



Therapy Solutions

TAKE YOUR LIFE BACK.



FEBRUARY 2023

WHAT'S INSIDE

STAFF SPOTLIGHT

Meet Our New Mental Health Intern!

CLIENT SUCCESS SPOTLIGHT

Read Why Our Clients Love Us!

SHARE YOUR SUCCESS STORY!

We Make It Easy To Leave A Review!



Scan the code with your camera app, and post your success story on our Google reviews page!



What You Can Do To Improve Your Immune System

WHAT YOU CAN DO TO Improve Your Immune System



Are you interested in doing what you can to improve your immune system and overall health? Do you wonder why everyone seems to recommend diet and exercise for your well-being? At Therapy Solutions, our physical therapy team can help you implement strategies that not only help you heal better but protect you from future health issues!

Making healthy choices, such as eating right and staying active, will help you recover from injury and protect your body from illness. In the ongoing struggle against Covid-19, immune system health has taken center stage, and more people prioritize their overall well-being.

If you're interested in strengthening your immune system, request an appointment at Therapy Solutions physical therapy clinic today. We will provide you with individualized exercise programs and relevant nutritional advice based on your specific needs.

HOW DOES THE IMMUNE SYSTEM WORK?

Our immune system defends against disease and foreign substances (i.e., germs, bacteria, and viruses). The immune system is our body's defense against infections and helps keep us healthy.

The three primary functions of the immune system include:

1. Fighting disease-causing germs (pathogens) like bacteria, viruses, parasites, or fungi and removing them from the body.
2. Recognizing and neutralizing harmful substances from the environment.
3. Fight disease-causing changes in the body, such as cancer cells.

Our body depends on a combination of many lifestyle factors to fight off infection and disease. These factors include:

- ▶ Nutrition
- ▶ Exercise

- ▶ Sleep habits
- ▶ Stress levels
- ▶ Whether you smoke and/or drink alcohol

WHAT DOES PROPER NUTRITION MEAN?

All the cells in your body require certain nutrients to function correctly. These nutrients are found in the foods we eat. The foods we eat contain the vitamins that improve immune health by working as antioxidants and protecting healthy cells to ward off diseases and illness.

Our physical therapists can help you craft a diet that is rich in vitamins and nutrients that supports your health. One of the most researched diets that support our immune system is the Mediterranean Diet.

The emphasis of the Mediterranean Diet is plant-based. Whole grains and lean meats are also important attributes of this diet, and fish are rich in Omega-3 fatty acids. Healthy fats like olive oils and nuts are also emphasized.

We recommend avoiding foods that interfere with your health, like processed foods, sugary food, and fried foods. These types of foods can result in chronic inflammation and take an overwhelming toll on your immune system and its ability to function correctly.

By maintaining a nutritious dietary plan with the help of a physical therapist, you should quickly begin to notice a decrease in your pain while improving your immune system function.

HOW DOES EXERCISING HELP THE IMMUNE SYSTEM?

Living a healthy lifestyle is the single most effective way to care for your immune system proactively. Your entire body, including your immune system, functions better when supported with regular physical activity/exercise.

Anti-inflammatory cells are released during and after physical exercise, and cell recruitment to defend the body is activated. This results in a lower incidence and intensity of symptoms for infections. It also leads to improved response and repair of damaged tissues.

Physical exercise is also essential for preventing and protecting us from several diseases, including:

- ▶ Heart disease (i.e., high blood pressure, high cholesterol, etc.)
- ▶ Diabetes
- ▶ Cancer
- ▶ Alzheimer's and other dementias

- ▶ Joint degeneration and arthritis
- ▶ Auto-immune disorders

Physical activity is vital for lifelong health and immune system function. It is increasingly clear that combining nutrition and physical activity has significant positive health consequences and boosts the immune system. Our team can help guide you through rehabilitation and improve overall health and well-being.

REQUEST AN APPOINTMENT AT THERAPY SOLUTIONS TODAY!

Our physical therapists will perform a comprehensive evaluation to determine your current health and fitness level during your first appointment. This first appointment can also alert your therapist to any weakened areas of your body that may be causing you pain and dysfunction.

You will then be prescribed a personalized exercise routine that aligns with your body and fitness goals. Your therapist can also offer you manual therapy or pain-relieving techniques to ensure your exercise experience will be as healthy and painless as possible.

Our skilled physical therapy team full of movement experts can prescribe you healthy exercises, offer nutritional advice, and ultimately help you improve your immune health for life. Don't hesitate to change your health for the better; contact Therapy Solutions today!

Sources:

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7387807/>
- <https://www.frontiersin.org/articles/10.3389/fpsyg.2020.593903/full>
- <https://www.sciencedirect.com/science/article/pii/S2095254618301005>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723551/>
- <https://www.frontiersin.org/articles/10.3389/fphys.2021.751374/full>

HAS YOUR INSURANCE CHANGED FOR 2023?

To avoid billing issues, please notify the receptionist of any insurance or information changes.

Therapy Solutions
TAKE YOUR LIFE BACK.

GOOGLE REVIEW CONTEST



Leave us a Google review in January or February and your name will be entered into a drawing for this Weber Traveler grill! The drawing will take place on March 1, 2023.

Use this QR code to leave your review today and be entered for a chance to win!



WRITE YOUR OWN SUCCESS STORY!

The best way to help others in our community is by leaving a Google review.

INSTRUCTIONS:

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Google Review Page)
3. Tell us how we did!



STAFF SPOTLIGHT



The Mental Health Department has a new intern joining us until May!

Ashlyn Privratsky is currently pursuing a Master's degree in Social Work through Florida State University. Recently, she also became a member of Florida State University's chapter of the National Society of

Leadership and Success.

Ashlyn is originally from South Heart and recently moved to her parent's farm in the area. They have cows and horses, which her dog Kit loves! In her spare time, Ashlyn enjoys playing volleyball and basketball, as well as reading, playing cards, and snowboarding. She also enjoys spending time with her family, friends, and boyfriend.

Ashlyn will graduate in May and would love to work in a private practice setting that offers a warm and welcoming environment. She is interested in working with adults, couples, and adolescence. She is also interested in working directly with farmers and ranchers.

CLIENT SUCCESS STORY

"I can't say enough good things about this place! I received tremendous care from both Adrienne Belland (OT) and Rachel Kottsick (PT) as well as friendly service from the ladies at the front desk. Highly recommend!"

— Emily B.