

HEALTH & WELLNESS



MARKETPLACE
PHYSICAL THERAPY
& WELLNESS CENTER

NEWSLETTER

RELIEVE YOUR PAIN & INFLAMMATION WITH A SIMPLE NUTRITIOUS DIET



How Can Nutrition Help Reduce My Pain & Inflammation?

Discover 3 simple ways to reduce pain and inflammation.

Wellness Program Testimonials

Read on how our wellness program has helped past patients!

6 Week Wellness Program


Learn more about our Wellness Program and how you can participate.

WWW.MARKETPLACEWELLNESSCENTER.COM

CALL US TODAY 951-684-2874

NEWSLETTER

YOUR DIET CAN AFFECT THE ACHES & PAINS ON YOUR BODY



Is your daily life limited by chronic pain and inflammation? While this isn't an uncommon occurrence, it is avoidable in many cases. Maintaining a nutritious diet can become an important part of any physical therapy regimen, especially if you are experiencing chronic pain. 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. To learn more about how our physical therapists can help you manage your nutrition, contact Marketplace Physical Therapy Center today to schedule a consultation.

Why am I experiencing inflammation? Your immune system can naturally respond to injury, ailment, or other harm through inflammation. 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; however, if this process goes on for too long, chronic inflammation can occur. This can lead to serious health conditions, such as arthritis, diabetes, heart disease, or even some cancers. If you experience persistent pain, it is wise to contact a physical therapist as soon as possible, as it may mean that the inflammation has become chronic.

Traditionally, chronic inflammation has been treated through strict rest and medication. However, a lack of exercise can actually make inflammation worse, as it constricts joints and causes muscles to stiffen. Additionally, medications come with a whole slew of side effects, some of which can be dangerous and/or habit-forming. Luckily, pain and inflammation can be treated in much easier and healthier ways, including diet.

How can nutrition help reduce my pain & inflammation? Nutritionists have had patients report great success in turning around their symptoms by adopting an anti-inflammatory diet. Inflammation is your body's way of trying to heal, which can be accelerated through a nutritional diet that complements the removal of toxins. This includes:

1. Adding in more veggies! Raw broccoli, Brussels sprouts, cauliflower, and cabbage are the best options when sustaining an anti-inflammatory diet. They can be cooked if you prefer, but raw vegetables are generally better for speeding up the inflammation process. You'll want to eat up to nine servings per day, and you can substitute fruits for a couple of those servings to break it up, if it becomes too much. Otherwise, the timeless saying "eat your veggies" is key.

(continued inside)

HOW CAN NUTRITION HELP REDUCE MY PAIN & INFLAMMATION?

(continued from outside)

2. Trying your best to avoid red meat altogether. It is best to avoid red meat while participating in an anti-inflammatory diet. If this proves difficult, red meat is okay in small doses; however, it should be an extremely rare treat in your diet. The proteins in red meat require extra work from your kidneys to process, so it will slow down the healing process if you eat a lot of it. One small piece of steak, one time per week, should be your maximum limit. Luckily, chicken and fish are just fine for an anti-inflammatory diet. Enjoy them with all of those servings of vegetables!

3. Reducing your grain and dairy intake. In order to strengthen your body's immune response, you'll want to avoid simple carbs and sugars. Unfortunately, that means no donuts, no pastries, and no white breads. Dairy products should also be extremely limited, so very little cheese or milk with anything. Whole grains, such as barley, oats, brown rice, and wheat are best.

What else can I do? 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 will keep the muscles warm, which can alleviate pain or stiffness, and stop the inflammation from becoming worse.
- **Stress management:** If you're feeling mentally stressed, your body can become physically stressed - causing more inflammation and a longer recovery rate. Taking time to relax can actually 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.

