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Subject: Stories of Hope November Newsletter
Date: November 16, 2017 at 8:14 PM
To: jena@jennovativemarketing.com

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November Newsletter

Dear Jena:

The holidays are here which can cause added stress, especially with chronic pain. Finding the perfect gifts, fitting in a ton of family events, and holiday parties can be stressful. But, it's okay to put your needs first. Don't feel like you have to be at every event or stay till the end of them. Maybe this year for the season of giving you just donate some money to a charity in a family member's name, or you make or bake something when you have the energy to do so.



Keep on searching for the light! Hope Instilled is here to support you through those dark and painful days. You are not alone."

New Resource Added to our Website: [Share Your Story](#)

Hope Instilled is all about creating a community of people who suffer from chronic pain that can come together to help one another. We all have different ways of handling the chronic pain, and different treatments we have tried. Not one of us knows everything about the treatments out there or the best ways to handle the pain. Our story may have the answers someone else needs or help someone to see they are not alone.

[Please consider sharing your story.](#) The writing doesn't have to be perfect (we will make small edits to make sure it's easy to read and follow), you don't have to use your real name, if it's a bit long we can share it as two blog posts.

Finding HOPE:

[Story of a Life Changing Injury, Finding Answers, and Hope](#)

Story by: S.E.

Near the end of my shift at work a colleague asked me to help her with a client. In doing so I'd an accident at work injuring my shoulder. My life has changed dramatically since then.

I never imagined at the time I'd have to make so many changes and adjustments. Living with chronic pain wears you down physically and emotionally. You crash at the end of each day. People don't understand what you're going through or why you're so drained most of the time. Trying to find an even balance with your life is difficult, managing pain, it's not going away. Everything has a knock on effect on you. You're out of work due to your injury, you're in pain. Depression sets in. Your whole outlook is bleak. You feel hopeless. This was me. Trying to find answers from doctors, changing medications. This lasted quite a while. I no longer could go back to doing my job that I loved, as a caregiver.

[Read More](#)

***"Hope is mankind's greatest weakness and greatest strength."
- Unknown***

Discovering Alternative Treatments: ESSENTIAL OILS

What are the Benefits of Essential Oils?

From: [Hope Instilled](#)

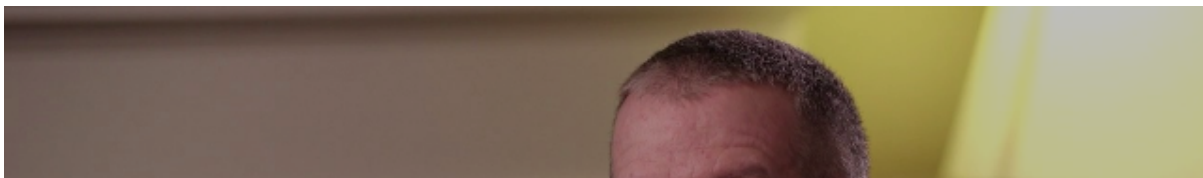
Essential oils are a great addition to any pain management program. They can actually help reduce the need for prescription pain medications. Essential oils have a myriad of benefits for helping with not only physical pain, but mental health, and spiritual healing. Pure, therapeutic-grade essential oils are anti-bacterial, anti-cancerous, anti-fungal, anti-infectious, anti-microbial, anti-tumoral, anti-parasitic, anti-viral, and antiseptic. Essential oils have been shown to destroy all tested bacteria and viruses while simultaneously restoring balance to the body. (Abundant Health, 2017)



Essential oils have a bio-electrical frequency that is several times greater than the frequency of herb, food, and even the human body. Clinical research has shown that essential oils can quickly raise the frequency of the human body, restoring it to its normal, healthy level. (Abundant Health, 2017)

Learn what essential oils are, how safe they are, how to use them, and their history on our [website](#).

[Read More](#)





Why is a peer-to-peer support group important?

Exploring Wellness: Stress

Do you recognize when you are stressed and make a point to do things to relieve that stress?

"Years ago, I used to just let myself stay stressed because I didn't know how to handle my stress. Then, I started to realize taking a break was okay. I also found meditating, coloring, and essential oils helped me to relax and refocus my energy." - Jena

19 PROVEN Ways to Relieve Your Stress

By: [Develop Good Habits](#)

1. Drink Tea.

Chamomile tea has been noted to be a sleep aid. It helps to calm the nerves and relax. Taking a moment out of your hectic day to just stop and have a nice cup of chamomile tea gives you a moment of worry free peace. It also helps you consume herbs that have been known for their relaxation and calming effect for hundreds of years.



4. **Eat more ginger.**

This is a nice and simple way to help combat stress. Ginger has long been deemed as a homeopathic stress reliever and [recent studies published by the NCBI](#) back up those claims.

7. **Avoid processed foods.**

Foods that are rich in refined sugars and white flour are known to skyrocket insulin levels and release the stress hormone. Junk food, fried foods, artificial sweeteners and foods with lots of preservatives are also on this stress, “no-no” list. ([University of Maryland Medical Center](#))

8. **Take flax-seed oil.**

Flax seed oil is a supplement with quite a few positive effects. It helps reduce blood pressure, constipation, inflammatory diseases and cholesterol. In this [Livestrong article](#), they talk about the positive benefit of combating stress and anxiety with flax seed oil.

[View All 19 PROVEN Strategies](#)

*"HOPE is a renewable option: If you run out of it at the end of the day, you get to start over in the morning."
- Barbara Kingsolver*

DIY Recipe: Feverfew for Migraines

Feverfew can be used as a preventative treatment for migraines, as well as asthma, muscular tension,

WHAT IS FEVERFEW?

Feverfew is a perennial plant

arthritis, anemia, and some bone disorders. It can also lower inflammation, lower blood pressure, relieve stress and boost respiratory health.



Feverfew can treat the cause of headaches, because it can inhibit the release of serotonin and prostaglandins (both are inflammatory substances).

belonging to the daisy family which grows in much of Europe, North America and Canada. It has been used in herbal remedies for centuries.

HOW TO PREPARE

It is recommended to take feverfew in capsule form, because the tea and fresh leaves may irritate your mouth. Feverfew is mainly used to treat migraines, because this herb contains parthenolide, which decreases factors in the body that could cause a migraine.

Hope Instilled Resources & Support



Support: Join Our [Forums](#) or [Facebook Closed Groups](#) for Peer to Peer Support, it's a place for us to talk about how living with chronic pain affects our lives.



[Follow us on Pinterest](#) where we have boards on chronic pain, specific alternative treatments, wellness, preventing & curing cancer, stories of hope, DIY products/recipes, and more.



Follow our [YouTube Channel](#)

for some inspiring videos.



[Like us on Facebook](#) or [Follow us on Twitter](#) for Hope, Medical



News, Support, Alternative Treatments and Wellness information.



New Content on Website

View our page on [Essential Oils](#) find out what they are, how to use them, safety precautions, and the history of them.



[Share Your Story!](#)

Help other people who suffer from chronic pain by sharing alternative treatments you have found or hope that you have gained.

Feel free to [contact us](#) if you have any questions or comments about our newsletter.

Yours in hope,
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