

STRONG BODY STRONG MIND

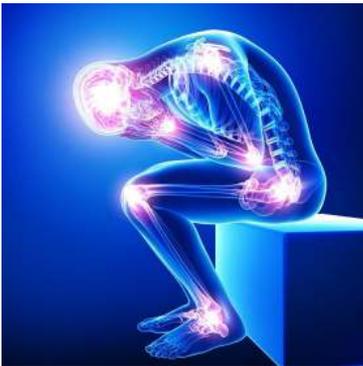
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B U L L E T I N

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THE MONTHLY NEWSLETTER FOR PATIENTS AND CLIENTS OF GENUINE CARE PHYSICAL THERAPY.
LEARN SECRETS TO KEEP STRONG AND ACTIVE, MAINTAIN INDEPENDENCE AND LIVE FREE FROM MEDICATION

Spotlight of the Month: Arthritis



Winter is here and we got enough rain. Everything is nice and fresh! Yet, this season is not always easy for those who have arthritis. People with arthritis feel stiffer in the joints, especially in the morning, and they generally have more aches and pains. Arthritis changes the quality of one's life. The spotlight of this issue is arthritis, most importantly how to tackle arthritis without pain pills, injections, and surgeries...

People aren't Getting Old and Stiff... They're Getting Stiff and Old!



YOUNGSUN KIM
Doctor of Physical Therapy



Generally, people blame their age for stiffness; they consider stiffness as something that we all live with it. It is a convenient scapegoat: people didn't have this stiffness when they were younger. But, is it

all about age? Think about this for a moment: people are not getting old and stiff, but stiff and old.

Let's take a moment to consider this. Stiffness comes in stages. It usually begins with pain and loss of motion, thereafter leading to decreased mobility, speed, balance, and a loss of independence. In other words, it generally takes time. Yet, stiffness can happen at a young age, too. A good example of this is the discomfort felt after spraining an ankle. In this case, inflammation is the main reason for this kind of injury-related stiffness. By contrast, the cause of stiffness in adults is often a combination of inflammation and dehydration in the joints... over time.

Staying limber makes people looks younger – that's a fact.

Staying limber is also the best way to combat stiffness. It isn't your age... it's what you do with it! In fact, staying limber is absolutely vital in nourishing the joint and minimizing inflammation, thus leading to health.

So, forget age. The longer you wait... the older you feel. Turn, instead, to the real causes of the issue. Dehydration in the joint is

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a massive problem. Just in the way that skin gets wrinkles, joints can lose their water content and become stiff. And even though this is a natural aging process, you can **slow the process down** by following these steps.

First, **do moderate intensity exercises regularly.** This will lubricate your joints. Think about the automobile, for example. If a car stops driving for a few weeks, and all the components of the car begin to freeze up because the fluids get thick and block hoses, then the engine will eventually be incapable of starting. It's the same with the human body: our joints are designed to move just like an automobile's components. When a car is operated, the heat expands into all the compartments, thereby lubricating the entire engine car. When you exercise, you're lubricating your joints. Physical activity is absolutely essential; a sedentary lifestyle is the number one reason for stiffness. There are four different exercises that will be particularly beneficial to you: stretching, aerobic activities (e.g., walking, biking, swimming), resistance training (e.g., weightlifting), and balance exercises. For more information about these exercises, please see my other articles.



Secondly, **drink more water.** Drinking 8 cups a day is

recommended; it will slow down the dehydration process. Drink water about 30 min before you exercise, during the actual exercise, and even after a workout. Water is one of the best medicines you can drink and it is one of the best cosmetics you can wear! You'll look and feel younger in no time.

