



Wellness News You Can Use #9

"Determine strategies that are right for you because wellness is not just in the news, it's here for you."

Wellness is in the news, on television, online, in social media and in print. Let's take a look at some recent headlines.

A September 2019 article in the Guardian Weekly is titled "Alternatives to drugs for managing pain." The first line reads "Prescribing for pain is out of control. Doctors need new tools.

The article shares how the conventional medicine community, after many years of denial, is finally acknowledging the effectiveness of alternative therapies that can help people manage chronic pain.

In the story, Dr. Ann Robinson admits the limitations of drugs and the difficulties General Practitioners have in managing patients with long-term pain. She advocates alternative medicine and non-drug treatments such as chiropractic and osteopathy, as well as ho-



meopathy. She admits that there is good scientific evidence that these alternatives can help with pain. The Royal College of General Practitioners has issued a statement saying, "For our patients in the community, GPs need better access to alternative therapies."

It's no secret that the established medical community has discouraged alternative therapies, only to write prescriptions for pain killing drugs with side

effects. While for years, wellness clinicians have offered safe and effective treatments to patients. This news story is a reminder that the medical community is ever evolving, so let's all keep an open mind.

An article in the British Medical Journal states, "Complementary and integrative medicine offers a multimodality treatment approach that can tackle the multidimensional

nature of pain with no serious adverse effects."

From a survey published in the news section of "Medical Science" the headline reads, "Patients want more guidance from physicians on self-care." The survey found that while more than 9 in 10 physicians say self care should be considered an essential part of a patient's overall health, only 39% of consumers say they practice it often. Self care is a broad concept that encompasses physical, mental, emotional, social, and spiritual needs. What's interesting about the survey is that many conventional physicians think patients have limited interest in self-care. But about two thirds of patients wished their physicians shared more resources on self-care, (66%) were involved in all aspects of their health managements, (65%) incorporated complementary and alternative therapies into their care (64%).

According to the survey, women do a better job with self-care, but still want a fuller partnership and want to be able to discuss their health in more detail. After over 30 years, working with wellness professionals, one characteristic that stands out, is the personal connection they have with their patients. Typically, they take more time to listen, they challenge their patients to practice self-care, and they provide resources that help their patients make lifestyle changes. Once again, wellness is ahead of the curve.



If you are someone that uses hand sanitizers, especially during the cold and flu season, a new study has found "Hand sanitizers shown to be ineffective at killing flu." The results are important because they suggest that the current method for disinfecting hands, especially in hospitals and

clinics, is not effective enough to prevent the spread of the flu virus. Here's the surprising results of the study. Washing hands under running water, even without soap, is more effective at stopping the spread of flu germs than using ethanol-based

hand sanitizers.

The reason, when wet mucus surrounds the virus, it acts as a protective hydrogel, keeping the disinfectant from reaching and killing the germs. But when you wash your hands with running water, the rubbing action of your hands removes the mucus and washes the virus down the drain. Of course, using soap is best when washing hands, but this study says, even without soap hand washing wins.

If you see a wellness headline that you have questions about, investigate, do some personal research and remember, your wellness professional is also a great resource. Work with your clinician; determine strategies that are right for you because wellness is not just in the news. It's here for YOU.