



TAKING CARE OF YOU

Massage Techniques for Self-Care

Join **Licensed Massage Therapist, Kim Grant** for her Taking Care of You Series. Learn massage techniques for self-care and relaxation. Classes may be purchased separately (prices listed below) or as a series for \$80 (\$30 discount!). People who attend the classes are asked to bring a yoga mat or beach towel to each class.

Each person who attends will be entered into a drawing for a 30 minute massage session.



Loving Your Lymphatic System March 30th 6pm - 7pm \$35 each person

This class will briefly discuss how the skin and lymphatic systems work together to keep environmental toxins out of our blood stream and will teach the proper way to dry brush and it's benefits. Those who attend will receive a tool kit with a brush, exfoliating gloves, a buffer sponge, and a body oil infused with essential oils that contain antibacterial and pain reducing properties.



Meridian Tapping April 27th 6pm - 7pm \$25 each person

This class will teach what Meridians are, where they are located, and their corresponding organs, as well as how to tap them to reduce stress and anxiety.



Reaching the Fascia May 25th 6pm - 7pm \$25 each person

This class will describe what fascia is and where it is located, how to reach it, and why it is important to loosen it before going into deeper layers.



Connecting with Deeper Layers June 29th 6pm - 7pm \$25 each person

This class will describe how everyday repetitive movements and subconscious movements create holding patterns in our muscular system. Teaching what movements or exercises we can do to generate positive stimulation, reverse the holding pattern, and perform self massage to reduce pain and anxiety as well as gain mobility in stiff joints.

Joint Pain Got You Down? We Can Help.



Hamilton
Medical Center

Bradley Whiteside
Rehabilitation

If you're experiencing pain, don't live with it! **SCHEDULE A FREE EVALUATION TODAY** and ease your aches and pains. Call 706-272-6199 to schedule your no-cost evaluation.

COMMON SYMPTOMS OF JOINT PAIN OR ARTHRITIS:

For most people with joint pain, general discomfort is the most common complaint. But depending on what the cause of your joint pain is, you may experience a variety of different symptoms, including, but not limited to the following: Chronic pain, impaired range of motion, stiffness, redness, inflammation of the affected area, inability to grasp objects, and swelling.

IS YOUR JOINT PAIN A SIGN OF ARTHRITIS?

Did you know that arthritis is the leading cause of disability across the United States? According to the Arthritis Foundation, approximately 50 million people live with arthritis. While it is possible for arthritis to develop in any joint, it most commonly affects the neck, back, hands, hips, and knees. It can also affect people of any age.

When it comes to joint pain, Osteoarthritis and Rheumatoid arthritis are the main culprits of joint pain. Here's a breakdown :

Rheumatoid Arthritis: If you have been diagnosed with rheumatoid arthritis, your doctor will likely prescribe treatment to decrease pain and discomfort. Rheumatoid arthritis causes painful swelling and inflammation of the joints. Although it usually begins in the hands, wrists, or feet, it can spread to the hips, knees, or shoulders, while getting progressively worse, if you aren't proactive in fighting it. Physical or Occupational Therapy can help those dealing with rheumatoid arthritis.

Osteoarthritis: Osteoarthritis typically develops later in life and can be caused by poor body mechanics, overuse of the joint, or an injury. This is the most common type of arthritis by far. The cartilage in joints serves as a natural barrier that lubricates and distributes force during physical activity. When that cartilage breaks down and no longer provides a cushion between adjoining bones, the result is osteoarthritis. The hands, hips, knees, and spine are the most common body parts impacted by osteoarthritis.

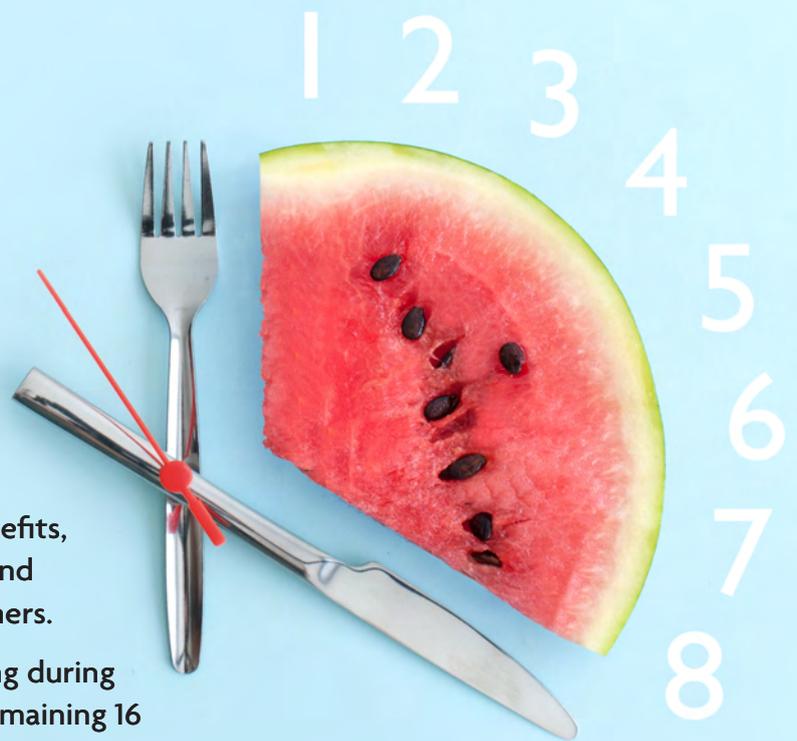
ARE YOU READY TO FIND RELIEF TODAY?

