NNA HOWE
Osteopathy and
Concussion Recovery

DECEMBER 2021 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle



HOW DOES FOOD Affect Our Mood?

INSIDE...

Healthy Recipe: No-Bake Chocolate Peppermint Balls

At-Home Exercise to Relax Your Whole Body

Check Out Our YouTube Channel!

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How Does Food Affect Our Mood?

Did you know that there are neurochemicals in foods that affect our brains? It's true! We can use foods as natural 'prescriptions' for our moods. Certain foods help increase serotonin, norepinephrine, and dopamine in our brains.

Serotonin is like sunshine for your brain. This neurochemical improves your mood, makes your immune system stronger, and helps regulate your sleep schedule and appetite.

Foods that aid in the release of serotonin include:

- Brown rice
- Chickpeas
- Onions
- Peppers
- Sweet potatoes
- Berries
- Grapefruit
- Oranges
- Kiwi
- Pineapple
- Sour cherries
- Eggs
- Milk
- Walnuts
- Dark chocolate
- Tomatoes
- Pumpkins
- Plums

Norepinephrine is a stabilizer. It helps to regulate emotions such as anger and anxiety, so we stay balanced.

Foods that aid in norepinephrine production include:

- Asparagus
- Quinoa
- Steel-cut oats
- Bananas
- Broccoli
- Avocado
- Cheddar and cottage cheese
- Raw cacao powder
- Pumpkin seeds
- Tempeh
- Guava
- Lemons
- Berries
- Yams
- Goji berries
- Apricots
- Watermelon
- Pears
- Papaya
- Apples

Dopamine is the neurochemical responsible for our feelings of satisfaction. When you're satisfied, you can fight against addiction and restlessness with less struggle. You can also keep yourself motivated and focused.

Eating for Brain Health

Foods that increase dopamine levels include:

- Beets
- Brussel sprouts
- Prunes
- Hazelnuts
- Pumpkin seeds
- Walnuts
- Almonds
- Honey
- Licorice
- Peppermint tea
- Green tea
- Cucumber
- Leafy greens
- Celery
- Peppers
- All types of beans
- Avocado

When we take good care of our bodies and are mindful of the food we put into them, the results will show! By taking your diet and nutrition into account, you are playing an active role in your health and wellness.

Nutrition and exercise go hand in hand. If you're experiencing chronic pain or trying to heal from an injury, sometimes it won't matter what you're eating. If you can't get up and move your body, only half of the work is being done towards recovery!

Call today for an appointment

Jenna Howe is an ANF Certified Pain Therapist and Holistic Practitioner, and ANF Pain Therapy Instructor. She helps to treat a variety of ailments and chronic conditions through safe and natural techniques.

You deserve to enjoy life every day without the threat of pain symptoms plaguing you. If you're looking for a way to incorporate nutrition and healthy exercise into your routine, call today and schedule an appointment!

Jenna Howe Can Help!

CALL (250) 704-4421

YouTube

Check Out Our YouTube Channel!

If you've been at home and you aren't sure what to do about your pain, see if any of our videos can help you! **This is a free resource** we are providing YOU to help get you back to the life you deserve.



Scan the QR code below or go to: https://tinyurl.com/JennaHoweYouTube

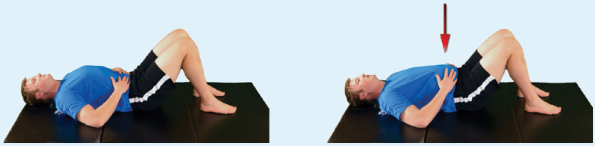
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AT-HOME EXERCISE

Try this exercise to help relax your whole body

DIAPHRAGMATIC BREATHING

Lie on your back with your knees bent. Breathe deep, from the belly.



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

You are well on your way to pain-free! Call Jenna Howe TODAY to access relief.

HEALTHY RECIPE



NO-BAKE CHOCOLATE PEPPERMINT BALLS

- 10 tbsp cocoa powder
- 6 tbsp maple syrup
- ¼ cup almond butter (use SunButter or nut-free)
- ¼ cup unflavored pea protein powder
- ½ tsp peppermint extract
- ¼ tsp sea salt
- 2-4 tbsp crushed candy canes
- 2-4 tbsp dairy-free chocolate chips (optional)

Put everything except the candy cane or cacao nibs, chocolate chips, and water into a bowl and mix well. Slowly add water if needed (You may not need any water if your almond butter is runny). Start with a teaspoon and slowly add until you get a well-mixed batter. If you add too much then the batter will be too soft to roll. Add the candy canes/ cacao nibs and chocolate chips and mix again. Allow batter to chill in the fridge while you clean up, then roll into balls.

Recipe: https://www.veggiesdontbite.com/no-bake-chocolate-peppermint-protein-balls



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JOYFUL NEW YEAR



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Learn more online at JennaHowe.com

SUCCESS STORIES

Jenna's Patients Are Seeing Results



"She is getting to the heart of my aches and pains so quickly."

Jenna is a godsend. How lucky to find her on Google. The top reviews are bang-on. She is getting to the heart of my aches and pains so quickly. I can tell how much she loves her work and along with her talents it is a winning combo. I absolutely recommend Jenna Howe.

— Linda C.

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