



# Weekly Wellness from The Integrative Docs

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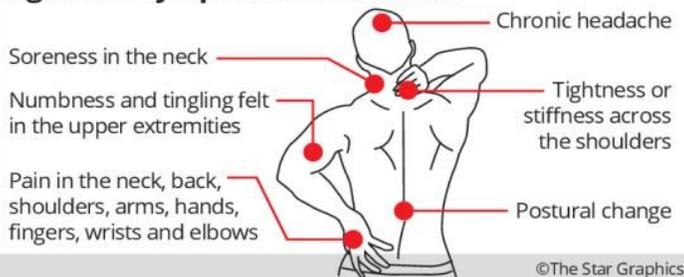
## Do you suffer from text neck?

Text neck is the term used to describe neck pain and damage caused by looking down at your mobile, tablet or other wireless devices.

### How to prevent text neck



### Signs and symptoms of text neck



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“Text neck” or Anterior Neck Syndrome is very real and can have a severe impact on your health. Our providers can teach you some corrective exercises and recommend a massage therapist who is trained in medical massage.

## EO Notes: Rosemary

This week, our focus is on the super herb, Rosemary (*Rosmarinus officinalis*). Rosemary is an evergreen shrub with needle-like leaves and a fresh, woody aroma; and is commonly used as a seasoning in European foods. It also has many medicinal uses and is a powerhouse in clinical aromatherapy.

Several studies have identified that rosemary has antibiotic properties that are effective with both gram negative and gram positive bacteria. They also indicate that rosemary may improve brain function and memory, can stimulate hair growth in male pattern baldness, may provide pain relief, can support the liver and digestion, and may reduce stress reactions and cortisol levels in the body.

When used therapeutically, diluted rosemary oil can be used topically for antiseptic, antibacterial, analgesic, circulatory, and anti-arthritic uses. It can also be used aromatically (breathing the vapors) for brain function and stress reduction, as well as internally in food, or with water and honey for digestion.

Dr. Ruth is available for consultation or classes to teach about this oil and other similar oils that can be used safely in the home. She recommends that people use the highest quality oil they can find...and her choice is Lotus Garden Botanicals in Biddeford. You can order it directly from <http://www.lgbotanicals.com>. Let Charlie know that Dr. Ruth recommended this oil.

- <https://www.ncbi.nlm.nih.gov/pubmed/26109899>
- <https://www.ncbi.nlm.nih.gov/pubmed/23983963>
- <https://www.ncbi.nlm.nih.gov/pubmed/20377818>
- <https://www.ncbi.nlm.nih.gov/pubmed/22517595>
- <https://www.ncbi.nlm.nih.gov/pubmed/25635991>
- <https://www.ncbi.nlm.nih.gov/pubmed/6739667>
- <https://www.ncbi.nlm.nih.gov/pubmed/30219447>
- <https://www.ncbi.nlm.nih.gov/pubmed/27091583>
- <https://www.ncbi.nlm.nih.gov/pubmed/10641130>



**“Happiness is a habit; CULTIVATE IT.” Elbert Hubbard**



### Ruth Moore, MSc. D.

Dr. Moore is an integrative practitioner who specializes in behavioral and holistic health. She is a board certified clinical aromatherapist with the Alliance of International Aromatherapists, a Fellow with the Complementary Medical Association, and the Chief Medical Officer for 5Strands Affordable Testing, Inc.

### Rosemary Grapefruit Water

#### Ingredients:

1/4 red or pink grapefruit, thinly sliced  
1 large sprig fresh rosemary or 2 drops essential oil  
Sparkling or regular water

#### Instructions:

Wash and slice 1/4 grapefruit.  
Fill a pitcher with water.  
Add grapefruit and rosemary.  
Refrigerate for 1 hour before serving.

**Enjoy this spa detox beverage today!**

