

IT'S YOUR HEALTH

A Lifestyle For Better Health Newsletter from Lifestyle Therapeutix

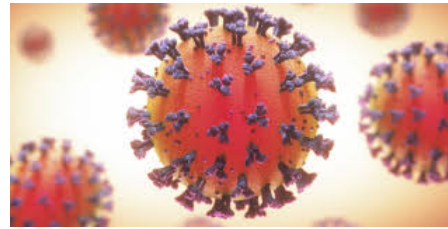


Recipe for Better Health

WE ARE OPEN AGAIN

As Lifestyle Therapeutix resumes care for patients, SAFETY is our first priority. We welcome your initial evaluation or referral. To put you at ease, we have added the following precautions:

- Patients are seen on an hourly basis so you are not exposed to others. You need to arrive on time.
- We are currently unable to accommodate anyone other than patients in the treatment area/ gym.
- Patients and office staff must wear a mask of some type.
- Temperature will be taken on all patients upon entry to the clinic.
- All patients are required to sanitize their hands with hand sanitizer before entrance into the treatment area.
- Staff will continue to sanitize equipment after each patient use/treatment.
- Staff will sanitize clinic twice per day.



Coming Out of COVID19

At this very moment, more than 1.37 million Americans have been diagnosed with Corona Virus/COVID19. Of that number over 80,000 of them have died. And, 214,000 have recovered. In Alabama there are nearly 10,000 cases and nearly 400 deaths.



As a public health professional, I have paid close attention to the evolution of this crisis. Epidemics/pandemics are known to follow a curve as a population is impacted. Eventually the curve reaches its peak and begins to progress downward. And, in cases like

COVID, when the population at risk follows recommended protocols, the numbers can go down, the curve can flatten, communities can recover and plans can be made for prevention and treatment in case of another outbreak.

COVID19 is defying all of the norms. It is respecting no person/age or country or race or profession. And, as communities in America begin to re-open, we are certain to see a "second wave". For many people, the thought of this is terrifying. And, while physicians and researchers work to develop medicines that will treat or immunize, best estimates for that to be in place is 12-18 months in the future.

Because people with compromised immune systems are at greater risk, one of the best tools to help reduce your risk for infection is to build a **strong immune system**. And, that is something you can do by deciding to make healthier overall choices.

1. Get Plenty Sleep

Getting enough proper sleep helps your body to produce enough of the blood cells that fight infection and inflammation. Not getting enough increases your risk of getting sick and taking longer to recover.



CUGH Cooking School is available on several Venues.

- Online LIVE!!! Facebook and Instagram
- Lifestyle Therapeutix Kitchen
- Lifestyle Therapeutix - Website
- Lifestyle Therapeutix - YouTube

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Call us TODAY for all your Lifestyle Physical Therapy needs!! We'd love to care for you



Where Circulation Means Health

2. Get Lots of Sunshine

Sunshine helps to produce Vitamin D which is key to a healthy immune system. Sunshine also kills bacteria, viruses and fungi. It proved to be a real benefit during the 1918 Flu Pandemic. <https://medium.com/@ra.hobday/coronavirus-and-the-sun-a-lesson-from-the-1918-influenza-pandemic-509151dc8065> Lysol on the inside of the body is not recommended. At all. Ever.



3. Add Lots of Plant Foods to the Diet

Plant Foods are a natural source of anti-viral phytochemicals. Fill your meals with garlic, onions, berries, cruciferous vegetables like collards, kale, broccoli, fiber rich grains that feed healthy bacteria in the gut, herbs like ginger, oregano, turmeric, lemon balm, peppermint, elderberry and rosemary.

4. Get Plenty Exercise

Exercise improves circulation. When circulation is improved, immune cells and substances move through the body better and are able to fight off disease. In addition, exercise helps you sleep better, which means the immune system is cleaned up and prepared for the fight of another day.

5. Avoid Cigarettes and Alcohol.

Cigarettes and alcohol offer nothing in the way of fighting disease. They weaken the immune system and worsen the outcome if you have a virus. If you don't use them already, don't start. If you do, look for ways to end your dependence on them. <https://www.breathefree2.com/welcome>

6. Manage Stress

"When we're stressed, the immune system's ability to fight off antigens is reduced. That is why we are more susceptible to infections. The stress hormone corticosteroid can suppress the effectiveness of the immune system (e.g. lowers the number of lymphocytes)." <https://www.simplypsychology.org/stress-immune.html> Exercise, sleep, prayer and meditation, therapy all help to relieve stress. Do what you can to change what you can to reduce your stressors. Watch for the difference in your health.

7. Social Distancing

Protect the investment you've made in your immune system. Follow social distancing recommendations, wash your hands, use anti-bacterial gels and wear a mask/face cover of some type.



The Staff at Lifestyle Therapeutix has personally known people who have been stricken with COVID19, recovered or died. Our hearts ache for those who lost loved ones. It was all so very quick. All of our lives have been changed in ways we will still learn about in the years to come. May God be with you and those you love.

"It's Your Health!"