Now that you know how to lubricate the joint, it's also important to understand how to minimize inflammation:

Inflammation is the body's defense mechanism when fighting against foreign objects such as viruses, bacteria, etc. In the case of the joint, inflammation happens when your immune cells respond to your own body as a foreign object. It's likely to happen when your joint has micro injuries or stress, both which lead to damage on the joint surface. In the worst-case scenario, this can create a loose body part inside of your joint, such as chipped cartilage, ligament, etc. Here, our immune system creates enzymes to fight against these stray pieces, and these enzymes often end up attacking our own cartilage.

In order to prevent the above situation, it's vital to **have an expert look at your posture and movement.** Why? Well, alignment issues such as bowed knees, foot arch drops, toe out situations, etc., can cause issues down the line. These postural problems, which are often birthed from a bad habit, can put extra stress on your joints, muscles, and surrounding tissue area. As a result, the extra stress can damage the joint and can trigger the inflammation process. Luckily, with the help of an expert, those problems can be addressed

by changing habits, correcting posture with manual therapy and exercises, wearing orthotics or braces, etc.

Incorrect movement also creates stress on your body, ultimately leading to micro-injuries that kick-start the inflammation in your joint. As I mentioned in a previous post, one good example of incorrect movement is found when the body guards or overcompensates. That is, when you have an injury in one part of your body, you start compensating on the other side, thus putting extra stress on certain parts of the body to protect others. Unfortunately, those changes can damage your joint. So, normalizing your walking and movement pattern is essential for recovery.

Furthermore, **changing your diet** would be helpful in minimizing inflammation. Research shows that losing 10% of your body weight offers significant benefits to the joint. And what's more, the healthier your immune system is – as a result of an improved diet – the looser your joint is. Remember, lubrication is key! Avoiding sugar and consuming fewer animal-based foods can be very beneficial. Moreover, adding natural antioxidants and anti-inflammatories, both of which are found in colorful fruits and vegetables, will boost your immune system. For more information about the benefits of anti-inflammatory foods, please see my previous article.

If you're the **supplement** type, there are dietary supplements that also help with joint inflammation. Try turmeric, collagen type II, hyaluronic acid, and Boswellia for their added benefits.

People Blame
Their Age For
'Stiffness'



Last, but by no means least, you should be **investing in the wellness of your brain.**

Gene researchers point out the importance of being happy and grateful when it comes to overcoming physical ailments. Being content actually activates genes that help the immune system. Within 20 minutes of having a good time, such as working out, doing volunteer work, or spending quality time with your friends and families at home, church, and in the community, your immune system will have been boosted tremendously!

The underlying truth is that we need to be proactive in order to fight against joint stiffness and pain. There are no magic pills or surgeries to cure this problem. The good news is, though, that we have enough sound research to point us in the right direction. And remember, God wants you to live your life fully: it is entirely possible when you make the right choices. Experience your life FULLY, right now!

OFFER OF THE MONTH

Get to the bottom of your arthritis... Free Discovery Session. Find out what's going wrong and to see if you like our service. No doctor's referral or payment needed. Offer this month limited to just the first 7 readers who responded by calling this number now.

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Actual Cause of Knee Arthritis



Winter is here and we have finally got rain. Everything is nice and fresh! Yet, **this season is not always easy for those who have arthritis.** People with knee arthritis feel stiffer in the joints, especially in the morning, and they generally have more aches and pains. Arthritis changes the quality of one's life. One in 4 adults in America suffer from it, and almost half of them have to limit their daily activities because of the joint pain.

Knowing the Cause of the
Knee Arthritis is the
Beginning Point For a
Long-Term
'Solution'



What is the cause of knee arthritis? **Knowing the cause of the knee arthritis is the beginning point for a long-term solution.** It is very unfortunate that

so many people blame age, employment, or injuries, and thereafter survive with the help of temporary patch-work such as taking pain pills, getting regular Steroid shots, and thinking that joint replacement is the ultimate solution. As we know, though, all of the interventions people often choose have detrimental side-effects. Let's take a look at a common, **actual cause of knee arthritis.**

