



# F.I.T. Health + Wellness

Pain Management | Rehabilitation

Newsletter

February 2023



## Practicing Mindfulness via the 5 Senses

### What is mindfulness?

The meaning and practice of mindfulness is often misconstrued, making mindfulness seem daunting and unobtainable. However, mindfulness is simply the ability to pay attention to the present moment with purpose and without judgment. In its simplest form, mindfulness pairs breathing techniques to relax the body and mind. It is something everyone is capable of.

### What are benefits of practicing mindfulness?

Mindfulness has been shown to reduce stress, enhance problem-solving abilities, create awareness, and unleash creativity. The beauty of mindfulness is that it can be explored anytime and anywhere.

## Let's Practice! 5 Senses Tap In:

A quick, on-the-go mindfulness practice involves tapping into the five senses to ground into the present moment. To begin, sit comfortably with your back straight, feet flat on the floor (or legs folded in front of you), and hands in your lap. Begin with a deep inhale through the nose and exhale through the mouth.

- **SIGHT:** What do you see? Are your eyes opened or closed? What colors, textures, or objects do you see?
- **FEEL:** What do you feel? Are you sitting outside with a breeze? Are you comfortable? Are any muscles tense that you can relax?

- **HEAR:** What do you hear? Do you hear the birds chirping outside? Can you hear the breeze rustle through the trees? Do you have music playing?
- **SMELL:** What do you smell? Can you smell a candle? Do you smell lotion or perfume? Can you pick up any scents from the weather -- a breeze, wet leaves, or rain?
- **TASTE:** What do you taste? Did you finish a meal, snack or beverage?

Once you explore each sense you are experiencing, you may finish your practice with one final inhale and exhale. This practice can be repeated anytime for any length of time to help you to relax and to feel more grounded.

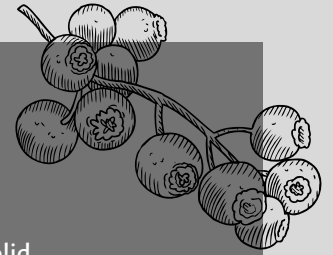
Monthly Mindset: "Good things are happening and better things are on their way."

## Eight Sneaky Signs You Could Have Inflammation

1. *Your joints are hurt or are stiff* -- one of the first signs of chronic inflammation
2. *You keep forgetting things* -- higher inflammatory markers in the body lead to a decline that's 8%-12% greater
3. *You don't feel like yourself* -- signs of depression (new or onset) often signal some level of inflammation
4. *You have new digestive issues* -- bloating or diarrhea that keeps returning indicates the digestive process has been disrupted by inflammation
5. *You always seem to catch what's going around* -- chronic inflammation is an abnormal immune reaction that leads to an overworked immune system, making you more susceptible to illness
6. *Your blood pressure is a little higher* -- low grade inflammation is a primary force in the development of hypertension
7. *You get "hangry" frequently* -- a sign that your body is unable to adequately manage glucose, signaling underlying inflammation
8. *You've get a new skin irritation that won't go away* -- underlying inflammation makes your body hypersensitive, triggering skin issues



*"Keep Moving" -- one of the best ways to reduce chronic inflammation*



### Ingredients

#### streusel:

- 1/4 cup blanched almond flour
- 2 Tbsp ghee or refined coconut oil, solid
- 1/4 cup maple sugar or other granulated sweetener
- 1 tsp cinnamon
- 1/2 cup sliced almonds

#### muffin batter:

- 2 1/4 cups blanched almond flour
- 1/4 cup tapioca flour
- 1 tsp baking soda
- 1/4 tsp fine sea salt
- 3 large eggs at room temperature
- 1/4 cup unsweetened almond milk or light coconut milk
- Grated zest of 1 medium lemon
- 1 Tbsp fresh lemon juice
- 1/2 cup maple sugar or granulated sweetener of choice
- 1 tsp pure vanilla extract
- 1/2 tsp almond extract optional
- 1/4 cup refined coconut oil melted and cooled to almost room temp
- 1 1/4 cups fresh blueberries divided

### Instructions

- Prepare the streusel first and then chill it while making the muffin batter. With a fork or pastry blender, combine the almond flour, ghee or coconut oil, sugar, and cinnamon in a mixing bowl. Stir in the sliced almonds, then chill until ready to use.
- Preheat your oven to 350° F and line a 12-cup muffin pan with parchment liners. In a large bowl, combine the almond flour, tapioca flour, baking soda and salt, set aside. In a separate bowl, whisk together the eggs, milk, lemon zest and juice, sugar, both extracts, and coconut oil until smooth. Stir the dry mixture into the wet until no flour spots show. Fold in 1 cup of the blueberries, saving the rest to sprinkle on before the streusel.
- Spoon the batter about 3/4 of the way up in the prepared muffin pan to make 12 muffins. Add the remaining blueberries to the top of the batter, then sprinkle the streusel over the top, using up all of it. Bake on the middle rack of the preheated oven for 20 minutes or until a toothpick inserted near the center comes out with a few crumbs (not batter).
- Allow the muffins to cool in the pan for 10-20 minutes, then carefully remove from the pan and finish cooling on a wire rack. Store the muffins loosely covered at room temperature for up to 2 days, or in the refrigerator for up to 5 days. Enjoy!

<https://www.paleorunningmomma.com/>

*"Optimum nutrition is the  
medicine of tomorrow."*

## Did you know?

- *NAC (N-Acetyl Cysteine)* is a supplement form of the amino acid L-Cysteine which allows for the production of glutathione, the most powerful antioxidant in the body.
  - Studies have shown L-Cysteine is beneficial in the treatment of pathologies such as cirrhosis, used as a preventative measure against cancer, and aids in the maintenance of cellular health
- *Coconut oil* is a healthy fat that can not only be used in cooking, but also as a topical application for its powerful antibacterial and antifungal properties. Your pets will love it too to soothe itchy "hot spots", cracked paws, and to maintain dental health.
- *Drinking organic tea* (decaffeinated) before bedtime can reduce inflammation and bloating, help to reduce sugar cravings, drain the lymphatic system, stimulate blood circulation providing the body more oxygen, and help to relax the mind. Look for "sleepy time" teas that contain chamomile to promote a good night's rest.



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

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