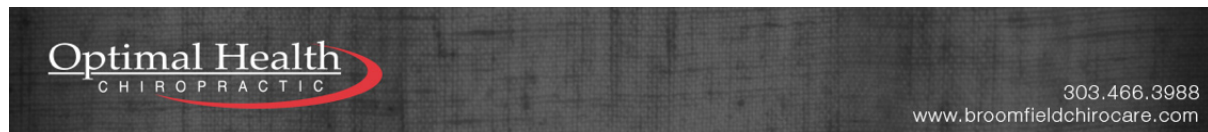


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Does Weather Actually Effect Body Pain?



Wintertime in Colorado can feel like a rollercoaster. While we all love those warm, sunny days sprinkled into the cold, gray days of winter, sometimes those big weather swings can leave your body hurting. Are you imagining it? Or does weather actually affect pain in your body?

The short answer to this question is yes, the weather can affect how your body feels. But the why is a little more complicated because it usually is compounding factors that cause the pain. So when you think you can feel a weather front blowing in your area, you aren't wrong at all. It is widely observed by clinicians that their patients have more headaches, body aches and stiffness during poorer weather.

How Changes in Barometric Pressure Cause Joint Pain

Barometric pressure is the measure of the weight of atmospheric air pressing on our body. Typically body pain and aching is associated with sudden drops in the barometric pressure. This happens when the weather is worsening. Rain, snow or cold fronts in general can bring decreases in barometric pressure. As the barometric pressure reduces there is less atmospheric pressure on the body tissues, allowing swelling to occur in and around the joints of the body. Usually the effects of the drop in pressure are more drastic if the drop is more drastic since the body doesn't have time to acclimate. The effect is also more pronounced in people with arthritis because the joint space is already narrowed by the arthritis.

Temperature May Also Play a Part

Lower barometric pressure also tends to bring colder air. Colder air can cause the fluid between joints to be thicker. Thicker fluid makes our joints feel stiffer and slower to move. The extremities also receive less blood when the body is cold which can contribute to pain in the joints of the arms, hands, legs and feet.

Bad Weather in the Area Affects Physical Activity

For most people, when the weather gets bad we just aren't as active. People typically stay inside more, spending time sitting on the couch or doing other non-movement based activities. Less activity also reduces blood flow to the extremities and can cause a feeling of aching or stiffness in the muscles and

joints.

Tips for Fighting Weather Change

- Try to stay active! If you belong to a gym, go workout. If you have a treadmill, use it. Even if you just have some bands at home, band exercises are a great way to stay active at home.
- Try to keep your body warmer to fight tightening up. Warm heat from a shower or heating pad can help with aches.
- Stretch regularly, because increased flexibility in the muscles of the extremities will help decrease pain from weather.

Basically what it all comes down to is that science is cool and you are not crazy for feeling not quite your best self with that latest weather front comes through. Next time that happens, make sure you schedule an adjustment and come in and see me, I can help.

- Dr Chris



Reiki + Reflexology at OHMT



February Dates to Know

Reiki + Reflexology Services Now Available at OHMT

We have an exciting update over at OHMT! We are excited to introduce you to Lore, our newest therapist at Optimal Health Massage Therapy. Lore is an experienced LMT who brings some new offerings to our service menu that we are looking forward to being able to share with you. Lore has a calming presence with a big smile and fits right in with our amazing wellness community.

You can schedule traditional massage and heated stone services with Lore as well as Reiki and Reflexology sessions. For Reiki, you can schedule standalone sessions or Massage + Reiki sessions. Reflexology is combined with massage.

Reiki is an unintrusive and gentle energy healing technique that helps heal disease and injuries, clear the energy field and remove blockages, and regulate the nervous system. Sometimes this includes gentle hands-on touch, but often the practitioner's hands are held just above the physical body, working within the subtle energy fields.

Reflexology uses pressure points on the hands and feet that correspond to systems in the body to generate healing. These sessions include a full hand and foot reflexology treatment in addition to therapeutic massage.

Lore will be starting in our office on February 7th, working on Tuesday afternoons to get started.

Schedule online, call or text (720-610-2726) to save your appointment time:

<https://www.massagebook.com/biz/OptimalHealthMassageTherapy>

What's Going on in February?

February 20th is Presidents Day and we will be CLOSED in the morning and OPEN in the afternoon. We'd love to see you that afternoon.

And we also want to wish our patients a happy Valentines Day! For a day that is all about love, we hope you show yourself some love and make your adjustment a priority!

Another way to show yourself (or someone else!) some love is with massage - **we will have Elizabeth, Diane and Lore in the office massaging on Valentine's day**. [Schedule now](#), because those appointments will fill in quickly.



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