First, we need to look very closely at the cartilage. Losing the integrity of the cartilage is one of the most significant signs of arthritis. The joint cartilage is the layer that absorbs

the impact of human weight and motion. It is very flexible and very slippery; in fact, it's 30 times more slippery than ice, therefore allowing human motion to be fast and smooth. The thickness of cartilage, which is a critical factor when it comes to bearing weight, varies even in the same joint – **the point which bears the most weight has thicker cartilage.**

Researches point out that, when people put weight on the thin area where the cartilage is not equipped to bear weight and motion, arthritis can build up. An example of this is seen in teen athletes: **those who tear knee ligaments can develop arthritis within only a few weeks** as they start to limp and change their walking patterns. The point is that any rapid changes in a walking pattern and exercise routine can result in worsening the integrity of the cartilage.

Walking with toes out, limping, bending the knee, and leaning towards one side are all indications of overcompensation that can lead to damage of the cartilage. Furthermore, tightening of the muscles and soft tissues, as well as the inflammation of the bursa, result from those unhealthy guarding motions, too.

Finding and diagnosing the exact cause of the problem is the key to recovery. The evidence clearly indicates that therapy for knee arthritis makes a significant difference when we correctly diagnose the root cause of the problem. Deyle's study, done in 2005, is a great example of the evidence. The study compared a "wait-and-see" group to a "physical therapy" group. The therapy group showed a significant improvement, while the wait-and-see group did not. In the research, therapists thoroughly

analyzed what the cause of the problem was, not only in the knee, but also in the ankle, foot, hip and even in the back. Thus, it is very important to find out what is going on – this is done by looking closely and thoroughly examining all possibilities. Thereafter, the root cause of the problem can be treated with manual therapy and re-education, thereby re-building a normal movement pattern.

So, finding the root cause of the problem is the key to your recovery. Stop blaming your age, job, or old injury for your knee pain. Don't just accept the problem and take painkillers or medication – these things just aren't beneficial in the long run. Experts can diagnose the root cause and give you the tools to **take action in order to bring about real change in your life.**

3 CRITICAL STEPS FOR OVERCOMING ARTHRITIS



Are you blaming your age, job, or injuries for arthritis? Are you surviving with the help of temporary patch-work remedies such as painkillers or steroid shots? Maybe you think joint replacement is the ultimate solution? If so, it's time to re-evaluate. Our modern world is intertwined with the medical industrial complex – its campaigns and commercials which all talk about magic painkillers, different kind of injections, and countless surgeries. But people are fed up: none of these options provide the ultimate solution, and most actually have detrimental side-effects.

How can we begin tackling arthritis, then? Well, it's good to have an understanding of what the affliction actually is. Have you ever heard of the phrase, bone-on-bone? This is a layman's term that refers to a complete loss of cartilage, and therefore the total reduction of joint space. In effect, this is much of what arthritis is...

though, cheer up – it isn't all doom and gloom, you'll see. The sad thing is, though, that the medical profession uses this unfavorable language and thus paints a very dark picture – one that often leads to invasive procedures, strong medication, injections, and surgeries.

Yes, losing cartilage is a problem: the absorption of body weight is hindered and it is, thus, problematic for motion. Yet, I've never seen a joint that truly is bone-on-bone. And importantly, what is present on an X-ray image cannot predict someone's pain, especially not in the spinal or shoulder regions. There is hope: your pain can be eased. I urge you not resign yourself to a life full of tablets and surgery – there are natural wellness techniques and holistic therapies available... and they really DO work.

The good news is that natural physical therapy, delivered by a skilled and specialized therapist, can change the usual course of arthritis. With hands-on physical therapy, you will become more active and mobile, thereby allowing you to, once again, experience life fully.

Here are *Genuine Care Physical Therapy*, we have your best interests at heart. We're so excited to help you get back to the pain-free life you deserve, and that's why we're about to talk you through 3 critical steps for overcoming arthritis.

