



# F.I.T. Health + Wellness

Pain Management | Rehabilitation

Newsletter

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## Herbal Remedies to Relieve Stress

Stress and anxiety have become an inherent part of our lives today. Being constantly tense can affect your quality of life in so many ways. There are several ways to deal with these mental health issues, but have you ever tried herbal remedies?

Yes, you heard it right. Some of your favorite herbs can offer a range of health benefits, including healing your stress and anxiety levels. It can also help to tackle other stress-related issues like insomnia, depression, cardiovascular diseases, and gastrointestinal problems.

Here are some stress-relief healing herbs you need to know about:

### Lavender ~

Lavender is a herb, which is much-loved for its pleasant aroma and tantalizing flavor. But did you know it also offers significant benefits to reduce anxiety and depression? It has traditionally been used to provide relaxation, and helps to mitigate anxiety as well as PTSD (post-traumatic stress disorder). Lavender is most frequently used as an essential oil for aromatherapy. It helps to reduce the level of cortisol in the body, which further controls symptoms of anxiety.

You can also use lavender leaves to make an aromatic and soothing cup of tea.

### Ashwagandha ~

This Ayurvedic herb has earned a credible reputation for many reasons. It is considered one of the most popular anti-anxiety herbs that can also reduce depression. This multi-functional herb is packed with properties to beat stress, anxiety, fatigue and has anti-inflammatory compounds. It can also help you deal with your mood swings, thereby boosting your mental focus and concentration.

What's more, it also promotes sound sleep, and combats the symptoms of insomnia.

### Chamomile ~

Chamomile is a herb that has been used for centuries as a natural remedy to combat anxiety and nervousness. You can enjoy it in the form of tea (the most common way to consume), capsules, or extracts. Chamomile contains phenolics such as flavonoids, quinones, phenolics acids, and antioxidant compounds, which are helpful to reduce stress. You can also use it to relieve menstrual cramps, ease tension and promote relaxation.

### Valerian Root ~

Valerian root is commonly used to tackle symptoms of insomnia and anxiety. It can sometimes cause headaches or dizziness, so keep in mind to consume it in moderation. A plant native to Europe and Asia, it can be included in your diet for its analgesic, antibacterial, antispasmodic, and sedative properties that help to relieve stress and anxiety.

### Holy Basil ~

Holy basil is rich in antioxidants, which makes it the perfect herb to mitigate stress, as well as anxiety and depression. It is an adaptogenic herb that has been used for generations to lower stress levels and bring cortisol levels back on track. It can also be used to deal with health issues, including diabetes, headaches, fever, an upset stomach, and more.



## 10 Amazing Benefits of Eggs

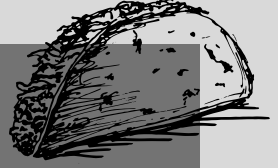
1. *Eggs are nutrient rich* -- high in vitamins D/ B2/A/E/B5/B12, folate, selenium, iron, and phosphorus
2. *Eggs provide excellent quality protein* -- a single egg contains 6.3 grams of protein as well as all 9 essential amino acids to support muscle growth, recovery, and maintenance
3. *Eggs are high in "good" cholesterol*-- helping to increase high-density lipoprotein (HDL) levels, one reason why eggs have been found to have little or no effect on heart disease risk
4. *Eggs provide a great source of Vitamin D* -- a serving of 2 eggs provides 82% of recommended daily intake of vitamin D which aids in the maintenance of healthy bones, teeth, muscle function, and immune system
5. *Eggs are filling & help with weight management* -- the protein in eggs assists with feeling "satiated" resulting in greater feelings of satisfaction, less hunger, and lower desire to eat later in the day
6. *Eggs are among best dietary sources of choline* --choline is essential for normal cell functioning and cognitive development as well as reducing cognitive decline in the elderly
7. *Eggs are a good source of Omega-3s* --an essential fat that plays an important role in the way our cell membranes work; from heart and brain health to protecting your eyes
8. *Eggs contain antioxidants that are beneficial for the eyes* -- vitamins and minerals including vitamins A/E and selenium which all act as important antioxidants in supporting eye health, retina function, and helping to counteract degenerative vision as you age
9. *Eggs can support mental health* -- the combination of vitamins B2, B12, choline, iron, and tryptophan are all associated with reducing the risk of anxiety and depression as well as naturally aiding sleep
10. *Eggs help boost nutrient intake for healthy aging* --easy to prepare, eggs are a simple means to increase nutrient intakes for older people, in turn reducing the risk of a wide range of deficiencies and conditions



If an egg is broken by an outside force, life ends, if broken by inside force, life begins. **Great things always begin from the inside.**



*Intelligence*



### Ingredients

- 4 strips bacon, chopped
- ½ onion, chopped
- 2 cups sliced mushrooms
- 1½ cups frozen spinach, thawed
- 6 eggs, beaten
- Salt and black pepper to taste
- 8 corn tortillas
- ½ cup shredded Monterey Jack cheese
- Pico de Gallo or bottled salsa



### Instructions

- Cook the bacon in a large nonstick skillet over medium heat for 5 minutes, until the fat renders out and the bacon begins to crisp. Remove with a slotted spoon and reserve on a paper towel.
- Discard all but a thin film of the bacon grease from the pan.
- Add the onion and mushrooms and cook for about 3 minutes, until the onion is translucent. Add the spinach and continue cooking until the spinach is heated all the way through. (If any water has accumulated in the pan, carefully pour it out into the sink.)
- Add the eggs and use a wooden spoon to consistently scrape them from the bottom of the pan as they set. (The goal is to have light, fluffy eggs, and constant movement of the spoon will help you achieve that.) Season with salt and pepper.
- Heat the tortillas in a pan over medium heat. (Or, if short on time, wrap in a damp paper towel and microwave for 30 seconds.) Divide the cheese among the tortillas, top with the eggs, and spoon over as much salsa as you'd like.

<https://www.eatthis.com/breakfast-tacos-with-bacon-and-spinach/>

*"Your diet is a bank account.  
Good food choices are good investments."*

## Did You Know...? Strength Training Has Life-Changing Benefits

- *Increased Strength*
  - Strength training can help build muscle and improve overall strength which can make everyday tasks easier as well as increase mobility and performance
- *Improved Body Composition*
  - Strength training can help decrease body fat and increase muscle mass leading to a more toned and defined physique
- *Improved Bone Density*
  - Weight bearing exercises can help increase bone density, reducing the risk of osteoporosis and bone fractures
- *Boost Metabolism*
  - Strength training can increase resting metabolic rate, resulting in burning more calories even when you are not exercising
- *Better Cardiovascular Health*
  - Strength training can improve cardiovascular health by decreasing blood pressure and improving cholesterol levels
- *Enhanced Mental Health*
  - Strength training has been shown to improve mood and decrease symptoms of anxiety and depression
- *Reduced Risk of Chronic Disease*
  - Strength training can reduce the risk of chronic diseases such as Type 2 Diabetes, Heart Disease, and many types of cancer



recommendations  referrals are the core of our businesses and always greatly appreciated!

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