

WORLD ARTHRITIS DAY OCT 12th
Do you or somebody you know
suffer from arthritic pain?

€15 off

Your next treatment at Harbour Clinic

Choose from any of our treatments including Physical therapy, Foot assessments and scans, Acupuncture, Nutritional therapy and more



Physical therapy and Myofascial release can help treat many forms of arthritis.

What many patients like about modern myofascial release techniques is the relaxation the treatment provides. A minimum amount of pressure is required to help restore range of motion, reduce inflammation and manage pain.

Many arthritic sufferers are led to believe that medication is the only form of pain relief for their arthritic condition. However this is not the case and at Harbour Clinic I treat many clients suffering with chronic pain and help improve their quality of living through effective and gentle hands on techniques. At Harbour Clinic we provide a variety of treatments to suit individual needs. We can work as a team to help resolve the pain or individually depending on the needs and wishes of the client. Please keep reading below for the benefits of acupuncture and nutrition to help manage arthritic pain.

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Arthritis is a complex, multifactorial condition requiring nutritional support to:

- improve gut permeability
- reduce circulating immune complexes
- reduce free radicals
- improve immune dysfunction -
- control inflammation
- promote joint regeneration
- identify food allergy/sensitivity

Arthritis is not typically found in societies eating a wholefood, predominantly plant based diet which highlights a strong link between arthritis and diet.

The traditional Mediterranean diet emphasises foods from **plant sources, limited meat consumption, small amounts of wine, and olive oil** as the main fat source. The beneficial effects of this diet have been proven not only for **cardiovascular** diseases but also for **diabetes, obesity, arthritis and cancer**.

The anti-inflammatory and protective properties of the Mediterranean diet are linked to the large presence of omega-3 polyunsaturated fatty acids, vitamins, and especially to the constituents of extra virgin olive oil. It has been shown that this type of diet can **reduce disease activity, pain and stiffness** in patients with inflammatory arthritis and may thus constitute a valuable support for patients suffering from these diseases.

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While **acupuncture** is not a cure for arthritis, it can certainly help to ease the pain associated with this condition, and improve mobility. It works by diverting the painful sensations that are sent to your brain from damaged tissues and by stimulating the production of your body's own pain-relieving hormones, known as endorphins. This pain relief may only last a short time initially, but a course of treatments can demonstrate long-term benefit, often for several months. Acupuncture is essentially a tool to fight pain with minimal side effects, which can be undertaken along with conventional medical treatment.

Acupuncture and/or Chinese herbs will treat the entire body, over a course of several treatments. Studies have shown that patients who received acupuncture treatment for arthritis reported a significant improvement in pain and mobility, and in several cases, planned knee surgery was cancelled as the improvements were so marked.

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