Take a look:

1. Uncover the Problem and Treat it Naturally

The first step on your path to a pain-free life is to find out exactly



what's wrong. In many cases, the actual cause of the problem is not what most people think. For example, arthritis is not solely a cartilage related issue, despite that common misconception. We need to find what the real, true source of the pain is. The results might surprise many people, especially after a vested belief in the *bone on bone* rationale. Often, in fact, stress and pressure placed on surrounding structures such as muscles, ligaments, joint sacks, tendons, or bursas, are the source of pain. Old habits, poor posture, and non-alignment can cause stress on those parts of body. It can either slowly build, because of micro-stresses, or an injury can trigger rapid onset, that is, our bodies start to guard the painful or stressed body parts. In the end, we can end up limping and altering our gaits. That can trigger different kinds of problems – see my other article, namely, *The Actual Cause of Arthritis*. In order to get the RIGHT information, medical practitioners need to perform a thorough physical examination so as to note body alignment, posture, quality and quantity of body movement, gait, and the health of surrounding structures. Yet, all too often this type of examination never occurs. And that is why natural, hands-on, professional physical therapy is so important: the root cause of the problem needs to be found. Your recovery starts here.

2. Heal the Damaged Structure

After finding out exactly what is going on, the damaged structure needs to recover motion, strengthen, and



heal. There are three aspects to achieving this goal:

i. Introduce motion without pain/stiffness. This can be done via the use of manual therapy techniques, that is, skilled hand movements applied to the body by a professional therapist. These movements may include mobilization/manipulation, massage, passive increase in the range of motion, etc. They are intended to loosen tight muscles and soft tissues, increase movement in joints, induce relaxation, mobilize soft tissue and joints, modulate pain, and reduce soft tissue swelling, inflammation, or restriction. Manual therapy techniques promote pain-free motion in those patients suffering from arthritis, thereby promoting a new-found confidence.



ii. Regular exercises. Doing moderate intensity exercise – regularly – is a very important step. When you exercise, you're lubricating your joints. Physical activity is absolutely essential on your road to health; a sedentary lifestyle is the number one culprit when it comes to stiffness and arthritis. There are three different exercises that will be particularly beneficial to you: stretching, as it will maintain loosened muscles; aerobic activities (e.g., walking, biking, swimming), as it will increase blood circulation and help your body stay active for a longer period of



time; resistance training (e.g., weightlifting), as it's beneficial for muscles and bone strength. We need to keep in mind that bone health is vital for a healthy immune system and the healing process – bone marrow and stem cells are produced inside of human bones, so strengthening exercises have great benefits when they are performed safely and gradually.

iii. Diet and supplements.

Changing your diet is helpful when it comes to minimizing inflammation. Research shows that losing 10% of your body weight offers significant benefits for joint health. In fact, the healthier your immune system is – as a result of an improved diet – the looser your joints are. Therefore, avoiding sugar, bypassing processed food (which contains much more added sugar and other chemicals), and consuming fewer animal-based, fatty foods can be very beneficial. Moreover, adding natural antioxidants and anti-inflammatories, both of which are found in colorful fruits

and vegetables, will boost your immune system. Furthermore, preliminary research shows that dietary supplements can also help with joint inflammation; these include turmeric, collagen, hyaluronic acid, and Boswellia.

3. Develop a Healthy Body, Healthy Habits, and a Healthy Lifestyle

Yet, you can't settle there. As soon as you begin recovering from arthritis – and even before you do – you need to develop a healthy body, healthy habits, and a healthful lifestyle. Changing your habits and lifestyle is not easy. But knowing this, you need to think about what might happen in five years if you don't make any positive changes, right now. If no changes are made, you will have taken a hundred steps backwards in five years' time. Picture yourself then – the sadness, darkness, and immobility – this image will help you initiate changes. You also need to change your daily schedule in order to include physical activities. Clear time-

slots on your daily calendar, set an alarm on your phone or clock, and make yourself available at a particular time of day to do exercises, meditate, get therapy, or spend quality time with those you love in a healthful, active manner. Unless you set time aside, it is hard to change your old habits and lifestyle.

