



AMT's Newsletter

Advanced Motion Therapeutic Inc.

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5 Common Headache Triggers

Winter 2010-11 Edition

- 1) **STRESS:** Frayed nerves are a frequent cause of "tension" headaches. Take 30 minutes a day to relax.
- 2) **DIET:** Certain foods like caffeine, red wine, processed meats and monosodium glutamate can trigger headaches.
- 3) **EYESTRAIN:** Concentrating on one object for a long time (such as a computer screen) can cause temporary headaches. Take an eye break or consider an eye exam.
- 4) **SITTING:** Staying seated for long periods, especially if you're on the phone or hunched over, can tighten muscles and lead to tension headaches. Suggestions: stretch, stand, or go for a quick walk.
- 5) **SLEEP:** Too little or too much sleep can bring on headaches. Try controlling your brain's clock by going to bed and getting up at the same time everyday, even on weekends!

Do you want to stop living with pain?

There are millions of people living with pain, poor circulation, muscle spasms or stiffness. Some examples include people suffering from diabetes, cardiovascular disease, chemotherapy, vitamin deficiencies, metabolic diseases, anemia or infectious diseases.

Are you looking for a non-invasive treatment alternative to pain killers or other drugs? Anodyne therapy is an FDA approved method that could be the answer. It has been used safely for over 13 years on hundreds of thousands of patients.

"Anodyne" means "without pain". It works by alleviating pain and increasing circulation with light therapy. Specifically a monochromatic infrared photo energy.

Generally, the affected body part is strapped to therapy pads that expose the area with light therapy. The wavelength from this light is able to penetrate 3-5 cm into body tissue to liberate nitric oxide compound and increase vasodilation. This in turn increases circulation and helps relieve pain.

It is common for Anodyne therapy to resolve symptoms in one or only a few sessions. However, for some patients, ongoing Anodyne therapy may be necessary to experience relief.

People that have pain or poor circulation as a result of a medical condition may want to consider using Anodyne therapy because of the pain relief and increased circulation provided by the



near infrared light that may aid in improve a patient's balance, range of motion, endurance, strength, and flexibility.

"Had I not tried Anodyne, I don't know what kind of shape I'd be in." - H.C.

For more information about Anodyne Therapy visit us at www.AMTvero.com or call at (772) 567-8585.

Discover the difference between living with pain and living again...

**Receive \$20
off a 1 hour
Massage this
winter!**

**With Advanced
Motion Therapeutic
Expires 3/31/11**

Is cool weather, humidity, or high pressure associated with spontaneous pain?

Think you know the answer? Call us at (772) 567-8585 with the right answer and you could win a gift!