

IT'S YOUR HEALTH

A Lifestyle For Better Health Newsletter from Lifestyle Therapeutix

Recipe for Better Health



Let's Beat Breast Cancer!!
 On July 1, 2021, a team of Lifestyle Medicine Experts joined Donna to celebrate 25 years of being free from Breast Cancer!!
 Go to our YouTube Channel to watch and learn some lifesaving information.
Breast Cancer Awareness Month

Lifestyle Therapeutix
 A Lifestyle For Better Health Center
 Offering Specialized Physical Therapy and Patient Education

Women: Circulation, Access, Health!
 Lack of sleep increases risk of aggressive breast cancer. Less than 6 hours of sleep increase in 20% the risk of recurrence rates. *Cancer Research and Biotechnology*
World's Breast Cancer Research and Treatment Journal, August 2012

Exercise 150 or more hours a week may decrease hormone levels and help lower breast cancer risk. The effect of exercise on breast cancer risk may be greater in premenopausal women of normal to low weight. *National Cancer Institute*

Anti-17 increases with breast cancer-related cells, reduces breast and reproductive cancer cells, causes cells to become differentiated, reduces the growth of new blood vessels (normal tumors forming openings). *William Grant, PhD, Sunnybrook Health Sciences Centre (Toronto, Ontario)*

Tobacco use, alcohol use, and obesity are the top three modifiable risk factors for breast cancer. *World Health Organization*

Herb Pflanzl - National Cancer Institute - Phytochemical Research
 Appropriately planned "plant based" diets are nutritionally adequate. *American Dietetic Association*

Intake of animal fat, especially from red meat and dairy products, during premenopausal years is associated with an increased risk of breast cancer, according to a report in the Journal of the National Cancer Institute.

Women diagnosed with certain benign breast conditions might have a higher risk of breast cancer. Some of these conditions are more closely linked to breast cancer than others, such as fibroadenomas, sclerosing adenosis, and atypical ductal hyperplasia.

Vegetarian diet associated with lower risk of breast cancer. *Journal of the National Cancer Institute*

Vegetarian diet associated with lower risk of breast cancer. *Journal of the National Cancer Institute*

Risk for breast cancer is increased in polluted, smog-filled air. Spend time outside in the fresh air as often as possible to take advantage of the negative charge of the fresh air. *Harvard Medical School, JAMA, 1998*

Relationship between stress and breast cancer is being well understood. Menopausal is associated with more aggressive breast tumors. *University of Illinois at Chicago, Gail M. Kuznetsov, PhD*

Artificially-sweetened beverages through the use of high-fructose corn syrup has the greatest potential to be replaced by naturally-sweetened beverages. *Journal of the National Cancer Institute, D. Andrew Lack, MD, PhD, European Cancer Prevention, JAVNA Professor David W. Brown, Researcher*

Physical activity, moderate, walking, tennis, strength, our health. *Lifestyle Therapeutix, University of Michigan, National Health Study, -Linda Linda University, Blue Zones Study.*

Lifestyle Therapeutix | 4825 University Square Suite 9 | Huntsville AL 35816-1286



For Better Health



When we opened Lifestyle Therapeutix in 2015, we were committed to providing options to the people in the Huntsville area that focused on them as a whole person. Health Focused Physical Therapy and Healthy Lifestyle/Wellness Coaching are offered in a way that will not only rehab our patients, but educate them about how their lifestyle choices can aid in the cause of why they came to see us.

We are witnessing miracles from the *Great Physician* as patients are willing to embrace and practice what they learn. Patients who suffer from Heart Disease, Diabetes and its complications, Stroke, Obesity, High Cholesterol, Arthritis, Neuropathies, Pain, Erectile Dysfunction and other conditions are amazed at the progress they are able to make.

Because we believe in the value of healthy choices, we introduce all of our patients to a plant powered diet. And, it is making a huge difference in the patients who adapt it.....from improved vision to reduction of dialysis treatments. Prior to COVID, live, in-person cooking classes allowed our patients to experience plant powered cooking first hand. Now, we offer some options online.



Since **October** is **National Physical Therapy Month**, we are celebrating and want you to know that the choices you make can make a difference. According to the **American Physical Therapy Association**, regular physical activity is one of the best things that you can do for your health. Unfortunately, more than 80% of adults and young people don't get enough of it. You don't need to spend hours at a gym or purchase expensive equipment to meet the physical activity guidelines. Just pick physical activities that you enjoy and do them regularly.





Don't just watch and wait— 

Reduce your breast cancer risk in four simple steps:

1. Choose plant-based foods
2. Move more
3. Limit alcohol
4. Maintain a healthy weight

LetsBeatBreastCancer.org



CUHGH Cooking School is available on several Venues.

- Online LIVE!!!
- Lifestyle Therapeutix Kitchen
- Lifestyle Therapeutix - Website
- Lifestyle Therapeutix - YouTube
- Instagram Wellness Wednesdays

Order a copy of our eBook



Still Cookin' Up Good Health Available on our WEBSITE



Call us TODAY for all your Lifestyle Physical Therapy needs!! We'd love to care for you Lifestyle Therapeutix Where Circulation Means Health!

If pain or a condition is holding you back, contact our office. Physical therapists are movement experts who improve quality of life through *hands-on care, patient education, and prescribed movement*. We can help get you moving to reduce your chronic disease risk, enhance your fitness, and prevent injuries. It's never too late to get moving. **Choose More Movement. Choose Better Health.**

If you are in need of any type of Physical Therapy care, we are here to serve you. If you are in need of **RELIEF** from **Neuropathy - Peripheral Neuropathy, Diabetic Neuropathy or Chemotherapy Induced Peripheral Neuropathy**, CALL TODAY!!! We can bring relief and end your suffering!! It's our specialty. **256-704-2352.**

Many times, when you receive a diagnosis, you focus so intently on the disease and treatment without addressing how you got there in the first place. It's been our pleasure to relieve pain and show patients how their choices can reduce risk, prevent, that and even reverse health conditions that are largely caused by personal choice.

Steven and Dawn Taylor came to Lifestyle Therapeutix for pain relief. Well actually, Dawn came and believed that Steven could benefit as well. He was really hesitant because of lack of success with other therapists. As treatment progressed and his health improved, he was quite interested in learning about how his lifestyle choices could improve his health. In addition to the pain he had he also had diabetes, hypertension, stage 3 kidney disease, ED, retinopathy, bilateral knee pain and arthritis. As part of his therapy, he'd learned how his choices impact his health outcomes and decided to make some changes starting with moving to a plant based diet.



Well, guess what?!?! He has reversed/improved all health conditions and is training now to be an educator in Healthy Lifestyle/Plant Powered Living. Yaaayyyy Steven!!



Breast Cancer Awareness Month is also celebrated in **October**. Donna's experience with invasive, aggressive, metastatic breast cancer was a big reason that Lifestyle Therapeutix was opened. She celebrated 25 years of being cancer-free in July of this year.

You can watch the celebration here: **Black Women, Breast Cancer and Chronic Disease: BeatingThe Odds**. Our YouTube Channel.

We'd love to serve you and radically change your life!! Give us a call. Ms. Garry will get you scheduled!! **Call TODAY 256-704-2352**



REMEMBER - IT'S YOUR HEALTH

