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FREE

Please Take One



Letter from the Publishers

WELCOME



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Inside
Arizona Pain

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LAYOUT

The Holidays are all about getting together and sharing some special memories with the ones you love. Although many of us get swept up in a wave of commercialism, the fact remains that these times should be about the people we spend our lives with, and not the stuff we give them.

But then there are the people less fortunate than us. Those that can't afford to get swept up in that wave and instead hope and pray that they can just get a meal, much

less anything with a white apple on it.

So what do you do? Literally anything. Spend an hour working at a local soup kitchen, or take a moment to donate to your local charity. Clean out your closet and bring the results to a Goodwill, or just bring some coffee to the homeless people nearby your office. Whatever you do about it, just do something this holiday season. The results are well worth it.

**From our families to yours,
Dr. Tory McJunkin and Dr. Paul Lynch
Founders of Arizona Pain Specialists**

She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins. – Matthew 1:21

What's I N S I D E

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Yummy and nutritious.



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Turkey Treats

Try this yummy citrus rosemary and sage rubbed turkey breast.

By Carlynn Woolsey

Do you prefer the white meat to the dark, in a Thanksgiving turkey? Or want a faster approach to cooking your bird? Then try cooking a single bone-in turkey breast.

In this case, the breast is roasted with citrus and fresh herbs to produce a light and clean flavor. The juices from the lemon and orange here blend with

chicken (or vegetable) stock and pan juices to make an instant sauce, with no fuss, no muss. Finally, given that the white meat contains fewer calories and fat than its darker counterpart, this preparation is figure friendly, too. (Serves 4-6)

Ingredients:

- 1 whole bone-in turkey breast (approximately 6 pounds)
- 1 tbsp. finely chopped fresh rosemary leaves
- 1 tbsp. finely chopped fresh sage leaves
- 2 tsp. salt
- 1 tsp. ground black pepper
- 1 tbsp. room temperature butter
- 2 tbsp. olive oil
- Zest and juice of 1 lemon
- Zest and juice of 1 orange
- 1 cup chicken or vegetable stock

Directions

1. Preheat your oven to 325 degrees.
2. Place the turkey skin-side up on a rack within a roasting pan.
3. In a small bowl, combine the herbs, salt and pepper, butter, olive oil, lemon zest and juice, and orange zest and juice, to make a paste.
4. Rub the mixture all over the turkey breast, including underneath the skin, gently loosening it as you go. Be careful not to tear it.
5. Pour the stock in the bottom of the roasting pan.
6. Cook the turkey for approximately 1.5-2 hours, until the meat is cooked through and the skin browned.
7. Remove the turkey from the oven and cover with tin foil, allowing it to rest for approximately 15 minutes.
8. Slice the breast and serve with the accumulated pan juices served over the top.



Relax and Heal

What are the benefits of meditation?

By Nikki Steele

Meditation has been around for thousands of years, mostly within a religious or spiritual context, but increasing amounts of research are uncovering tangible benefits for this simple practice.

From reducing stress to managing pain to increasing the ability to be mindful and present in life, meditation's benefits are numerous.

What is meditation?

Meditation is essentially a state of stillness. It's a condition of total awareness and presence in the now that involves no thinking. Meditation practices, such as focusing on each breath in and then each breath out, are designed to guide us into this thoughtless state.

Other meditation practices include traditional exercise programs such as tai chi, qigong or yoga. Non-traditional methods to fall into a state of flow might be painting or walking.

An immense variety of guided meditations are available which teach you to visualize yourself in certain locations or with light emanating from various places in the body. Sound meditations might use Tibetan bowls or other healing sounds to help you relax into the moment and forget about the past or future.



Why meditate?

During the day, we may have any number of thoughts running through our heads. "Remember to get milk. Remember to do the laundry. I am so horrible at this task. Ugh, I wish I didn't feel this way." Does any of that sound familiar?

Most of life's stress comes not from the events themselves, but from our thoughts about them. We react to things we don't like, people who say something that offends us or worry about horrible things that could happen, but probably won't. Meditation practices help us unravel those

thoughts so we can move through life a little lighter, with a little more pep in our step.

Meditation helps us realize that our power lies in our reaction to circumstances. We can't control what happens on the outside, but we can control our reactions. This newfound power of presence can dramatically reduce stress, help with pain management, and increase creativity.

Through meditation practices and focusing on the breath or doing a guided meditation, we can begin to separate ourselves from our thoughts, find space between them, even if it's just a second,

and ultimately lengthen the spaces between those thoughts.

Practitioners learn to observe their minds and identify less with their thoughts. Just because you think something doesn't make it true. For example, if you think you are not beautiful or not loved, that's false because you're both.

Meditation offers a myriad of benefits.