You deserve a normal, healthy, active lifestyle. Our goal is to help you take back control of your life by minimizing the joint pain. **Call Bradley Whiteside Physical & Occupational Therapy today to schedule your NO-COST Evaluation.** We'll provide suggestions such as joining Arthritis Aquatics or recommendations for further care, if needed. Stop living with joint pain! **Call 706-272-6199**

What is Intermittent Fasting?

Intermittent Fasting is an eating pattern where you cycle between periods of eating and fasting. In other words, it's a periodic energy restriction that accelerates weight loss and leads to various health benefits, such as reduced inflammation, regulated blood sugar and cholesterol levels, improved brain health and many others.

Most popular type of fasting is 16:8, which means eating during an 8-hour window and restraining from food for the remaining 16 hours everyday.



The Basics of Intermittent Fasting

Most of us already “fast” every day while we are sleeping. Intermittent Fasting can be as simple as extending that fast for a few hours longer. However, if you're thinking about fasting as a long-term lifestyle change, you can choose from several Intermittent Fasting methods that are easy to implement into your daily routine.

Here's one example: Skip your breakfast and have your first meal at noon. Then have your last meal at 8 p.m. That's it! You'll have fasted about 16 hours in a day. Generally speaking, women should fast for about 13 to 14 hours a day. Men should fast up to 16 hours a day.

One of the most important aspects of Intermittent Fasting is timing. In order to adjust the release of hormones in your body, it's better to fast around the same time each day. This way, you will be able to ease your body into this new eating pattern and, of course, stick to the plan for the long term.

16:8 Intermittent Fasting

16:8 is one of the most popular styles of fasting. As the title implies, you should hold off from any food for 16 hours and eat during the remaining 8 hours of the day. 16:8 cycle can be repeated as often as you like — from just regularly once or twice per week to every day, depending on your personal preference.

You can experiment and pick the time frame for eating and fasting windows that best fits your schedule, but we advise you to include the period of sleep in the fasting window, and finish your last meal 3 hours before bedtime, for example: you can finish your evening meal by 8 p.m., then skip breakfast the next day and start eating again at noon. It's important to note that during your eating window, you have to eat several small meals and snacks spaced evenly throughout the day to help stabilize blood sugar levels and keep hunger under control. Try to incorporate foods that are high in fiber. Stick to nutritious whole foods and beverages during your eating periods. Keep your body hydrated by drinking water, bone broth, coffee and other calorie-free beverages. Avoid all kinds of junk food. It'll negate the positive effects associated with fasting.

Dates to Remember

April 4 2021 - Closed for Easter

May 31 2021 - Closed for Memorial Day



FISH TACOS

Prep Time: 15 minutes | Cook Time: 10 minutes | Total Time: 25 minutes | Servings: 9 tacos | Calories: 221

Ingredients

Fish Tacos:

1 lb any firm white fish, cut into 1" cubes
1/2 cup any flour (or almond flour)
2 tsp taco seasoning
1 tsp garlic powder
1 tsp cornstarch
1/4 tsp salt
Ground black pepper to taste
2 tbsp avocado (or any oil) for frying
9 corn tortillas

Fish Taco Sauce:

1/2 cup plain yogurt 2% fat
1/4 cup mayo (or avocado oil)
Juice from 1 lime
1/2 tsp taco seasoning
1/4 tsp salt
Pinch of cayenne
Ground black pepper to taste

Optional Toppings:

Cabbage
Tomato
Avocado
Red onion
Cilantro

Instructions

Coating for Fish: In a medium bowl, add flour, taco seasoning, garlic powder, cornstarch, salt and pepper. Stir and set aside.

Taco sauce: In a small bowl, add yogurt, mayo, lime juice, taco seasoning, cayenne and black pepper. Stir and set aside.

Toppings: Chop and prepare the toppings.

To cook fish: Preheat large ceramic non-stick skillet on medium-high heat and swirl 1 tbsp of oil. In batches, coat pieces of fish in flour mixture and fry for 2-3 minutes per side or until crispy and brown. Fish cooks fast, so don't over cook. Do not overcrowd the skillet - helps to keep fish crispy. Remove onto a plate.

To assemble tacos: Warm tortillas in a cast iron skillet on high heat for 10 seconds per side and pressing on with spatula. Fill each tortilla with 3-4 pieces of fish, add toppings and drizzle with sauce. Serve immediately with your favorite toppings!

