

the PIVOT

monthly
keeping patients up to date with Balance

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Welcome OHP

We want to take this opportunity to welcome Oregon Health Plan (OHP), our state's Medicaid program, to **Balance**. OHP gives many Oregonians access to primary care services (Dr. Moffitt), acupuncture (Dr. Strand and Christina Lambert) and chiropractic (Dr. DesJardins) services. If you are covered by OHP, give us a call and we will be happy to check your benefits.

Many other insurance companies cover acupuncture, chiropractic, naturopathy and massage as well. Feel free to call and we can explain your individual coverage in more detail.

Check out our website (www.balhic.com) or scan this QR code to see a list of insurance companies we work with.



Staff Member of the Month!

Congratulations Caterina for completing your nursing program and passing all of your boards! Caterina now brings the skills of a Registered Nurse to our team.

Caterina is **Balance's** lead clinic assistant as well as outreach and marketing coordinator. If your company is interested in having the **Balance** staff come out and perform chair massage for the employees, please give her a call at (503) 492-2625 and she will help make it happen.

Outside **Balance**, Caterina can be found spending time with her family, coaching volleyball, hiking, and running. She even has several marathons under her belt.



Dark Chocolate:

There is considerable evidence that cocoa can provide powerful health benefits. Selecting a quality dark chocolate with 70% or higher cocoa content and enjoying a square or two each night the following benefits are all a possibility.

- Powerful source of antioxidants
- May improve blood flow and lower blood pressure
- Can improve risk factors for heart disease
- May lower the risk of "bad" cholesterol
- Improvement in blood flow to the skin
- Short term improvement in brain function
- Reduced risk factors for brain disease

<https://authoritynutrition.com/7-health-benefits-dark-chocolate/>

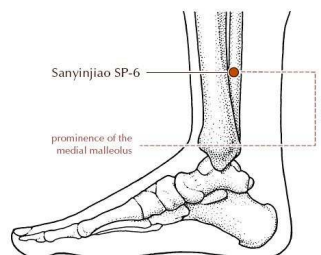
Point of the Month in Evidence Based Medicine

Diabetes is life altering and you should not have to walk the path alone. Glucose levels and diabetic symptoms can be regulated with methods such as diet, exercise, and with medication, but at times this is not enough. Acupuncture treatment for diabetes "improves insulin resistance, enhances the body sensitivity to insulin and improves insulin beta-cell function."¹ Multiple research articles have shown the effectiveness of reducing glucose levels and relieving symptoms of diabetes.²

Balance is here to help.

Spleen 6 - Three yin intersection: invigorates blood, alleviates pain, resolves dampness and regulates menstruation.

Instructions: Investigate each side, on the most tender side rub gently for 60-90 seconds.



1. <https://www.ncbi.nlm.nih.gov/pubmed/24673047>

2. <http://www.healthcmi.com/Acupuncture-Continuing-Education-News/1666-acupuncture-alleviates-diabetes-outperforms-drugs>

Stretch or Exercise

How to:

Lying face down, slowly rise up and arch your back using your arms. Be sure to keep the front of your hip bones on the floor or table. At full extension of your abdomen look up to the ceiling and hold for approximately ten seconds.

The benefits:

Performing this stretch relieves a lot of low back and hip pain that is commonly experienced by people who sit a lot.

Also, the Cobra exercise will stretch out the abdominal muscles helping to open up the chest.



Cobra

Upcoming Events:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Vitamin B₁₂ Special!</i>	2	3 <i>HSE Expo!</i>	4	
5	6	7	8	9	10	11
12	13	14	15 <i>Vitamin B₁₂ Special!</i>	16	17	18
19	20	21	22	23	24	25
26	27	28				

Looking Ahead

March cholesterol screening special

3/9 Health & Wellness Lecture - Dr. Moffitt
7:00-9:00am

Chair Massage

Want *Balance* to come take care of your staff?
caterina@BalHiC.com

Vitamin B₁₂ Special

February 7th and 22nd vitamin B₁₂ injection is 50% off after your first consultation and injection.

MISSION STATEMENT:

We are committed to providing fully integrated, safe and effective patient-focused healthcare; with an emphasis on education and prevention, and a belief that we all deserve a life of **Balance**.

Balance

Health & Injury Clinic, PC

1217 NE Burnside Rd, Suite 301, Gresham OR 97080
503.492.2625 www.BalHiC.com

Place
Stamp
Here

PRACTITIONERS

Clinic Director, Licensed Acupuncturist, Eric Strand

Doctor of Chiropractic, Daniel DesJardins

Licensed Acupuncturist, Christina Lambert

Naturopathic Doctor, Dustin Moffitt

Doctor of Chiropractic, Tyler Burke

Licensed Massage Therapist, Jessica Ulmer

Licensed Massage Therapist, Erik Wold

Licensed Massage Therapist, Brooke Braga