1. Meditation enhances creativity

Dutch researchers at Leiden University found even beginning meditators experienced an enhanced ability to develop new ideas.

The most effective type of meditation practice in the study was so-called open monitoring meditation, which involves staying aware of all thoughts and sensations that arise without responding to them. The other practice studied was focused attention meditation, which involves focusing on a specific thought—like a mantra—or object.

Enhanced creativity was discovered with divergent thinking, which asked study subjects to list as many uses as possible for an object like a pen. The other type of thinking was called convergent thinking. To study that type, researchers gave participants three unrelated words and asked them to find a common theme.

2. Meditation helps manage chronic pain

The idea of meditation helping chronic pain sufferers manage their discomfort and improve quality of life is relatively new,

but rapidly gaining speed, especially as the dangers of opioid medications come into greater view.

An article in *The Atlantic* explored the connection, noting that meditation could give new hope to people for whom no other remedies work, and cited a Forest Wake University study that found a group of meditators experienced a 40% reduction in pain. One theory about why meditation works to reduce pain is that it helps to reduce stress, according to *The Atlantic*.

However, in the last decade, studies have emerged showing that meditation might lead to changes in the brain. Sections related to the processing of pain and the regulation of emotions and behavior appear to alter their functioning with meditation, *The Atlantic* reports.

Those brain changes result in decreased activity in pain processing and increased activity in the others. So a person in pain who meditates could feel less anger or sadness, and be less likely to act out because of those emotions.

3. Meditation reduces stress

Perhaps one of the more commonly known benefits of meditation is stress reduction. Psychiatrist Dr. Elizabeth Hoge tells Harvard Health Publications that meditation is a wonderful antidote to anxiety. She says:

"People with anxiety have a problem dealing with distracting thoughts that have too much

power ... They can't distinguish between a problem-solving thought and a worry that has no benefit."

As an example, Hoge says anxious people might go from worrying about arriving to work late to fears about losing their job and the disaster that will unfold from there. She adds:

"Mindfulness teachers you to recognize, 'Oh, there's that thought again. I've been here before. But it's just that — a thought, and not a part of my core self.'"

4. Meditation alleviates depression

Psychologists link the idea of ruminating, running the same thought over and over again in the head, to depression. Depressed people tend to think the same, self-critical or negative thought over and over and have a difficult time escaping that negative feedback loop, according to *Everyday Health*.

Although people with depression often think that this inward focus and attempt at finding a solution will make them feel better, it tends to make them feel worse. Through the practice of meditation, people can learn to quiet those thoughts and move into a more positive mindset.

The key to unlocking meditation's benefits is consistency. The practice takes time, and making the effort is key. Setting aside even five minutes each day and then perhaps increasing from there as needed can begin to shift your thoughts and help you enjoy all of meditation's benefits.

Helping Those Who Help You

How to pick the best present for the amazing caregiver in your life.

By Suzannah Kolbeck

Caregivers make the world go 'round. For chronic pain patients, caregivers vastly improve the quality of their lives, from simple things like running errands to more involved tasks when the pain flares up. But caregivers are in a dangerous occupation. The estimated 44-million caregivers offering unpaid help to a family member or friend are at risk for serious health conditions, including depression, anxiety and physical strain and sprain. Some numbers:

- Between 40 and 70% of caregivers show signs of

clinically significant depression

- Caregivers report higher levels of stress, sustained over the long term, than non-caregivers
- Women make up 2/3 of all caregivers and suffer higher levels of depression and anxiety than male caregivers
- Caregivers are more likely to abuse drugs and alcohol than non-caregivers

Physically, caregivers are less likely to practice preventative health care and more likely to suffer from cardiovascular disease. They routinely ignore their own health needs (including filling

prescriptions) due to the cost of caregiving.

While these selfless actions are a mark of someone who could be an amazing caregiver, they are also dangerous and unsustainable. Whether your caregiver is a family member, a good friend, or a healthcare provider, take some time this holiday season to show them just how much they mean to you with the perfect gift. These simple gift suggestions can help refresh, renew and reinvigorate your caregiver, providing stress-relief and self-care they may be lacking.



Don't stress

The last thing you want to do when looking for a gift for your caregiver is add stress, either to your day or theirs. A thoughtful gift is always welcome, so do the best you can, when you can, and know that it will be enough.

Think sentimental

If money is an issue but you really want to give your caregiver a gift, write a heartfelt note, thanking them for everything they do, and include it with a framed photo of you two. The frame needn't be fancy. If you are crafty, you can get a plain frame and decorate it. It's more about the gratitude and appreciation.

Care for them

Gifts that pamper the caregiver can be some of the most welcome. In caring for someone else, they often neglect their own health and well-being and in the process may become injured or ill. Give back with a massage, facial, or other bodywork. Acupuncture is a great way to offer stress relief.

