



F.I.T. Health + Wellness

Pain Management | Rehabilitation

Newsletter

March 2023



When Stress Inflames Us

Stress is a normal occurrence that everyone experiences. Stressors can be events that are potentially life-threatening, like being chased by a bear or veering to avoid a car crash. But stressors can also be less dramatic such as deadlines, difficult people, lack of sleep, financial worries, or chronic pain. The reality is that anything that causes a person to question whether they have the ability to cope or manage -- no matter if it's physical, mental, psychological, lifestyle-related or environmental -- triggers some level of stress response.

Ongoing stress is particularly harmful when low-grade inflammation already exists, such as being overweight or sedentary. This type of chronic stress creates a systemic inflammatory response, leading to chronic diseases such as heart disease, diabetes, cancer, or autoimmune conditions. Even though most people know that practicing stress management techniques is beneficial, it's easy to blow them off when you're pressed for time -- or worse, stressed. However, it's important to find ways to destress on a regular basis because an individual's coping skills can help minimize stress's impact on the brain and body.

Fast-Acting Stress Relief Tips:

Take a Walk: exercise is a fantastic stress reliever that can work in minutes. Taking a walk allows you to enjoy a change of scenery, which can get you into a different frame of mind.

Meditate: you might develop an affirmation (see below) that you repeat in your mind as you take slow, deep breaths. Or you might take a few minutes to practice mindfulness -- just "be" in the present moment.

Breathe: breathe in through your nose and imagine that you're inhaling peaceful, calm air. Imagine that air spreading throughout your body. As you exhale, imagine that you're breathing out stress and tension.

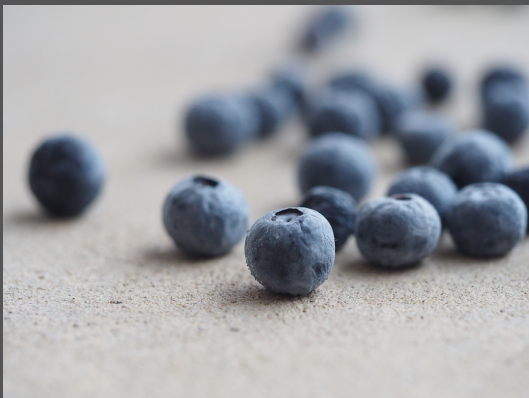
Get a Hug From a Loved One: when you hug someone, oxytocin ("cuddle hormone") is released. This causes a reduction in blood pressure and reduces the stress hormone norepinephrine and can produce a sense of relaxation.

Enjoy Aromatherapy: emerging research suggests certain scents can alter brain activity and decrease stress hormones in the body. Try using a diffuser with these essential oils -- lavender (relaxation), chamomile (sleep), sandalwood (anxiety), clary sage (stress), lemon (mood lifter), jasmine (depression), or ylang ylang (rest)

Monthly Mindset: "I love myself; therefore, I take loving care of my body."

Eat to Beat Anxiety

1. **Almonds** -- a top source of magnesium, an important nutrient to ease anxiety
2. **Eggs** -- high-quality source of protein and anti-inflammatory nutrient choline
3. **Fatty Fish (salmon, sardines, or sea bass)**-- high in Omega-3 fatty acids, easing neuroinflammation in the brain, as well as enhance neuron communication
4. **Probiotic-Rich Foods** -- helps to strengthen the gut's microbe barrier with certain "good" bacterial strains, reducing inflammation and easing anxiety. Fermented foods such as sauerkraut or kimchi or dairy products that contain *lactobacillus rhamnosus* are best for easing anxiety.
5. **Asparagus** -- high in folate which can be metabolized by the body to make certain neurotransmitters, creating an "anti-anxiety" effect
6. **Blueberries** --antioxidant-rich, packed with polyphenols to protect brain from free radicals, promoting proper brain function
7. **Spinach** --high in minerals like folate, magnesium, vitamin C, and beta carotene, easing existing inflammation
8. **Lean Animal Proteins** -- good source of B6 and B12 vitamins, needed to make neurotransmitters such as serotonin and dopamine that control mood and cognition



"March is the end of the beginning -- the best time to adjust your yearly goals, make realistic plans, and be amazing."





