

Healthy Happenings

Ready To Boost Your Performance To A New Level?*

Most people think IV (Intravenous) therapy is only used in hospitals or in emergencies. IV therapy is also extremely effective in delivering nutrition to our bodies. It's a natural way to get total absorption of the vitamins, minerals, and amino acids your body needs. When you take pills by mouth, your body only absorbs a small fraction of the nutrients. Worse, some common medications actually strip essential nutrients from your body.



At Prestige Wellness Institute in Utah County and Moab, Utah, patients receive IV therapy to help with all kinds of needs, including improving athletic performance, speeding recovery from workouts, accelerating healing from surgery, rehydration, and detoxifying heavy metals.



We also use IV nutrition to help patients with chronic fatigue, colds, flu, depression, Parkinson's, migraines, asthma, muscle spasms, cancer, heart disease, and more.

For athletes, IV therapy provides both hydration and vitamin supplementation. Why vitamins? Because

every muscle—especially the heart—requires enormous amounts of energy. This is made in little powerhouses called mitochondria, which require lots of vitamin C, B vitamins, and magnesium. For this reason, we load you up with all of these essential nutrients in a form that is 100% absorbable by the body.



Whether you are getting ready for a big event or recovering from one, pump yourself up with our IV drip cocktail. It's the one cocktail that doesn't leave you with a hangover! Runners, cyclists, and other athletes in Los Angeles, New York City, Las Vegas, and other large cities take advantage of IV therapy. Now, you can do the same, at a fraction of the cost.

Call (435)259-4008 for your IV today. For more information, visit our website at www.prestigewellnessinstitute.com.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. This material is provided for informational purposes only and is not medical advice. Always consult your physician before beginning any treatment or therapy program.



Don't let illness or injury ruin your vacation. We get you back on the trail! Walk-ins welcome.

2700 S. Hwy 191 Suite 2
(Next to Moab Dental Health)
8 am - 5 pm, Monday - Friday



(435) 259-4466
www.moabfamilyhealth.com

Community Nursing Services
CNS Home Health & Hospice
Experts in Home Care since 1928

Available Services:

- Home Health Care
- Hospice & Palliative Care
- Infusion Pharmacy Services
- Respiratory Services
- Specialty Services Including Senior Wish Program

1030 Bowling Alley Lane, Suite 1
Moab: 435-259-0466 Corporate: 801-233-6100

AFRICAN DRUMMING
Experience the Health Benefits of Drumming
Private or Group Classes

Annette Kearn, PhD
435-260-8302
ak_infinitehealth@yahoo.com
www.infinitehealththebridge.com

3 Exercises for Pain Free Gardening

Spring is here! Time to prepare the soil for your garden, which can mean spending several hours bent over with your hands in the dirt, pulling weeds and planting. Although weeding and gardening can be greatly rewarding tasks, leading to delicious home-grown food and beautiful flowers, the work and postures involved can leave you achy and stiff. Break up your outdoor work sessions with the following exercises:

1. Standing Cats & Dogs

Often, after being hunched over for a while, it can be hard to straighten back up. The back muscles feel tight and stuck in place. This first exercise brings movement and blood flow to these overworked tissues. It is like giving yourself a massage, taking the spine through a full range of motion.

Stand with your feet hip width apart and pointed straight ahead with a slight bend in your knees.

The Cat

Starting at the pelvis, tuck your tail under and allow your head to drop forward. This movement lengthens your spine from your tailbone to your head. Create space in your upper back by moving your shoulder blades out and away from your spine.



The Dog

Reverse this movement, again starting at the pelvis. Roll the front of your pelvis forward so it moves closer to your thighs, forming an arch in your lower back. Bring your shoulder blades down and together to extend the upper back and open your chest. Lift your head and arch your neck to look up at the sky.

Exhale as you move into the Cat, and inhale as you go into the Dog. Hold each position for 3 seconds and repeat 10 times.

2. Sitting Assisted Hip Lift

The hips can become tight because of the constant deep hip flexion used when crouching down to work in the garden. The follow exercise opens the muscles in the front and back of the hip joint.



Sit on a chair, step, bucket, or whatever is easily available, at a ninety degree angle between your hips, knees and ankles. Place your feet hip-width apart and pointed straight ahead. Be mindful that as the seat lowers, the stretch will be more intense. Roll your pelvis forward until your sit bones--the bones on the bottom of your pelvis--are both pointing straight down and are equally weighted. Your lower back should be slightly arched, and your shoulders should be aligned with the hips. This position should feel comfortable without muscular strain.

Cross your opposite ankle over your knee. Reposition the pelvis as needed to regain balance in the sit bones. Using the muscles around your hips (not your hand), press your knee down toward the ground. (To reposition the body, you need to train and strengthen your body in correct posture: hence, no hands. If you simply push your knee down with your hand, you take the body through a passive range of motion without the benefit of strengthening the tissue and repositioning the bones for lasting postural changes.)



Lengthen through your spine, and gently pinch your shoulder blades down and together. Hold this position for a minimum of one minute. Practice deep diaphragmatic breathing into all aspects of your torso—front, back and both sides. Repeat on the other side.

3. Standing Overhead Extension

This exercise lengthens the body from head to toe.

Stand with your feet hip width apart and pointed straight ahead with your knees straight, but not locked out.

Interlace your fingers and slowly bring them above your head. Tilt your head back to follow your hands with your eyes. Be careful to maintain good alignment with your rib cage and pelvis. You will feel your abdominals engage to hold the correct position. Note: It is



The Pain Free Athlete
Stay in the game for life

May is National Posture Month

Free Posture Screenings @ MRAC
Monday, May 13th, 1–5pm
Tuesday, May 14th, 10am–1pm & 6:30–7:30pm
Wednesday, May 15th, 7–11am

May Special! 30% OFF
one private posture therapy appointment, including a personalized program of exercises for posture improvement

Book Promotion
Buy **WINNING THE INJURY GAME**, for **\$25** and receive a 5-punch card for the posture fitness class (\$45 value).

Posture Fitness Class
Mondays @ 11:30 am @ MRAC
505-412-3132 | www.thepfathlete.com

common for the chest to lift, pelvis to roll forward, and lower back to overly arch as the arms raise above the head, but be sure this doesn't occur. When this happens, you are no longer receiving the benefit of repositioning the upper back and shoulders. Rather, the lumbar spine is compensating to bring the hands farther back.

Keep your elbows straight and close to your ears. While deeply breathing, hold this position for a minimum of one minute.

Following my time in the garden, I relieve the tension in my body by resting in the Static Back or 90-90 Position, which was discussed in a previous article and can be found on my blog: [The Best Position to Relieve Back Pain](https://thepfathlete.com/the-best-position-to-relieve-back-pain/) <https://thepfathlete.com/the-best-position-to-relieve-back-pain/>.

Wishing you a green thumb and bountiful crops!

Jessica Kiesel, MS, is a local wellness professional specializing in injury recovery and pain management through alignment. She is certified by the Postural Restoration Institute® and Egoscue University®. Enjoy more articles like this by joining The Pain Free Athlete community, <http://www.thepfathlete.com>.