**Natural Methods to Treat Head and Neck Pain**

***A pain in the neck. As sufferers know, it’s much more than an occasional annoyance… musculoskeletal disorders have the potential to restrict daily activities, cause work absences and result in the loss of active, healthy years. Explore natural ways to ease the pain at a free community lecture Wednesday, May 3 at Lewes Library, featuring Uday Jani, MD, and massage therapist Sheri Jones.***

As one of America’s most common ailments, head and neck pain are reported by between 30 to 50 percent of patients each year, with many going on to deal it with as a chronic condition. The pain threatens quality of life, and is the unfortunate cause of frequent missed work days, loss of employment and up to four years of healthy living forever gone. While most people turn to prescription or over the counter analgesic drugs to ease the pain, are there better solutions?

The answer, according to Uday Jani, MD, a Delaware internist with a fellowship in integrative medicine, is a definite ‘yes.’ He and certified massage therapist Sheri Jones offer natural and effective methods that go well beyond the pill bottle to deal with musculoskeletal pain. They’ll discuss alternative strategies at a complimentary lecture on May 3 at Lewes Library – all members of the community are welcome.

“Although we’re used to relying on a pill to alleviate our pain, every condition doesn’t require one, and in fact, can be much better treated in a more natural way,” says Dr. Jani. “Proven methods such as massage, reflexology, reiki, certain foods and supplements, essential oils and mind-body techniques, should be considered…and strongly encouraged as the first line of treatment.”

Massage therapist Sheri Jones points to mounting evidence from numerous research studies showing the pain-relieving effects of massage. For instance, in a study conducted at New York’s Memorial Sloan-Kettering Cancer Center, 50 percent of patients surveyed reported a decline in pain, fatigue, stress, anxiety, nausea, and depression after receiving massage therapy, an effect that lasted up to 48 hours later.

“Massage is a very special form of touch, and allows the painful area to warmed, stretched and gently worked, while also reducing anxiety and lowering blood pressure,” says Jones. One of the earliest and most primitive tools for pain, massage - a therapeutic manipulation using the hands or a mechanical device – includes a number of techniques such as effleurage (stroking), petrissage (kneading) and percussion. Most commonly known is the Swedish massage; additional types are rolfing, myofascial release (to loosen, broaden or stretch connective tissue), and craniosacral therapy.

Jones will also explore reflexology, a form of compression massage using mainly the thumbs, relieves pain by stimulating pressure points on the feet and hands. These predefined points correspond with body organs and glands, and when stimulated, the energy flow is restored and the pain diminished.

Additional discussion will focus on:

* Reiki, in which the therapist channels energy to the client through the “laying of hands” to activate the natural healing processes of the body and restore physical and emotional well being.
* Accupressure, rooted in traditional Chinese medicine, used to facilitate better circulation of blood to an affected area. Pain is relieved by applying pressure to specific points to release the flow of energy.
* Mind-body techniques, including meditation, biofeedback, tai chi, breathing exercises, hypnosis, music therapy, yoga and visualization.
* Essential oils that provide relief and loosen up aching muscles, such as peppermint, marjoram, basil and lavender.

*Learn more and see a demo at Dr. Jani’s and Sheri Jones’ complimentary lecture, “Natural Methods to Treat Head and Neck Pain” at Lewes Library, on Wednesday, May 3 beginning at 3:00 pm.*

**About the Speakers**

Uday Jani, MD, a board-certified Internist, completed a two year Integrative Medicine fellowship at the University of Arizona, taught by Dr. Andrew Weil, the renowned founder of Integrative Medicine. The Fellowship in Integrative Medicine has achieved international recognition as the leading integrative medical education program in the world. Dr. Jani is in private practice at Shore View Personalized Medical Care, where he blends the best of traditional, integrative and functional medicine. For more information, please call (302) 684-0990 or visit [www.udayjanimd.com](http://www.udayjanimd.com).

Sheri Jones

Sheri Jones, a certified licensed massage therapist with over 25 years in the healthcare industry as an MRI technologist. As owner of Inner Peace Massage & Wellness, located in Dr. Jani’s Shore View Personal Care practice, she offers Swedish massage for relaxation, deep tissue massage, reflexology, Reiki, and therapeutic and medical massage treatments.