



Physical Therapy & Wellness

The Newsletter About Caring for Your Health



ARE YOU TAKING CARE OF YOUR HEART?

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ARE YOU TAKING CARE OF YOUR HEART?

February is American Heart Month. Since Valentine's Day is right around the corner, it's a fantastic time to start loving and appreciating a main organ responsible for keeping you alive: your heart! The heart's primary function is to pump oxygen-rich blood throughout your body. Since your heart is vital to your survival, it's necessary to keep it in good shape by exercising regularly, eating nutrient dense foods, and avoiding anything that can cause damage to it.

Physical therapy at G3 Physical Therapy & Wellness can help you improve your heart health and fitness in various ways! This month is all about showing your loved ones how much you really love them, but don't neglect yourself in the process! Make an appointment with our clinic today to learn how you can maintain good heart health and overall fitness this year.

TIPS FOR BETTER HEART HEALTH

There are two main factors that determine your heart health, genetics and environmental factors. We can't control genetics, but we can significantly impact environmental factors. Most of these environmental factors funnel into how much stress and inflammation is created to impact the arterial lining and plaque build up. Too much plaque in your arteries can narrow and block arteries. Taking action and maintaining a healthy lifestyle will assist you in making sure your ticker is in tip-top shape! The following are some ways you can help your heart to perform at its best.

- **During Exercise, keep your heart rate within an optimal range:** Whether you are walking/running, biking or even strength training, don't over exert yourself, keep your heart rate within a moderate range. We often use a perceived level of exertion. For example, if 1 is sitting on the couch and 10 is, you need supplemental oxygen. Keep your exertion level between 4-6 where you can still hold a conversation. For those that like gadgets, heart rate monitors are easy and convenient with fitbits and apple watches. The idea is that, over time, you will be able to increase your workload, while keeping your heart the same. If you need help with finding your level of perceived exertion or heart rate range, one of our therapists would be happy to help.
- **Participate in strength training:** Strength training is not only one of the most effective injury-prevention strategies for your joints, but also for your heart. When your muscles are strong, it takes the load and stress off your joints, it works the same way for your heart. Your strong muscles can take stress off your heart during more strenuous activities. Ask your therapist to help develop safe strength training techniques.
- **Maintain mobility of the joints and muscles:** Healthy mobility means less painful joints and better chances of exercising for your heart. We teach you how to lubricate your joints, lengthen your muscles, and create muscle memory,

Keep Your Heart Healthy and Strong!



all at once in the “stretch cages” Make sure to ask your therapist to review how to replicate the same stretches in your home environment. These mobility exercises/stretchers help your joints and muscles stay healthy and out of pain, so you can be more active for a healthy heart.

- **Eat nutritious meals:** Nutrition plays a huge role in heart health and there are many contradictory recommendations amongst different health professionals. Not everyone does well with the typical recommendation of fruits, whole grains, low-fat dairy, legumes, skinless chicken and lean meats. Many health professionals suggest avoiding processed foods, chemically processed seed oils like canola oil, and simple carbohydrates, while increasing the consumption of vegetables, high quality, grass fed meats, and healthy fats (such as olive oil, coconut oil, and saturated animal fats like tallow and lard). Both camps agree on fatty fish such as salmon for omega-3s that's great for the heart. It is widely agreed that trans fats and added sugar should be avoided at all costs. (BiodynamicWellness.com is a reputable local source)
- **Manage your (unhealthy) stress:** Stress can raise blood pressure, create unhealthy stress hormones that increase inflammation, so do your best to find daily ways to relax. Exercising to increase endorphins, getting adequate sleep, stretching before bed, or taking a nightly warm shower are all things that could help with relaxation. One super easy way to shift from a fight and flight Sympathetic System to the relaxing Parasympathetic System is breathing slowly in and out of your nose, with your mouth closed. You can do this in any situation, even during stressful traffic jams to shift your body into a healing state.

The best way to keep your heart healthy is to have a balanced lifestyle that includes enough rest, nutrient dense nutrition, and safe exercises for your body and heart. Physical therapy is an excellent method to add additional physical activity to your daily routine.

PHYSICAL THERAPY CAN HELP YOU TAKE CARE OF YOUR HEART

If you're looking for a safe way to improve your heart health, physical therapy is a great option. Our team is comprised of movement experts who have the knowledge and training to evaluate and treat several kinds of acute and chronic pain conditions and abnormal physical function related to an injury, disability, disease, or unhealthy lifestyle.

We play a leading role in preventing, reversing, and managing lifestyle-related conditions. Our therapists are movement experts who can help patients improve their heart health by advising them on lifestyle adjustments. Therapy for improved heart health may also include daily exercises and stretches, many of which you can perform at home on your own!

Participating in regular physical therapy appointments can help lower your cholesterol and blood pressure, significantly decreasing your chances of cardiac arrest in the future. Every program G3 Physical Therapy & Wellness designs is based on the patient's individual needs. Learning to move without injury or pain is a significant part of our physical therapy programs.

