



## Did You Know?

- Cushions and lubricates joints and muscles. Benefits TMJ, Arthritis, Joint Pain...

- Curcumin  
Helpful for arthritis by reducing inflammation in the joints.

- Formula 303  
A natural relaxant blend made to relieve muscle spasms, leg cramps, lower back and shoulder pain along with relieving stress, tension and PMS.

- FYI-Garden of Life  
Supports joint mobility and function.

- Glucosamine Sulfate  
Helps discomfort associated with arthritis.

## CENTER for HEALING and WELLNESS – Dr. Lora Efaw, M.D. (229)388-9393 39 Kent Road · Suite 2 · Tifton · GA · 31794



Supplementing our diets with vitamins has become an important and necessary thing to do in today's society with

### Mesotherapy

*Mesotherapy* is a procedure by which non-steroidal medications are injected just underneath the skin over the area of pain and/or inflammation. When a person is receiving *Mesotherapy*, **Dr. Efaw** suggests that he or she come once weekly for three weeks. The medications are used to decrease pain and help the underlying tissues to heal. The pain

relief is often immediate. *Mesotherapy* works very well for tendonitis, joint pain and overall painful areas.

### Trigger Point Injections

Another option is *trigger point injections*. With this procedure, **Dr. Efaw** injects a steroid along with pain relievers and other medications deep into the muscle tissue. With *trigger-point therapy*, an injection is traveling directly into the problem area and sending steroids along with a pain reliever and Vitamin B-12 to fight inflammation and pain. This form of therapy is great for muscle pain. People suffering from neck and shoulder pain, back pain, and most any form of muscle pain can really benefit from trigger-point injection therapy. Also, if you receive *trigger-point*

*injections* it is covered by insurance. If a person receives a massage immediately after TPT on the area that was treated with *trigger-point injections*, it may be covered by your insurance company.

### Massage Therapy

*Massage Therapy* can be one of the most direct approaches to pain relief. When pain starts, a person can schedule a *massage* and the area can be directly approached and the pain can be addressed immediately. Relief can be achieved that day! *Massage therapy* can be for relaxation purposes, to decrease stress, pain relief, for fibromyalgia, headaches, arthritis, sciatica, tendonitis, neuropathy, back, neck and shoulder pain.

*Massage therapy* is great for increasing circulation which is beneficial for everyone, but especially for diabetics who need to keep circulation healthy in their arms and legs.

*Massage therapy* is not only for pain relief but also is a welcome tool for healing and it enhances your overall health and well-being. If you have a flex spending account on your insurance, massage therapy may be covered if you have a written prescription from your doctor. We have all three of these therapies available at our office. If you are hurting and think one of these therapies may be right for you ask, **Dr. Efaw** or **Priscilla** at your next visit, or call our office today and one of our staff will be happy to help you with any questions you may have!

Call (229)388-9393

Please come by our office. We have a large selection of vitamin supplements available.

## October Special - \$40 One Hour Massage