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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Summer Safety Week–Hiking Hazards: First Aid For Sprains

By News Canada

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Most sprains benefit from Rest, Ice, Compression and Elevation–RICE.

Rest: Stop the activity and do not use the injured joint.

Ice: Apply cold to the injured area, but not directly to the skin.

Compression: Use a bandage to compress the injury to limit swelling.

Elevation: Raise the injured joint to relieve pressure and promote blood flow.

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By Eve Sands

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