

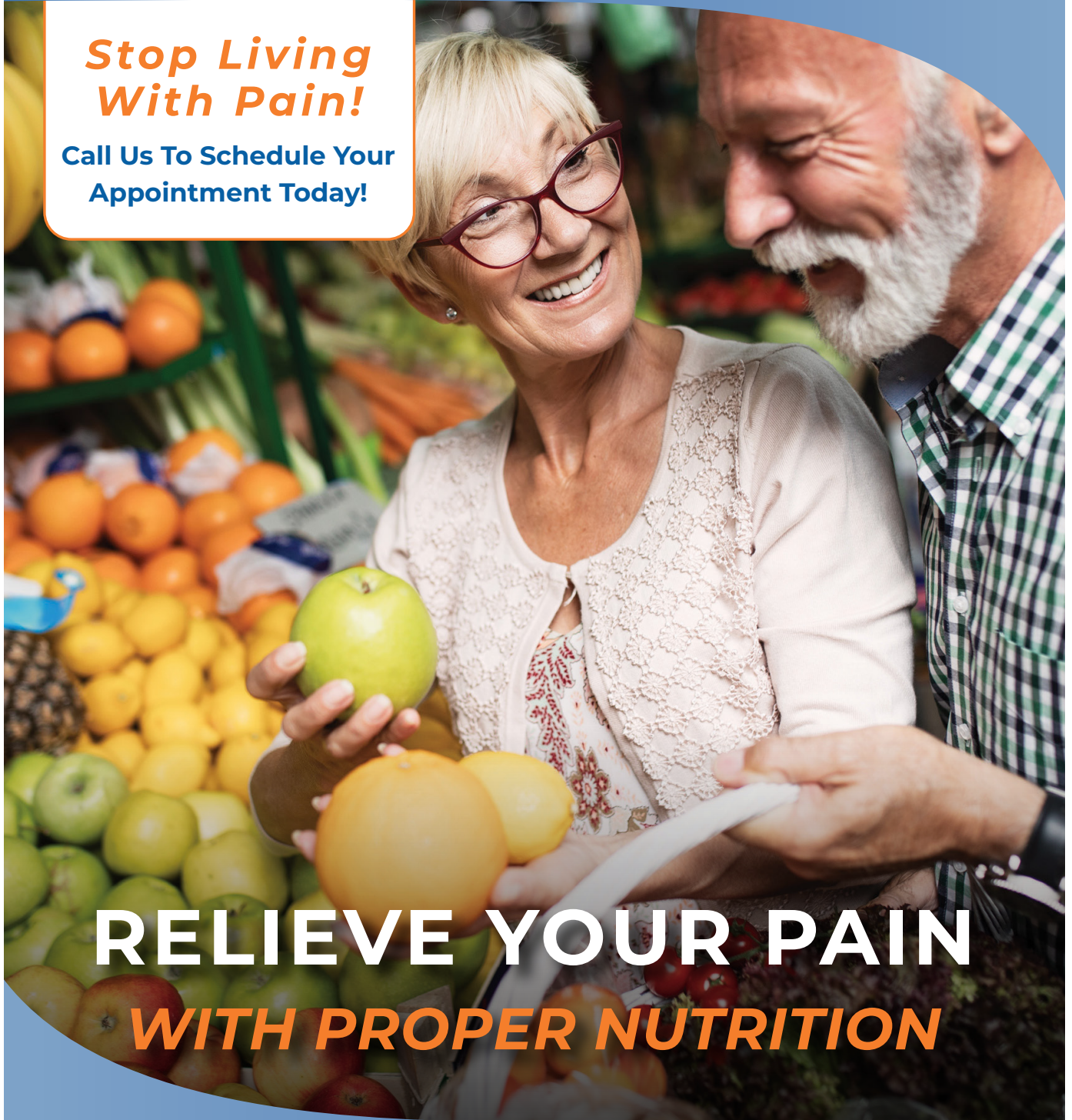


Move better. Feel better. Live better.

The Newsletter About Caring for Your Health

***Stop Living
With Pain!***

**Call Us To Schedule Your
Appointment Today!**



**RELIEVE YOUR PAIN
WITH PROPER NUTRITION**

ALSO INSIDE:

Staff Spotlight • Another 5-Star Review!
Healthy Recipe: Miracle Red Juice



RELIEVE YOUR PAIN WITH PROPER NUTRITION

Does chronic pain limit your daily life? Have you wondered if inflammation is the source of your pain? At Soleil Physical Therapy, our physical therapists understand the importance of a nutritious diet, especially if experiencing chronic pain. Our team looks at the whole person to ensure you're the healthiest version of yourself!

Everything you consume works to fuel your body, so eating the right foods can aid in a quicker recovery from painful conditions. By exercising regularly, managing your stress, and eating nutritious meals, you can help significantly reduce the pain and inflammation you are feeling.

If you have been living with pain, dealing with inflammation, and want relief, contact Soleil Physical Therapy today to schedule a consultation. Learn more about how our physical therapists can help you manage your nutrition and work with you to prevent injuries to rehabilitation and beyond.

HOW INFLAMMATION LEADS TO PAIN AND DISEASE

Through inflammation, your immune system can naturally respond to injury, ailment, or other harm. If you have an infection, wound, tissue damage, or buildup of toxins in your body, the immune response is triggered to deal with it.

Without inflammation, injuries wouldn't be able to heal.

Unfortunately, chronic inflammation can occur if this process goes on for too long. This makes it more difficult for the body to heal itself and often leads to chronic pain. In addition, there are other serious health conditions related to chronic inflammation, such as:

- Arthritis (Osteoarthritis and Rheumatoid arthritis)
- Diabetes
- Heart disease (High blood pressure, coronary heart disease, peripheral artery disease)
- Some cancers (i.e., colon, pancreatic, and liver cancers)

If you experience persistent pain, it is wise to contact a physical therapist as soon as possible. Our therapists are skilled at assessing the whole body and identifying the contributing factors, including chronic inflammation.

