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"treating the cause of your problem, not just the symptoms"

Some Ideas for Christmas

Every year we go out shopping to find a gift for friends or family that they may actually want. Have you noticed how every year this task gets harder? Well, instead of stressing out over what you "think" they want, why not get them something that they may not even know they need?

Here are a few ideas:

- 1) A good quality contoured pillow. These custom pillows come in many different styles and are available at most drug stores or major retail centers. They will help keep the neck in a comfortable position while your friend or family member sleeps.
- 2) A headset for those people who like to chat on the phone. Whether at home or in the office, very few people can sit still while they talk on the phone. To allow them to talk on the phone and use their hands to do other things, people often hold the phone between their cheek and their shoulder. Holding this position for long periods of time will eventually make anyone's neck sore. If a headset is used, it will free up their hands and their neck will not become sore. They also come in a wireless form so the person can walk around the house or office.
- 3) A backrest for their car or office chair. Regardless of where they have to sit, a backrest will help them to maintain good posture. This will allow them to avoid future back and neck problems.
- 4) A Massage Therapy gift certificate. Most people have no idea how tight their neck and back muscles really are until a qualified person starts to massage them. By relieving this physical tension, the person will feel less stressed, be less prone to injury, and even sleep better.
- 5) An ice and/or cold pack. Reusable ice and cold packs are easy to use. The cold ones help to decrease inflammation, while the hot ones are great for relieving tight muscles.

When it comes to Christmas gifts, try to use your imagination. Get your loved ones something they will actually use. Good luck!