**Benessere Chiropractic**

295 W Broadway

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(541) 636-3358

**ICING GUIDELINES**

**Instructions:**

**1. Always use a gel pack; if not available, a bag of frozen peas can be substituted for a gel pack.**

**2. Place a thin layer of cloth between skin and ice to prevent frostbite, which could appear as a grayish color of skin. 3. Ice for 15-20 minutes only.**

**4. Before icing again, wait 20 min. until skin is warm again.**

**5. If icing increases pain or muscle tension, apply heat afterward.**

**6. Alternate heat with ice – 10 min. heat, 10 min. ice.**

**7. When alternating, begin with heat & end with ice.**

**4 Stages of Sensation: Cold, Burning, Aching, Numb “CBAN”**

**Physiological effect of icing: Icing creates a local constriction of blood vessels which moves blood away from the area; when the ice is removed, the blood vessels open to supply nutrition and oxygen to the tissues. Ice also numbs the area and reduces pain signals to the brain.**

**ANTI-INFLAMMATORY FOODS**

**Fruits Vegetables Nuts Potatoes**

**Fresh Wild Fish Wild Game Grass/pasture-fed meat**

**Omega-3 eggs Organic butter Dark Chocolate(>70% cacao)**

**Organic coconut oil Stout beer**

**Organic extra virgin olive oil Red wine**

**Balsamic vinegar**

**Spices:ginger, turmeric, garlic, oregano, marjoram, cumin, etc.**

**Grains:brown rice, quinoa, & millet. (less hybridized)**

**PRO-INFLAMMATORY FOODS**

**Refined grains**

**Whole grains:Wheat, oats & corn.(more hybridized)**

**Grain/flour products Grain-fed meats/eggs**

**Most packaged foods Most processed foods**

**Corn, safflower, sunflower, soybean oil Most salad dressings**

**Trans fats (margarine, and in most packaged/processed foods)**