammatory properties which can theoretically help with the underlying inflammation," Mahsa Tehrani claims. She specifically recommends: ginger tea, green tea, rose hip tea, black tea, willow bark tea and nettle leaf tea. — Rachael Everly, *Circle of Docs*, March 2017



**Aerobic exercise has the power to increase cognitive functions and reduce your risk for dementia, anxiety, and depression.** What makes exercise like Miracle-Gro? Brain-derived neurotrophic growth factor (BDNF) is a protein released during aerobic exercise which acts like neuron fertilizer. BDNF promotes neurogenesis (the growth of new neurons) as well as increased functional connectivity between brain regions via neuroplasticity. To keep your cardio-respiratory system and brain in good shape, plan to do some type of aerobic exercise for at least 20 minutes, most days of the week. —Christopher Bergland, *PsychologyToday.com*, June 2016



**Using Chiropractic Care to Lower Blood Pressure.** Most people think that chiropractic is only good for back and neck pain. But chiropractic can do more for a person's wellness than just relieve pain. A recent double-blinded study compared a group of patients to see how spinal manipulation impacted their blood pressure. The researchers found that "specific thoracic spinal manipulations affected three measures: blood pressure, pulse rate, and changes in hypertension (high blood pressure) classification only in the active treatment group." If you are one of many people looking to reduce your blood pressure, you may want to add chiropractic care to exercise and healthy eating for faster results! —*toyourhealth.com*, Donald M. Petersen, Jr., September 2015

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