JENNA HOWE

Osteopathy and Concussion Recovery

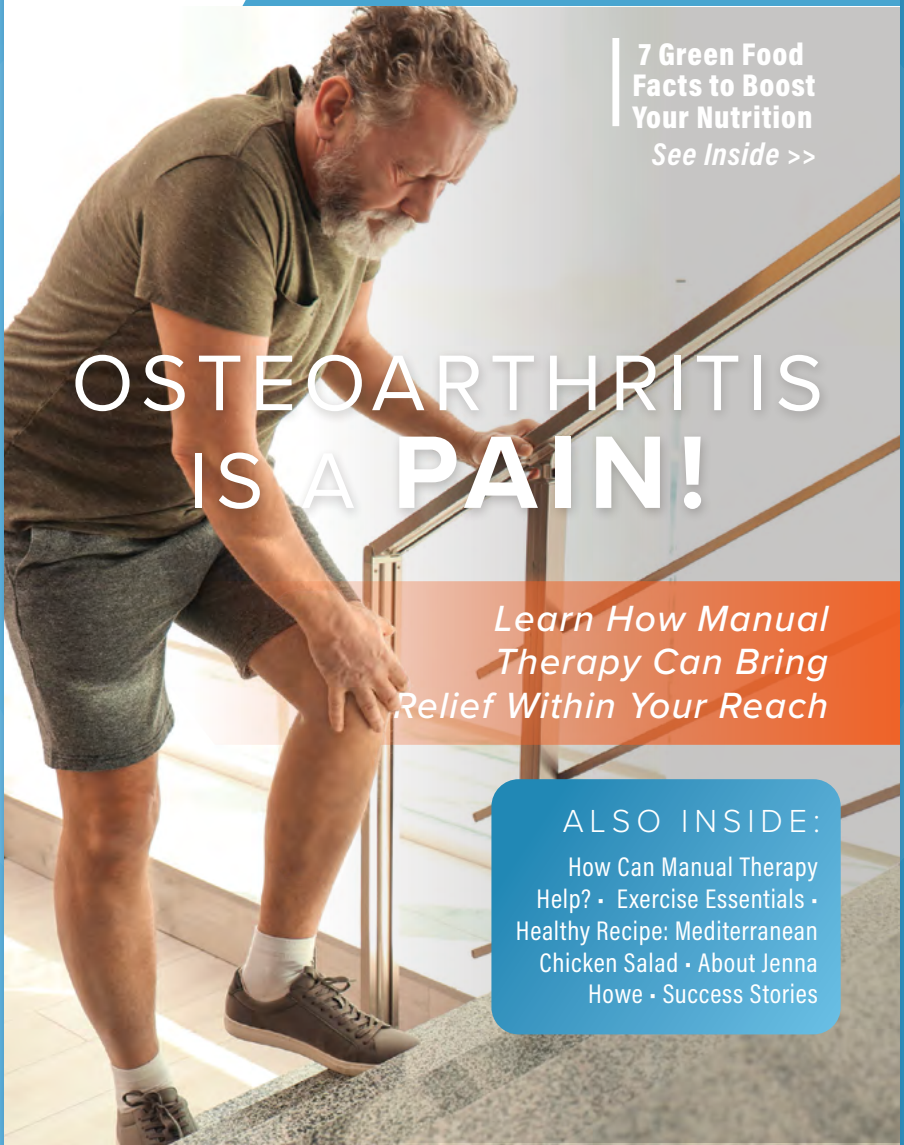
JUNE 2021 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle

7 Green Food Facts to Boost Your Nutrition

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OSTEOARTHRITIS IS A PAIN!