Be smart – determine how much you can push yourself. I recommend that you give yourself enough time to warm up and cool down during exercise: be observant of your body. The condition your body is in fluctuates daily, so you need to slow down when you feel tired. Alternately, when you feel good, you can increase the intensity or duration of your exercise. Make sure to increase your activity levels by no more than 10% at a time. Make the decision to embrace a healthy lifestyle. Participate in activities such as walking on a beautiful beach, watching the sunset, playing with your kids or grandkids, playing 18 holes of golf, attending Pilate or group exercises, traveling to your favorite vacation spot, and going out for a movie or to your favorite restaurant with friends and family. At Genuine Care Physical Therapy, we're always here to help. Contact us for more information about how we can help you achieve the pain-free life you dream of. Don't let arthritis ruin even one more day.



Natural Anti-Inflammatories: Extinguishing the Fire

We've all heard the talk, witnessed the health store slogans, all seen the online adverts selling miraculous new anti-inflammatory foods, but what are they, and why exactly do we need them? Well, in all my years in the health industry I have come to realize that it's useful to peel back the layers of hype in order to see the truth. And that's what I'd like to look at today: the truth about anti-inflammatory foods and why, in fact, we need them.

Have you ever wondered why it is you get sick? I'm not really talking about a cold, but more about why you're more lightly to get heart-disease, why your joints ache, why your back is sore more often than it used to be, or why your knees struggle with the stairs these days. I'm here to tell you that a lot of that pain is caused by a lack of anti-inflammatory foods in your diet. But, before I get to why we need anti-inflammatory foods, let's take a look at what inflammation actually is and why, if there is too much inflammation, it can be a bad thing.

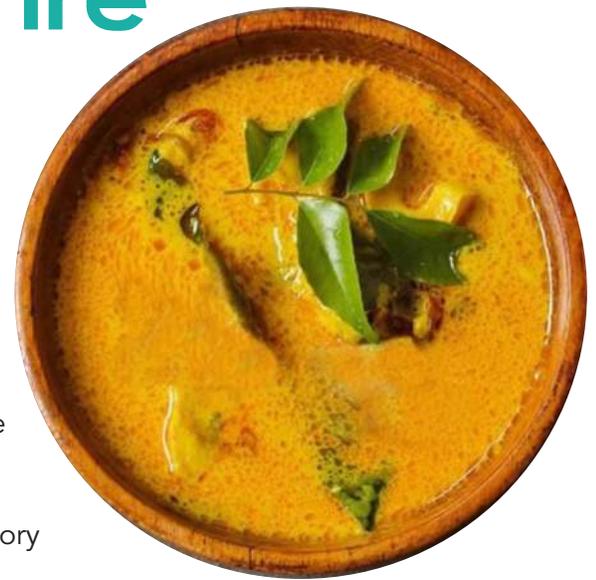
Inflammation in the body, especially in its joints, is really a response by your immune system to fight a problem. White blood cells are sent to the area of concern in order to help, but sometimes these cells rebel and start attacking healthy areas of the body, often leading to devastating effects. Arthritis, IBS (Irritable Bowel Syndrome), and even asthma have all been linked to inflammation.

It is no wonder, then, that anti-inflammatories are so important! They help keep the white blood cells in line and they ensure that the rogue few attacking the body are destroyed. Once the white blood cells have returned to order, and the body is functioning normally, pain will decrease, the patient will see a lot more movement in the joints, and his/her overall health and wellbeing will be tremendously improved! Remember, sometimes the body needs our help to stay healthy and strong. It is our job to ensure that we are sticking to a healthy anti-inflammatory diet in the fight against inflammation and disease.

