



## Ice or heat?

*Naturally, the first choice for most people when they have aches and pains is heat. What most people don't know, is heat application to an injury can actually worsen the condition. This is because heat causes an increase in inflammatory processes. When we apply heat to an area, it mimics a local fever. Fevers are good when they are controlled and utilized by the body to kill viruses and bacteria, however, when there is no risk of infection a fever is not what should occur. The excess heat causes the release of many enzymes and chemicals that can cause the destruction of cells and increased swelling and inflammation. It is for this reason ice is the most logical answer, especially when it comes to acute injuries. In response to the cold, the blood vessels shrink, swelling reduces, and cell metabolism and damaging processes slow down or stop.*

*SO! Next time you have an injury, pull out the frozen bag of peas and leave that hot pack alone. You'll notice a difference much quicker and prevent possible further injury!*

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