Learn How Manual Therapy Can Bring Relief Within Your Reach

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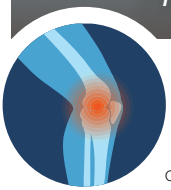
JUNE 2021 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle

OSTEOARTHRITIS IS A **PAIN!**

Learn How Manual Therapy Can Bring Relief Within Your Reach



As we all age, our bodies experience a certain "wear and tear" on cartilage and joints. This can cause inflammation and pain, known as arthritis. Osteoarthritis is the most common form of arthritis, making itself apparent in people as they age. It can certainly take a toll on one's body, resulting in achy or painful joints after exercise, after a long day on one's feet, or even after prolonged periods of inactivity, thus causing joints to constrict.

The most common areas of Osteoarthritis are found in the fingers, hips, knees, and spine. These are all joints that we use excessively, even in our daily lives. Just think - by the time you lift yourself out of bed, shower, brush your teeth, eat breakfast, and prepare to begin your day, you've already used these joints a multitude of times. Therefore, it isn't surprising that pain can occur in them over time. If you believe you may be experiencing Osteoarthritis, give Jenna a call today to discuss options for pain relief.

Why do we experience Osteoarthritis?

While it is true that Osteoarthritis is most common in older folks, that is not always necessarily the case. It is possible that Osteoarthritis can present itself in younger adults, especially if they are prone to weak joints, poor dieting, or if they aren't very active. Your cartilage works hard to protect your joints by absorbing the natural shocks that your body experiences on a daily basis. Therefore, much of your likelihood regarding Osteoarthritis is dependent upon the physical and nutritional lifestyles you partake in. Joint alignment can alter and the muscles around a joint can weaken over time, causing the cartilage to shift or thin. As cartilage wears down, Osteoarthritis becomes much more common.

As Osteoarthritis progresses, more symptoms can arise. The most common symptoms are:

- **Joint pain.**
- **Swelling or tenderness** in or around the joint(s).
- **Inflammation or flare-ups** of pain in the joint(s) after use.
- **Feeling stiff** after sitting or laying down for prolonged periods of time, especially when getting up in the morning.
- **Crepitus** - also referred to as a "cracking or crunching" feeling when moving the joint(s), or the sound of bone rubbing on bone.

If you find yourself dealing with any of these symptoms on a daily basis, don't settle for thinking that you will never find relief. Call Jenna Howe today to learn about how manual therapy and osteopathy can help you catch a break from Osteoarthritis pain.

Are you dealing with Osteoarthritis on a daily basis? Give us a call today —we can get you back to living your best, most pain-free life.

CALL JENNA TODAY!

(250) 704-4421

Call Jenna Howe TODAY to schedule your return appointment!

HOW CAN MANUAL THERAPY HELP?

How can manual therapy help?

1 in 5 adults is diagnosed with arthritis annually. Manual therapy and osteopathy are some of the most effective treatments for Osteoarthritis, usually helping with the relief of joint pain in just a few sessions. If you have arthritis, don't fret - there is hope! While anti-inflammatory and pain medications will help for the time being, they are very much a short-term solution. Manual therapy can help in actually strengthening your joints and muscles once again, allowing for a much healthier and long-term pain relief solution. Therapy will also help in learning to use your joints in new ways once again, allowing for the highest quality of life despite the severity of your arthritis.

Schedule an appointment today

Jenna Howe is trained to help you with joint alignment, stability, muscle regeneration, and most importantly, pain relief. She is dedicated to helping you get back to your normal levels of mobility. Don't settle for a life of aches and pains—therapy can get you back on your feet and doing activities you used to love! Call Jenna today and at (250) 704-4421 or book online at jennahowe.com to schedule your appointment for a diagnosis and a treatment plan.



Say goodbye to pain and embrace your best physical health this summer! Give our clinic a call today at (250) 704-4421 or visit jennahowe.com to schedule your appointment.

7 GREEN FOOD FACTS TO BOOST YOUR NUTRITION

Avocados have twice the amount of potassium as bananas, and **Green bananas** contain less sugar than those that are over-ripened.