BENEFITS OF NUTRITION FOR PAIN AND INFLAMMATION

Traditionally, chronic inflammation has been treated through rest and/or medication. However, a lack of movement and exercise can make inflammation worse. Medications come with side effects, which can be dangerous and/or habit-forming. Luckily, we can treat pain and inflammation in more straightforward and

healthier ways, including proper nutrition. Nutrition can help you turn around your symptoms by adopting an anti-inflammatory diet. An anti-inflammatory diet consists of the following components:

PLANT-BASED EMPHASIS

This means adding in more fruits and vegetables.

Foods Containing Omega-3 Fatty Acids

- Fish and other seafood (especially cold-water fatty fish, such as salmon, mackerel, tuna, herring, and sardines)
- Nuts and seeds (such as flaxseed, chia seeds, and walnuts)

Whole Grains

- Whole oats
- Whole wheat
- Whole-grain rye
- Buckwheat
- Bulgur wheat (cracked wheat)
- Millet

- Whole barley
- Spelt

Lean Protein

- White-fleshed fish
- Plain greek yogurt
- Beans, peas, and lentils
- Skinless white meat (i.e., chicken, turkey, and pork)

Healthful Fats

- Avocado
- Nuts
- Olive oil
- Flaxseed

To strengthen your body's immune response, you'll want to avoid simple carbs and sugars. Anti-inflammatory diets discourage or limit the consumption of processed foods, red meats, and alcohol. In addition, reduce your processed grain and dairy intake. Unfortunately, that means no donuts, no pastries, and white bread.

WHAT TO EXPECT IN PHYSICAL THERAPY

By maintaining a nutritious dietary plan with the help of a physical therapist, you should quickly begin to notice a decrease in your pain and inflammation symptoms. In addition to this, you can also help manage your pain and inflammation through:

- Daily exercise: Exercise can alleviate pain or stiffness and stop the inflammation from becoming worse.
- Stress management: Stress can influence the body's inflammation and lead to a longer recovery. Taking time to relax can allow you to heal quicker.
- Weight loss: If you have some unwanted weight, getting down to your ideal body weight will help with your pain and inflammation.

Our physical therapists will perform a whole-body evaluation that includes a nutritional assessment to identify all the factors that may be contributing to your



Another 5-Star Review!



"In six weeks, Dave and Ron helped me get rid of pain, and restore my ability to walk. Do what they tell you and you will be surprised at what you can do.

Thanks guys!"

— Hank

Leaving a review on Google helps us help more people in the community!



SOLEIL PT



QUANTUM PT

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Has Your Pain Returned? Call For Your Appointment Today!

pain and chronic inflammation. We need to understand how your nutrition and other factors affect your overall health status.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques. In addition, we will educate you and support you through changes you need to make to your lifestyle to ensure optimal results!

CONTACT US TODAY!

Schedule your consultation with Soleil Physical Therapy today to discuss nutrition plans with one of our licensed physical therapists and gain additional advice on other ways you can help manage your pain!

Sources: <https://europepmc.org/article/nbk/nbk493173>; <https://www.mdpi.com/2072-6643/10/2/200>; <https://www.sciencedirect.com/science/article/abs/pii/S1568997218302106>; <https://www.ingentaconnect.com/content/ben/crr/2019/00000015/00000003/art00005>; <https://www.mdpi.com/2072-6643/10/8/1030>



Staff Spotlight



Ash Karintikal is a Licensed Physical Therapist Assistant, Certified Personal Trainer, and Nutrition Coach. He has a Bachelors Degree in Sciences, and Associates in Physical Therapy. Ash has been working in the health and fitness industry for

over twenty years working in various health care settings. Ash incorporates different treatment interventions to best help his patients achieve their results. He firmly believes in establishing rapport with his patients and is dedicated to their recovery and well being.

HEALTHY RECIPE

MIRACLE RED JUICE



- 2 large beets
- 4 long carrots
- 2 apples
- 6 celery stalks
- 2 limes or lemons
- 2 inches of ginger

Prepare beets, carrots, apples, celery, limes (or lemons) and ginger by chopping into smaller pieces before placing into a juicer. Beet skin is packed with antioxidants and nutrients, so it's recommended to leave the skin on the beet but beet skin (and citrus peels) have strong flavors, so you could prepare half with skin and half peeled, or simply peel all. Apples can be any color or variety. Do not peel the ginger, which you will add to taste, as ginger can be spicy. Add all ingredients to the juicer and blend until juiced and smooth. Drink juice as soon as possible to obtain all benefits of the antioxidants and nutrients. Miracle Red Juice can be absorbed more easily on an empty stomach. Drink one glass every other day or as needed.

FEEL LIKE YOURSELF AGAIN!

IMPROVING PERFORMANCE WITH REHABILITATION

As a premier Boston health care facility, Soleil Physical Therapy & Wellness Inc. and Quantum Physical Therapy are dedicated to improving the lives of our community residents.

MORE THAN A PT CLINIC

We work to create a fully integrated strategy for your long-term fitness and health goals. Whether you are a seasoned athlete dealing with an injury, are recovering from orthopedic surgery, or recovering from an injury, we have the hands-on training and experience you want at your side.

STRATEGIC TREATMENT PLANS

Making fitness gains and increasing strength takes a good strategy and a lot of hard work. On your behalf, we create tailored treatment and fitness plans in accordance with your physician's orders and stated goals.

Call today to schedule an appointment!



www.soleilpt.com

(617) 376-3232 (Soleil PT) or (617) 541-0772 (Quantum)

