ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

# NEWSLETTER

Helping you re-build your foundation



# It's Time to Take Control of Your Diet

You've heard the age-old saying, "we are what we eat." It might seem overused, but there's a reason it exists. Our overall health and well-being depends heavily upon having a well balanced diet and proper nutrition.

March is National Nutrition Month, and Ability Physiotherapy would like to invite our patients to reach out to us to learn more about the importance of maintaining proper nutrition.

**Improper nutrition and pain are linked.**

If your pain issues have gotten steadily worse, maybe you need to look at your nutritional choices. What are you putting in your grocery cart every week that may be causing you pain?

Eating too much and/or eating the wrong things can fire up your inflammatory responses and contribute to muscle, nerve, or joint pain. For some chronic conditions, dietary changes can make the biggest difference in reducing or eliminating pain.

Eating healthy is one way to reduce inflammation and improve your overall health. You might be surprised at how many better options are out there for you to start including in your diet!

**Choose healthy options & reap the benefits!**

There are plenty of easy ways to introduce healthier options into your diet. You can swap out white bread with whole-grain, white rice with brown rice. Skip the red meat and turn to better options such as fish, chicken, or veggie burgers for lunch.

Eating foods that are high in Omega-3 fat may provide some pain relief if you're experiencing inflammation. Avoiding fried foods and choosing grilled, roasted, or steamed items instead is also a good option.

Try to fit more colorful fruits and vegetables into your diet. Spinach, kale, sweet potatoes, carrots, tomatoes, and sweet peppers are excellent choices to slip into your meals and snacks.

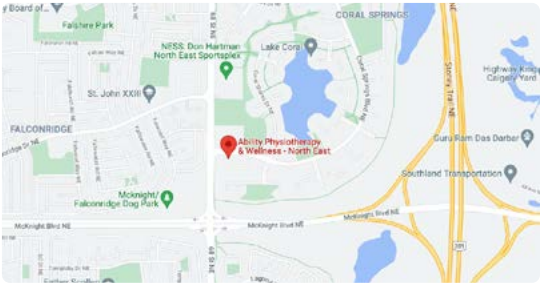
It's never too late to start paying more attention to your diet and nutrition! Contact Ability Physiotherapy today to learn more about healthier foods to incorporate into your diet that can also make your exercise routine easier.

**Schedule an appointment here. We can't wait to see you!**

## Schedule an Appointment!

Got your nutrition under control, but need to schedule an appointment for a flare-up or new pain you're struggling with? Just click here.

We can't wait to see you!







**Schedule an appointment here. We can't wait to see you!**

## Patient Success Story

"This will always be the first place I recommend to anyone who needs to go the physiotherapy.. I have had back issues on and off since last few years. I have been going to ability for physiotherapy from last 4 months and had great results. Himani has honestly been the best physiotherapist ever I have worked with. She has encouraged me when I felt like I was regressing and has helped me create an exercise plan that works for me. I always look forward to seeing the staff at Ability. They are cheerful, efficient, and professional"

**- Jagveer Kaur**

Ability PHYSIOTHERAPY & WELLNESS
Empowering Your Tomorrows

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## SPRING ASPARAGUS RISOTTO



### INGREDIENTS

- 4 cups (1-inch) slices asparagus
- 3 cups fat-free, less-sodium chicken broth
- 1 1/2 cups water
- 1 tbsp butter
- 2 cups chopped onion (about 1 large)
- 2 cups uncooked Arborio rice
- 1/2 cup dry white wine
- 1 cup (4 ounces) grated fresh Parmigiano-Reggiano cheese
- 1/4 cup heavy whipping cream
- 1 tsp salt
- 1/2 tsp freshly ground black pepper

### DIRECTIONS

Place 1 cup asparagus and 1 cup broth in a blender; puree until smooth. Combine puree, remaining 2 cups broth, and 1 1/2 cups water in a medium saucepan; bring to a simmer (do not boil). Keep warm over low heat. Melt butter in a large heavy saucepan over medium heat. Add onion to pan; cook 8 minutes or until tender, stirring occasionally. Stir in rice; cook 1 minute, stirring constantly. Stir in wine; cook 2 minutes or until liquid is nearly absorbed, stirring constantly. Add 1/2 cup broth mixture; cook 2 minutes or until the liquid is nearly absorbed, stirring constantly. Add remaining puree mixture, 1/2 cup at a time, stirring constantly until each portion of broth is absorbed before adding the next (about 30 minutes total). Stir in remaining 3 cups asparagus; cook 2 minutes. Stir in 3/4 cup cheese, cream, salt, and pepper. Transfer risotto to a bowl. Serve with remaining 1/4 cup cheese.