Schedule your consultation with Marketplace Physical Therapy Center 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://www.health.harvard.edu/pain/can-diet-heal-chronic-pain>
<https://www.webmd.com/pain-management/ss/slideshow-foods-fight-pain>

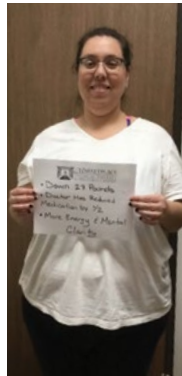
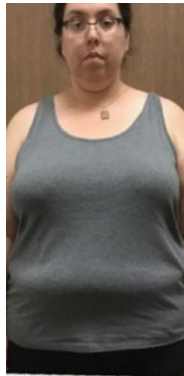
WELLNESS PROGRAM TESTIMONIALS

"Mitzi Avila Rocks!! Mitzi is my Wellness Coach. When I started with Mitzi I had a compromised left leg due to past falls, a fractured ankle, and a staff infection in my left knee. I was dragging my left foot and would have numerous falls. Since I have been working with Mitzi we have concentrated on building strength, balance, and flexibility. My gait has improved, I rarely stumble. I continue to ride my mountain bikes 40 miles most weekends. Mitzi and I are building my balance and flexibility so I can once again stand up on a surfboard. I am 75 years old and the only way I have found to turn back the clock is to work out with a good Wellness Coach." - **Ted J. Holt**



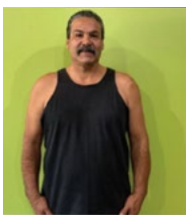
Lots of losses!

- 5 inches on chest
- 7 inches on waist
- 5 inches on hips
- Dropped 6 points each on BMI and fat %
- Blood pressure was 156/98, now 120/74



"Maria came in to the Wellness Program on 11 medications. After making lots of changes in her life with nutrition, Maria is now only on 4 medications. She lost 27 lbs and several inches. Her doctor was so impressed on how she was doing, she requested that she keep doing therapy for the wellness program." - **Maria Rubio, Riverwalk Location**

"Frank has been able to apply the techniques we taught him on how to lower his blood pressure every day. His blood pressure was 167/100 and is now 120/70 even with high stress in his life. Great job Frank Martinez!"



"Thank you Mission Inn team! With help from the Wellness Program and all of the staff encouraging Curtis, Curtis now knows he can hit his goal of health and wellness with our team supporting him along the way." - **Curtis Cabral, lost 56 lbs**



Geanie Miller lost 49lbs!



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Suite B
Riverside, CA. 92507

RIVERSIDE / CORONA
4270 Riverwalk Parkway
Suite 114
Riverside, CA. 92505

CHINO
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Chino, CA 91710

REDLANDS
500 N. Orange St.
Redlands, CA 92374

BEAUMONT
1620 E. 2nd St.
Beaumont, CA 92223

FREE 6 WEEK WELLNESS PROGRAM

available to all current and previous patients

Improving Health With a NEW Approach! Free 6 week wellness program.

Here at Marketplace Physical Therapy, we not only want to treat the current pain that our patients face, we want to get to the root of the issue! Sometimes the root of the problem can be poor sleep or excess weight which puts more pressure on joints, making it difficult to recover fully. We want our patients to heal fully instead of only treating the onset condition. All current and previous patients will receive a fully customized Wellness Program in addition to Physical Therapy. The combination of these two approaches will help guide our patients one step closer to Total Wellness. Your Wellness Coach, Mitzi, will guide you through each carefully crafted phase to improve your overall health and wellness.

Patients can benefit from the wellness program if they struggle with any of the following-

- Weightloss
- Stress
- Overall well being
- Fitness
- Healthy eating habits
- Tired/ fatigue
- Diabetes
- Obesity
- Coronary Heart Disease
- Health Education
- Sleep
- Blood Pressure
- Food cravings

There is more information about the wellness program on our website. It is located under the PT Services tab under the Wellness program.

**MITZI AVILA,
NATUROPATHY, NP
WELLNESS EXPERT**



Mitzi Avila, Naturopathy NP graduated from Clayton College of Health, specializing in assisting patients to treat underlying disorders and to aide with restoration in normal body function, by enhancing the body's own healing abilities. Naturopathy is a form of medicine that combines modern treatment with traditional methods to help heal and prevent health problems. Mitzi has a great list of certifications and training including self-defense, boxing, extensive nutrition, strength training, and brain health. Mitzi strives to see her patients succeed in their health. When Mitzi is not educating her patients on a healthier lifestyle she enjoys archery, bike riding, camping, and boxing. Contact Mitzi today to discover how our FREE 6-week Wellness Program can help you live a healthier lifestyle through healing and preventative care. Here at Marketplace Physical Therapy & Wellness Center, we care about the whole of you, not just the injured you. **Mitzi can be reached by phone at (951)406-0347 or by email at Mitzi@marketplacewellnesscenter.com.**



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