ABILITY PHYSIOTHERAPY
Empowering Your Tomorrows

NEWSLETTER

Helping you re-build your foundation



IT'S TIME TO TAKE CONTROL OF YOUR DIET

MARCH IS NATIONAL NUTRITION MONTH!

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, and 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.

Schedule An Appointment!

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.

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

To schedule an appointment, just click here.

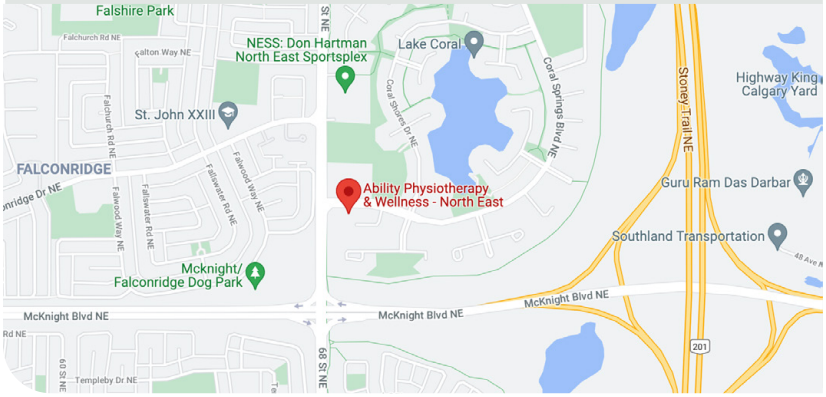
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Schedule an appointment here. We can't wait to see you!

Call Us Today!

Physiotherapists at Ability Physiotherapy are dedicated to getting you back on track to a pain-free life. They will evaluate your posture to determine the best treatments necessary for you, and create a treatment plan catered to your needs. Give us a call today to schedule an appointment!





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

Patient Success Story

"GREAT STAFF! They get right down to the core of your problem and HELP."

"GREAT STAFF! They get right down to the core of your problem and HELP. It's been a month now of treatment for me, and they're still thinking of new ways to get me back to where I was before, spending QUALITY TIME with you. If you are not happy with your physio where you are going, IT IS A MUST THAT YOU GO HERE" **– Rob B.**

HEALTHY RECIPE



CHOCOLATE SHAMROCK SHAKE!

INGREDIENTS

- 2/3 cup milk of choice
- 1/3 cup canned coconut milk, or creamer
- 1 frozen banana (or sub 2/3 cup frozen coconut meat)
- 2 1/2 tsp cocoa or cacao powder
- 1/8 tsp salt
- 1/8 - 1/4 tsp pure peppermint extract
- Sweetener of choice, (as desired)
- Chocolate chips, (optional)

DIRECTIONS:

Blend all ingredients until completely smooth. Pour into a glass, and enjoy! Feel free to experiment by adding 1 tsp of instant coffee to make a frappe, or use a non-frozen banana and heat ingredients on stove top to make Shamrock Hot Chocolate!

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