Ingredients

- 1 tbsp olive oil or ghee
- 2 cups mirepoix (chopped white onion, celery, and carrots)
- salt - to taste
- 2 tsp minced garlic
- 2 large sprigs fresh thyme (or ½ tsp dried thyme)
- 1 tsp dried sage
- ¼ cup white cooking wine - optional
- 4 cups chicken bone broth
- 2 chicken breasts
- ½ lb cheese tortellini (or cheese & spinach tortellini)
- ½ cup heavy cream
- ¼ cup shredded parmesan -- optional
- cracked black pepper - to taste
- chopped parsley - for serving



Instructions

- In a large lidded pot, heat the olive oil or ghee over a medium high heat. Add the mirepoix (onion, carrot and celery) with a pinch of salt and cook for 6-8 minutes until soft, and just starting to turn brown.
- Stir in the garlic and the thyme sprigs. Cook for a minute more until the garlic is aromatic, and add the white wine, if using. Allow to bubble for a further minute to cook off the alcohol.
- Add the chicken broth and bring to a simmer. Add the chicken breasts, put the lid on and reduce the heat to low. Allow the chicken breasts to cook for 15 to 20 minutes, or until just cooked through.
- Remove the chicken breasts from the pot and shred the meat with two forks. Remove the thyme sprigs. Stir the heavy cream, shredded parmesan and some cracked black pepper into the pot and turn the heat up to medium.
- Add the tortellini and cook for 2 minutes. Return the shredded chicken and season to taste with more salt and pepper while the chicken heats through. Serve with chopped parsley.

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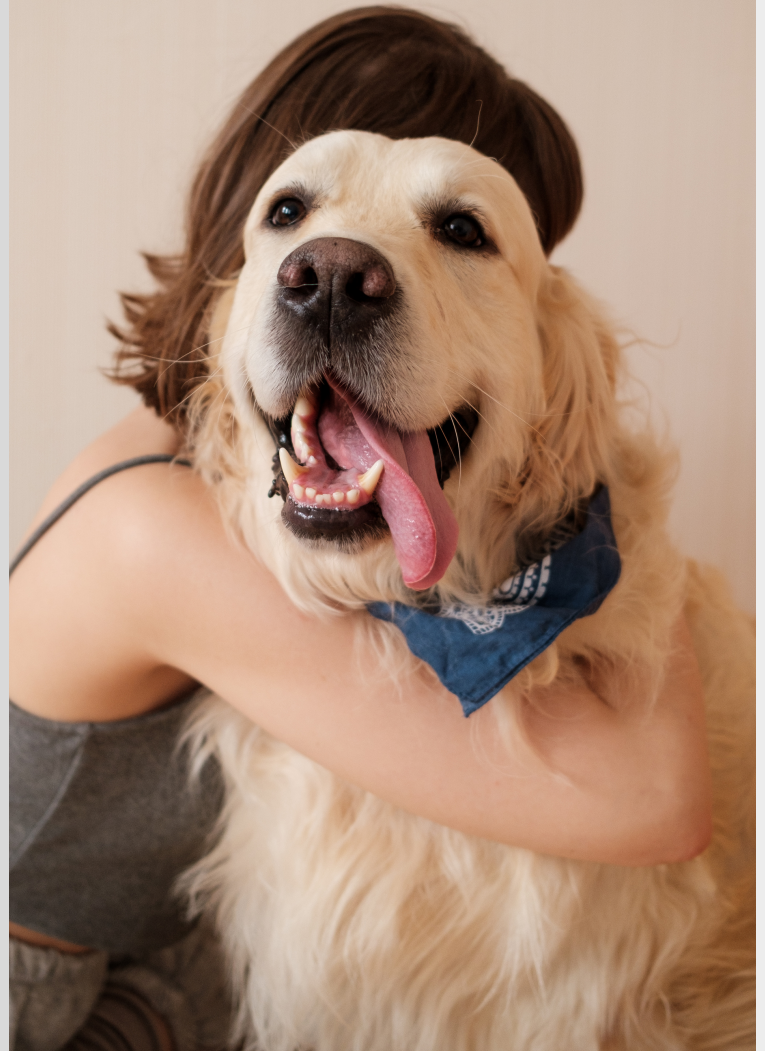
Health Benefits of BONE BROTH


- Heals a leaky gut
- Helps your liver detox
- Reduces inflammation
- Helps joint and muscle pain
- Fights infections
- Increases mineral consumption
- Helps digestion
- Smooths skin
- Helps repair and grow bones
- Promotes good sleep

"Let food be thy medicine and medicine be thy food."

Did you know?

- **Serotonin** regulates your sleep, your mood, and your happiness. If your sleep is interrupted and you're feeling down, boost your serotonin:
 - Consume more tryptophan (an amino acid) -- eggs, cheese, salmon, or supplements
 - Exercise regularly -- preferably daily, even if it's just for a walk
 - Spend more time in the sun
 - Meditate
- **Dopamine** is the pursuit hormone, it makes you want to pursue things that give you pleasure.
 - Set daily achievable goals
 - Cross off tasks on your to-do list
 - Reduce social media usage
 - Get 11 minutes of cold exposure/week (cryotherapy or cold shower)
- **Endorphins** are the painkiller hormone -- they relieve pain and stress and boost your mood.
 - Exercise daily (mix of resistance training and walking)
 - Eat dark chocolate
 - Have a good laugh
- **Oxytocin** regulates emotional responses and social behaviors
 - Spend time with loved ones, friends, pets
 - Give someone (or your pet) a hug



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

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