### **Overview**

Pain, whether acute or chronic, a result of injury or disease, is the experience that over 100 million Americans and billions of others globally share every day.

According to the Institute of Medicine, there are more Americans suffering from chronic pain than there are suffering from diabetes, coronary heart disease (heart attack and chest pain), strokes and cancer combined.

Are you are suffering from joint pain, back pain, headaches, fibromyalgia, a painful autoimmune condition, nerve pain or neuropathy?

If "*YES*", the Pain to Comfort Program at Eylan Health will benefit you.

We holistically address the source of your discomfort and work with you to develop a sustainable plan that allows you to regain your independence and live a healthy more comfortable life.

"Numbing your pain for awhile will make it worse when you finally feel it."

> ~ J.K. Rowling, Harry Potter and the Goblet of Fire

#### Directions:

The entrance to our parking lot is located across the street from the 7-Eleven just after you turn onto Bel-Red Rd from NE 24th St.

Alternatively, you can come along 156th NE heading to Bel-Red Rd and the parking lot entrance is on your right just before the intersection.



View from 156<sup>th</sup> NE Street

EYLAN HEALTH 15446 Bel-Red Road Suite B-15 Redmond, WA, 98052 Phone: (425) 273-0741 Fax: (866) 347-2128

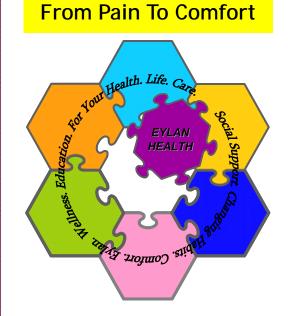
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# EYLAN HEALTH

#### Personal

Comprehensive

Proactive



www.eylanhealth.com

## From Pain to Comfort

The average cost of treating pain in the U.S. was estimated to be about \$6 billion in 2010.

As the incidence of pain increases in America, more and more toxic prescription drugs are being created to throw at the problem despite there being a lack of evidence to support their use.

Even though there is a staggering amount of pain medicines being used, the majority of pain sufferers are still not obtaining relief. Instead they are being plagued by debilitating side effects leading to family fragmentation, accidental poisoning, and even death because of using these medications.

"Prescription drug use are at epidemic levels and overdoses are killing more people than car accidents in many states." *Whiteside, L.K et all* 

Pain is a complex interaction between sensations experienced by the physical body, the emotional responses, thought patterns and behaviors that develop in response to those unpleasant sensations.

This extremely personal and subjective experience cannot be measured objectively but nonetheless must be managed comprehensively and adequately. At Eylan Health, we employ a comprehensive, multimodal strategy to address this public health menace - *Pain*.

Our "From Pain to Comfort Program" recognizes, addresses and manages the musculoskeletal and/or visceral component of your pain, the mental/emotional patterns you created to cope with the pain, and the inflammatory environment in the body that perpetuate and accentuate the pain.



We utilize a personalized combination of:

Therapeutic Touch:

Proven to relax the underlying visceral and musculoskeletal tension, calm the nervous system and reduce stress.

Thought Crafting:

To address the emotional/spiritual and behavioral aspects of pain.

#### Nutritional Therapy & Detoxification:

For identification and elimination of the sources of systemic inflammation.

### Strategic Prescription Analgesia with Response Tracking:

To support you and promote an integrated, less toxic, self-directed approach to comfort.

## About the Doctor



Dr. Andrea Marshall is a graduate of top tiered Michigan State University College of Osteopathic Medicine. She has a background in bodywork and

holistic care.

She is a fully licensed medical doctor who practices conventional medicine as well as Osteopathic Manipulative Medicine. Her rigorous training gives her the background to understand complicated medical conditions and successfully address and treat the fundamental cause of disease rather than just merely addressing symptoms.

The breath and scope of her practice allows her to offer a comprehensive array of therapeutic options, including manipulation, to address your medical needs.

Having trained in both hospitals and community clinics, she is prepared to address both routine and complex medical conditions with the goal of keeping you at home.

### Take Control

- Decide to live a comfortable pain free life starting NOW!
- Solution Visit www.eylanhealth.com to learn more about how our "From Pain to Comfort Program" will benefit you.
- Email info@eylanhealth for more information.