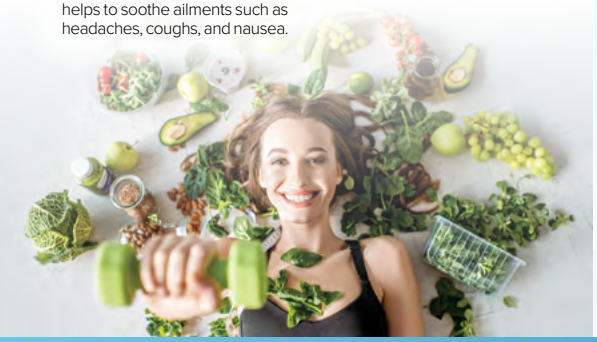
Broccoli contains twice the amount of Vitamin C than oranges and as much calcium as whole milk.

Cilantro is good for digestion and helps to soothe ailments such as headaches, coughs, and nausea.

An **Onion's** sulfur compounds help in detoxifying the body and aid in cellular repair.

Parsley contains three times the amount of vitamin C as oranges, and twice the amount of iron as in spinach.

Peppermint can help you feel focused and alert during long days.



EXERCISE ESSENTIALS

Try this exercise to ease knee pain.

QUAD SET

While lying or sitting with a small towel rolled under your ankle, tighten your top thigh muscle to press the back of your knee downward towards the ground. Hold position for 10-15 seconds, then gently release to starting position. Repeat 5-10 times per side.



Always consult your practitioner before attempting an exercise you are unsure of.

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Call Jenna Howe TODAY to schedule your return appointment!

ABOUT JENNA HOWE,

BA Psych., DOMP, CBHT, NKT, Concussion Health Certified



Jenna Howe began her career in health and wellness in 1995 as a Certified Personal Trainer after graduating from George Brown Colleges' Fitness and Lifestyle Management program. For several years, Jenna provided nutrition, fitness and lifestyle consulting for private clients as well as taught at Fleming Colleges' Police Foundations and Drug and Alcohol counselling programs.

Her passion for education and helping people recovery from injury and illness led her to continue her education in: Cancer Exercise Rehabilitation, Bowen Therapy, Neurokinetic Therapy, Bachelor of Arts in Psychology, Yoga Therapy and Osteopathy. Along the way Jenna never forgot her love of fitness and continues to personal train and teach Zumba classes.

As a Manual Osteopathic Practitioner in Victoria British Columbia, Jenna uses her knowledge of the human mind, psyche and body and is dedicated to helping clients of all ages, and from all walks of life to feel better and lead full lives.

HEALTHY RECIPE



MEDITERRANEAN CHICKEN SALAD

Ingredients

- ⅓ cup lemon juice
- 2 tbsp snipped fresh mint
- 2 tbsp snipped fresh basil
- 2 tbsp olive oil
- 1 tbsp honey
- ¼ tsp black pepper
- 5 cups shredded romaine lettuce
- 2 cups cut-up cooked chicken breast
- 2 plum tomatoes, cut into wedges
- 1 (15 oz) can garbanzo beans
- 2 tbsp pitted Kalamata olives
- 2 tbsp crumbled reduced-fat feta cheese
- 6 Whole kalamata olives

Directions

In a screw-top jar, combine lemon juice, mint, basil, olive oil, honey, and black pepper to make dressing. Cover and shake well. Place lettuce on a large platter. Top with chicken, tomatoes, garbanzo beans, the quartered olives (if using), and feta cheese. Drizzle with dressing. If desired, garnish individual servings with whole olives.

Learn more online at JennaHowe.com

SUCCESS STORIES

Jenna's Patients Are Seeing Results



"Jenna is wonderful at what she does and I would highly recommend her."

"A few months back I had a really bad head injury and post concussion symptoms. It was quite debilitating. But after a few sessions with Jenna, the majority of the symptoms were gone. Jenna is wonderful at what she does and I would highly recommend her.

— Danny H.

JENNAHOWE.COM



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