



FOR MEN AND WOMEN

optimiz

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ROMANCE NOVEL
COVER MODEL
**UNCOVERED
WORKOUT**

**CONQUER PAIN
WITHOUT DRUGS**



MIND POWER

UFC LEGEND **ROYCE GRACIE:**
THE MASTER OF FEAR

The long ouch: Remedies for chronic pain

Dr. Julie, I am a 46 year-old man who has had chronic back pain for five years. Besides pain medications, epidural injections, and massages, what else can I do to treat the pain?



OUR body needs fundamental building blocks for muscle and nerve functioning to run at optimal status.

For my patients with chronic pain, I use supplements that help to replace deficient levels of these fundamental building blocks.

Check with your physician about getting laboratory work done to check for vitamin

and mineral levels like vitamin D, magnesium, calcium, potassium, vitamin B12, vitamin B6, to name a few. It is also important to make sure your hormonal system, including your thyroid and adrenal function, is at its optimum, because these can worsen the chronic pro-inflammatory state of chronic pain.

Finally, aim to eat a mostly plant-based diet with plant-based protein foods like nuts and legumes to maximize the anti-inflammatory effects.

I like to explain the anti-inflammatory diet to my patients as eating as close to Mother

Nature as possible. For example, a bowl of salad looks closer to Mother Nature than a vegetable lasagna, which is still closer to Mother Nature than deep-fried French fries. The best selection would be the salad, followed by the vegetable lasagna and French fries as less desirable. By eating this way, you can utilize food as medicine to help your body be less inflamed and regain recovery using the abundance of minerals and vitamins found in these foods.

Essentially, the main take-aways for healthy pain management are: Eat an anti-inflammatory diet, make sure your body is functioning optimally based on a healthy physiology (where the building blocks are sufficient and your hormonal system is optimized), stay hydrated and get plenty of rest. **Z**

Dr. Julie T. Chen, MD, is an integrated medical doctor with her own practice in San Jose, CA. Check out her website at www.makinghealthy.com.

2012 HEALTHY WORKPLACE AWARDS



Having a healthy business means more than having a strong bottom line.

A healthy business gives employees a safe and enriching psychological and physical environment. As well, the personal fitness and health of each employee contributes to the strength of the business overall. *OptiMYz* celebrates the companies that understand what it means to have a healthy workplace. In the Fall of 2012 *OptiMYz* will present the Healthy Workplace Awards, showcasing companies that have achieved a level of health and fitness beyond the norm.

To nominate your company, email Claire at crogers@optimyz.ca. Please include your name and contact details. Members of the CN Centre for Occupational Health and Safety at Saint Mary's University will conduct a survey of the nominated companies in the spring and summer of 2012.