We listen and integrate your goals into objective measurements to determine the level of strength and fitness and build your program accordingly. Your therapy program will never push your body past what it can safely handle. We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and improve your overall health by getting your blood flowing and your heart rate up.

LOVE YOUR HEART, LOVE YOUR LIFE

Talking about heart health really hits home for the Van Gilder family. As many of you know, Mike had his heart attack in April of 2019. His left anterior descending artery (LAD), aka the “widow maker”, was 100% occluded. This was shocking, mostly because Mike had been deemed healthy by a cardiologist a week beforehand. He had gone through a series of treadmill stress tests and precautionary heart medications due to mild heart symptoms. A few days after being given the green light, Mike had one of his best workouts. However, post-workout he began to experience some extreme chest pain. He was lucky enough to be rushed to Scripps Encinitas where their renowned cardiology team performed a successful surgery to get Mike breathing in 60 minutes. We really dodged a bullet. And the lessons we took away was...there are some amazing medical procedures and advancements, but there are also many things we can do to decrease the chances of needing those medical procedures. After that personal experience we all are loving Mike's heart, embracing some lifestyle and nutritional changes, and loving our life together. - Sandra



**TAKE CHARGE OF YOUR HEALTH WITH
G3 PHYSICAL THERAPY & WELLNESS!**

760.452.2640

Call G3 Physical Therapy & Wellness at **760.452.2640** or visit g3.life to schedule your appointment today!

Celebrate Your Heart By Practicing These 8 Health Tips

Happy
Valentine's
Day

February Is... HEART HEALTH MONTH!



1. Aim for consistent sleep. Studies show that consistent sleep and getting into your deep sleep cycle between the hours of 10pm-2am promotes the most production of T Cells, white blood cells, and hormones that help you control hunger. So go to bed by 9pm and get your 8 hours of sleep.

2. Breathe through your nose. A book called "The Breathing Cure" by Patrick McKeown states that breathing through your nose with your mouth closed increases overall oxygen to your body and heart. Nose breathing triggers your Parasympathetic System to decrease stress, improve healing, maintain a more balanced blood pressure and heart rate. Start noticing how often you are mouth breathing, and start nose breathing.

3. Move More. Aim for 30-40 minutes of moderate activity 5 days a week, but try to integrate functional activities throughout the day. Proper body mechanics with functional activities can go a long way to keep your body strong. Or park further away to get those extra steps in.

4. Choose the right fats. The worst fat that causes inflammation that can damage your blood vessels are seed oils like Canola Oil, Vegetable Oil, Soybean Oil. These oils are chemically made and bleached to make it look palatable. Stick with nature made fats that contain vitamins A, D, and K like grass fed butter! Yum! I know, butter is a saturated fat which is another can of worms to explore.

5. Avoid Diabetes. High blood sugar can damage your heart. You have limited b cells in your pancreas that produce insulin to control your blood sugar.

Once they work too hard and die off, they are gone for good. So watch your glycemic index by limiting sugars and avoiding too much carbohydrates.

6. Think beyond the scale. Trying to lose weight can be discouraging. Studies show that the faster you lose the weight, the faster you gain it back. We recommend you focus on changing your lifestyle with nutrient dense foods and increasing your strength for functional activities. This is a sustainable way to naturally lose the weight you don't need.

7. Masks hygiene. Make sure to wash or change your masks often. Bacteria starts collecting quickly when wearing a mask. Breathing in bacteria can increase the risk of bacterial pneumonia, which is obviously not great for your heart. We did find a mask by Tru47 that uses silver and copper to make their masks. Why does that matter? Supposedly silver and copper kills bacteria and viruses.

8. Maintain oxygen levels. Your heart, your brain, like the rest of your body, is very sensitive and can decrease function with decreased oxygen. Masks were not designed to be worn for hours at a time without supplemental oxygen. Your oxygen levels can start to decrease after only 5 minutes of certain mask wearing. So listen to your body. If you start to feel tired or light headed, make sure to take a mask break. Take advantage of our great weather and go outside. Or at least open your window. According to Stephan Petty, an Industrial Hygienist, the best way to decrease viral load is to increase ventilation.

Healthy Recipe VALENTINE'S VANILLA RASPBERRY SMOOTHIE



INGREDIENTS

- 3/4 cup frozen raspberries or blueberries
- 1/2 cup ice or more berries for richer flavor
- 1/2 cup of full fat organic yogurt
- 1-2 tbsp of honey or maple syrup
- 1 tbsp of non GMO collagen
- 1/4 tsp vanilla
- 1 cup organic milk (raw, almond, cashew, or coconut)

INSTRUCTIONS

Add all ingredients in a blender or food processor. Blend til smooth, pour into glass and enjoy with a loved one!