

# Dr Christina Botros

Medical Doctor  
Functional Medicine

Areas of Clinic Focus:

- **Trigger Point Injections (MSP Billable)**
- Inflammation
- IBS
- Chronic Pain
- Anxiety/Depression
- Trauma
- Chronic Fatigue



## Trigger Point Injections

A trigger point injection can help soothe myofascial pain, especially in your neck, shoulder, arms, legs and lower back. Trigger points are painful “knots” in your muscles that can be very sensitive to touch/pressure. They may form after acute trauma or by repetitive micro-trauma, leading to stress on muscle fibers. It causes the muscle fibers to be stuck in a contracted state.



*Get in touch*

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Opening Hours:  
Monday-Friday 10am-6pm  
Saturday 11am-4pm

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## About Dr Botros

Dr Christina Botros BSc Hons, MD, CCFP, is an advocate for preventative medicine and a holistic approach to primary care. She has expanded her knowledge in Eastern as well as Western medicine in parallel during her educational career to be able to provide a comprehensive evidence-based approach to holistic healing.

Dr Botros is passionate about mental health and has pursued training in Mindfulness-based Cognitive Behavioural Therapy (MBCT), as well as Emotional Freedom Technique. She has pursued certification in Functional Medicine through the Institute of Functional Medicine. It became clear that Dr Botros needed a means by which to practice authentically and marry her personal and professional lives. She needed a way to practice both allopathic and natural medicine simultaneously, and Functional Medicine was the answer she had longed for.

### Courses, Certifications, & Advanced Training:

- Doctor of Functional Medicine
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- Bachelor of Science (BSc. Hons) in Molecular Genetics - University of Alberta
- Medical Degree - University of Alberta
- Prescription/Pharmacy Licensure
- Cognitive Behavioural Therapy (CBT)
- Emotional Freedom Technique
- Pharmacotherapy



## Considering trigger point therapy?



A trigger point injection may be right for you if your trigger point pain has not improved with other treatments, including over-the-counter pain medication, heat therapy, massage therapy, myofascial release and physical therapy.

Providers typically use trigger point injections alongside physical therapy and stretching exercises to alleviate the pain. This strategy can be particularly beneficial when a trigger point injection is initially used to reduce pain in people who are unable to do physical therapy or stretching due to intense pain.

The trigger point injection can allow physical therapy to be more effective.

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## Trigger Point Therapy

Healthcare providers use trigger point injections to help treat myofascial pain. “Myo” means muscle and “fascial” means fascia. Your fascia is the thin, white connective tissue that’s wrapped around every muscle.

The pain and tenderness in myofascial pain are typically due to one or more trigger points. To the touch, trigger points feel like small bumps, nodules or knots in your muscle.

Trigger points can develop in any muscle, but the most common muscle groups that are treated with trigger point injections include:

- Masseter (a muscle in your jaw).
- Levator scapulae (a muscle on the sides of your neck).
- Gluteus medius (a muscle in your hip).
- Quadratus lumborum (a deep muscle in your low back).
- Trapezius (the muscle extending over the back of your neck and shoulders).
- Sternocleidomastoid (a muscle in the front of your neck).
- Temporalis (a muscle on the sides of your head).



## Functional Medicine

Functional Medicine is a holistic approach to primary care that looks at addressing the root causes of diseases and uses evidence-based natural interventions when appropriate. This holistic approach addresses gut health, food and lifestyle optimization, stress management, genetics, inflammation, hormone balance, toxin exposure and detoxification, and mitochondrial function for energy.

**Interested in functional medicine?**

**BOOK through [www.peakflowmedicine.com](http://www.peakflowmedicine.com)**