Alternately, schedule some respite care and send your caregiver away for the day or the weekend. This doesn't have to cost a lot of money. Travel sites may have off-season package deals, or local establishments may run "stay-cation" specials. If sending your caregiver out of town just isn't in the budget, look for hometown deals on sites like Living Social and Groupon. Send your caregiver to a museum, a movie, a show, or a dinner out. The goal is to give your

caregiver time away from their responsibilities, without guilt and without worry.

Give year 'round

_____ of the month clubs are a great way to remind your caregiver to care for themselves, at least once a month, all year long. Clubs Galore's Home & Spa options help you build your own personalized gift that can include dinner out one month, a massage another, and bath salts and aromatherapy the next.

Encourage hobbies

Your caregiver needs to take time to do things they love. In the same spirit of _____ of the Month clubs, sign your caregiver up for a class in their favorite hobby (such as baking, rock climbing or yoga) or purchase a membership to a museum, golf course or other activity. Sometimes a few hours away from the realities of caregiving can be just the thing they need.

Plan ahead for next year

Make sure to plan ahead for next year in the weeks after the holidays, especially if money is a consideration. Stock up on spa kits, candles, frames and other non-perishable gifts for next year when prices are slashed to clear out the shelves. Thinking ahead and shopping when you are feeling good is a great way to plan for next year's gifts (plus save a little money!).

Other ways to give a gift to your caregiver without actually giving a physical gift include:

- **Cooking for them:** Cooking for your caregiver is a great way to show your gratitude. The meal needn't be complicated. In fact, you can let your crockpot do most of the work. If your caregiver does not live with you, give them a "coupon" for a meal you will make. Make the date for the meal itself flexible so that it doesn't become just another thing to do for your caregiver.
- **Give them time:** In the spirit of respite care, give your caregiver a day off, with pay (when applicable). This day off can be welcome around the holidays, especially if your caregiver is preparing for the holidays for a family of their own. A day off during the week to sleep in, run their own errands, and do their own shopping can be much appreciated.
- **Say thank you:** This seems obvious, but often over a period of time we can take our caregiver for granted. This is human nature. When something is always present, we expect it to be so. Make a concerted effort to recognize and appreciate all of the ways in which your caregiver makes your life easier and better. When life gets hectic and seems to be running at an accelerated pace (as happens during the holidays sometimes) slow down and say thank you.

Giving Back

Finding a Way to Help Those in Need

By Kevin Whipps

It's the holiday season, and of course we're all looking forward to hanging out with our friends and family, and maybe taking in a drumstick or two. But some people aren't so lucky and don't get the chance to see their families during December.

Sometimes, not at all.

That's why it's important to remember to help those less fortunate than us. Often we say to ourselves that someday we'll do that, but just not right now, we're too "busy." But it's the holidays season now, and it's time to put

up or shut up. So how do you find a charity that works for you and will help people out? Let's give you a few tips.

Look Inside

When it comes with finding a charity to



work with, you have to first start with what you want to support. To do that, take a look inside and see what works for you.

Maybe you have a mother who was a victim of breast cancer, or a friend who lived on the streets at one point in their life. Point is, we've all known or been someone who needs some kind of assistance, and if we have the ability to help someone in a similar situation, this is a great time to do so.

Find a charity that relates to your personal experiences.

Then narrow it down even further if possible. For example, maybe that friend who lived on the streets did so in your hometown. Look for a charity that helps people in that specific region, that way you're directly affecting change. You can also go the other direction and expand your search. If your mother had breast cancer but you want to support cancer survivors at large, look at that as a charity option. Either way, you've started with a focus, and picked a charity based on that.

Find the Givers

Some people don't donate to charity because they're concerned about where their money goes. In some scenarios, a charity may be founded towards one specific cause, but the problem is that they don't donate 100% of the proceeds towards said goal. That's fine, charities need to raise operational costs too, but it's when the percentage rates start getting lower and lower that some start to get concerned.

Do some research online to determine what charities in





your focus exist, then narrow it down based on some of their specifics. For example, make sure the charity is a registered public charity, meaning it has 501(c)(3) status. Without it, you could be giving money to a scam. Make sure the organization has a history of doing good deeds and actually giving their money away. And whatever you do, don't just give money to someone who calls you up on the phone and asks for it in the name of someone, who knows who they actually are.

This all comes down to properly researching your charity

But there are other options for specific organizations. Goodwill takes all sorts of stuff, particularly clothes and other household items.

of choice. As long as you're comfortable with giving your money to them after doing your homework, you'll be alright.

Consider Alternatives

At the end of the day, cash is king with most charities. By giving them your money, they can

designate where it goes and how it gets spent — it's their job, so they're good at it.