Hence, we need to source the absolute best anti-inflammatory foods out there! Luckily, so many delicious recipes already contain many anti-inflammatory ingredients. In fact, keep reading to see a special recipe just like those. Before we get cooking, though, check out these delicious foods that are sure to reduce inflammation and promote healing and wellness:

- Green Leafy Vegetables (Kale, Spinach, Chard)
- Turmeric
- Beets
- Broccoli
- Bok Choy
- Blueberries
- Flax Seed
- Coconut Oil
- Ginger
- Walnuts
- Blueberries
- Pineapple

There are so many scrumptious foods out there: several natural, unprocessed ingredients will promote a healthy, anti-inflammatory response. And the best part is, so many of these foods can be used to make delicious recipes! Here's one I love:



Anti-Inflammatory Vegetable Coconut Curry

Serves 2 – 4 people

Ingredients:

- 1 Red Onion
- 2 Cloves of Garlic
- Curry Powder containing Turmeric (If you're making your own, be generous with the turmeric.)
- Chopped, Fresh Ginger
- 1 Can of Coconut Milk
- ½ A Butternut Squash, Cubed
- 120g Bok Joy
- 200g Spinach/Kale
- 100g Rosa Tomatoes, Whole
- ½ Pineapple, cubed

Accompaniments:

- 120g Basmati Rice, Cooked using Method of Choice
- Sliced Pickled Beetroot

Method

1. Use a little coconut oil brown and off the chopped red onion in a frying pan or wok.
2. Add the garlic and continue to brown.
3. Add the curry powder, making

sure the onion and garlic is evenly coated.

4. Add the fresh ginger, making sure not to burn it.
5. Fry for 1 minute.
6. Add the diced butternut squash, tomatoes, and Bok Joy.
7. Pour in the coconut milk and stir.
8. Allow to boil for 15 – 20 minutes.
9. Remove from the high heat and continue cooking on a lower setting.
10. Once the butternut is soft, add the kale and spinach.
11. Finally, add the pineapple.
12. Cook for an additional 5 minutes.
13. Serve heated. Rice and pickled beetroot make perfect accompaniments!

As you can see, cooking vibrant, fresh, anti-inflammatory meals is not difficult. The inclusion of meals such as the one above, is vital to maintaining a healthy body and mind. Anti-inflammatory foods are nature's way of fighting

disease, pain, joint troubles, and ailments. In addition to leading a healthy lifestyle filled with exercise, stretches, and mindfulness, eating a healthy, balanced diet is key to living the life you deserve.

A thought to remember: being healthy is something that can be done in your garden, in your living room, even in the kitchen. Small changes, such as introducing more anti-inflammatory foods to your diet, will help relieve burdensome pain, nagging infections, sporadic colds, and give you a clear head. Little changes can make a big difference.

If you're on a journey to improve your health, or even to maintain it, anti-inflammatory foods are vital. At my clinic I encourage all my patients to incorporate more vibrant, natural, fresh, delicious foods into their daily lifestyle. The benefits of cooking and consuming foods high in anti-inflammatory properties are immense. Why not design your very own anti-inflammatory meal plan? Go ahead, try some today!

This Month's Success Stories

Trish, live in Carmel Valley in her 60's

My knee was hurting so bad I couldn't walk just a few minutes. It started to affect my life a lot. I love to hike on a beach with my friends, and I was unable to hike anymore. Not only that, I couldn't use stairs because it was hurting so much. Before I came to Genuine Care Physical Therapy, I was very skeptical about Physical Therapy is going to help me since I tried so many different things that only give me temporary relief. I tried Chiropractor, Acupuncture, and different things. As soon as I started therapy in Genuine Care Physical Therapy, I felt like we are a team working together to improve my health. They were very sensitive what I need. Within a few weeks of therapy, I'm able to go hiking with my friends again; even I can climb stairs without pain. I got my quality of my life back again. I strongly recommend Genuine Care Physical Therapy and expect more with them...



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