But there are other options for specific organizations. Goodwill takes all sorts of stuff, particularly clothes and other household items. Some groups take old automobiles as credit,



which comes in handy if you find yourself with a vehicle that you can't trade in or inherited from a friend or family member. Canned goods also work with the right charity, so stock up if that's your goal.

Stay Local or Go National

Think about who lives in your area. Maybe you're in a rural community with a volunteer fire department and a local sheriff who watches the town. Or say you live in a huge city with millions of people, where you pass the less fortunate on your way to work.



Think locally, then start to look at a local charity that can help people near you.

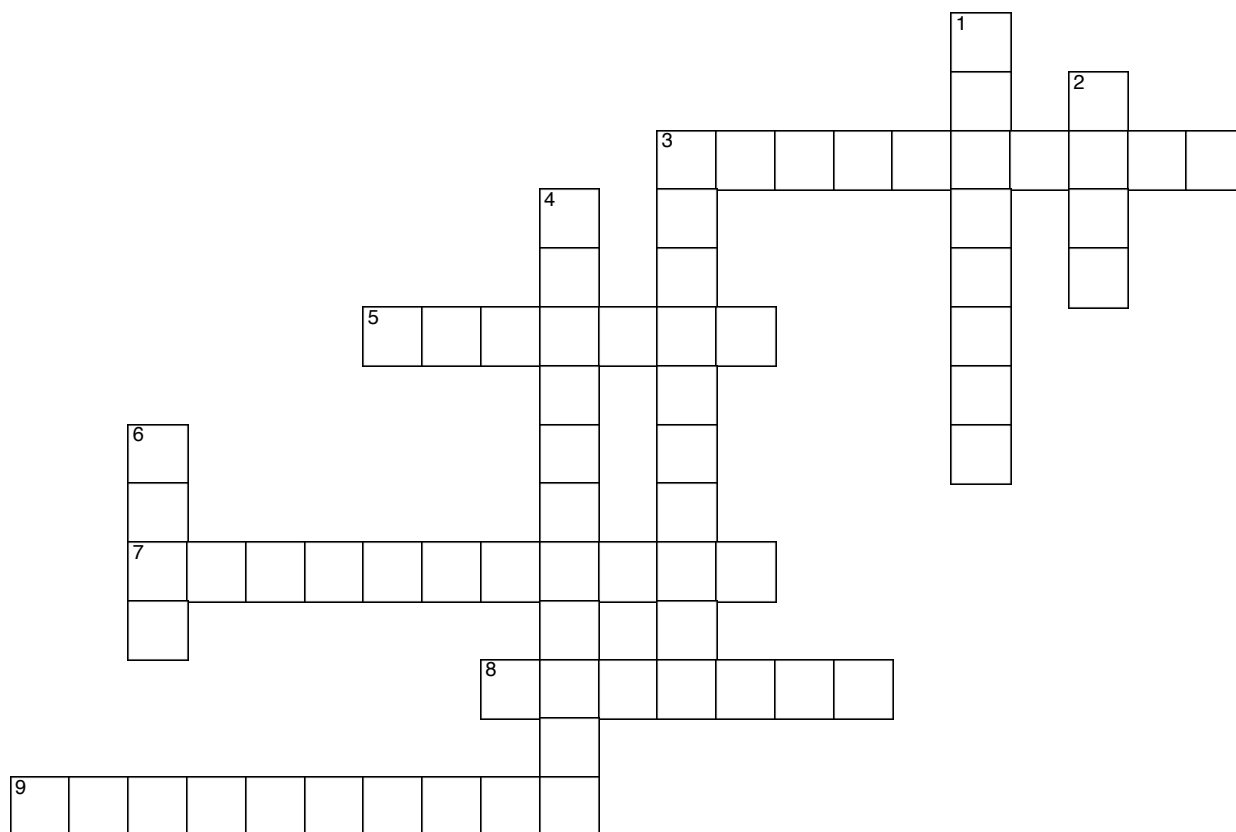
Or, consider the opposite direction. Larger problems — cancer, AIDS, multiple sclerosis — are nationwide issues, and therefore need nationwide help. Look outside of your comfort zone to see what you can find.

Whatever You Do, Give

After doing your homework, determining your cause and going through everything else, the important thing to do is give. Who knows, someday you may be on the receiving end and need some help yourself, so give now while you can.

Crossword

Use a pen.



ACROSS

- 3 Meditating can enhance _____.
- 5 325.
- 7 An option for donating your time this holiday season (two words).
- 8 One gift option for a special caregiver.
- 9 A state of stillness.

DOWN

- 1 There's 2 tbsp of this in this month's recipe (two words).
- 2 Whatever you do this holiday season, do this.
- 3 They make the world go 'round.
- 4 By meditating you can help manage this.
- 6 You're not too _____



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