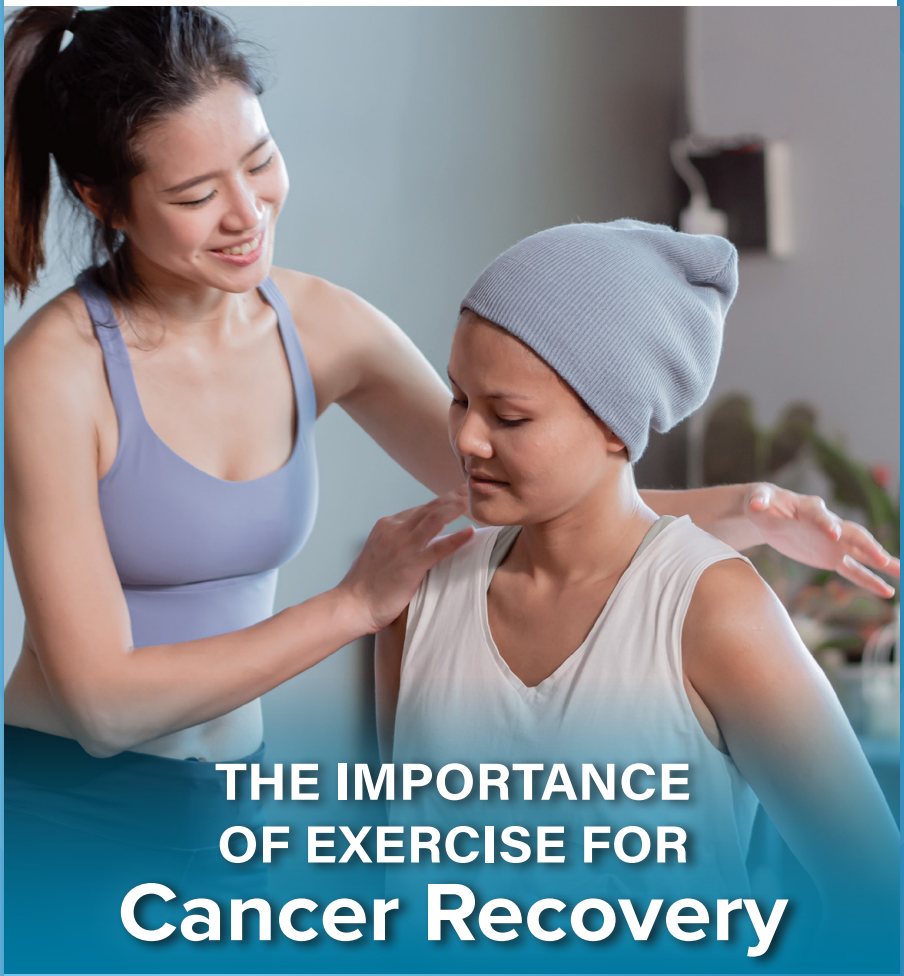
JENNA HOWE

Osteopathy and Concussion Recovery

OCTOBER 2022 ISSUE

# NEWSLETTER

Your Resource for a Healthy Lifestyle



# THE IMPORTANCE OF EXERCISE FOR Cancer Recovery

Being Grateful is Good For You!

Tips to Reduce Your Risk of Developing Breast Cancer

4 Leaf Raking Tips

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# NEWSLETTER

Your Resource for a Healthy Lifestyle



# THE IMPORTANCE OF EXERCISE FOR Cancer Recovery

Have you wondered if you are doing everything you can to support your healing process of recovering from cancer? Jenna Howe is here to help! Jenna understands the toll dealing with cancer takes on our physical, mental, and emotional health.

Exercise has been shown to improve your body's response to cancer treatments and support your overall health and well-being. Jenna can help design an exercise program that supports your health and improves your overall function so you can participate in the things you enjoy.

## What to Expect at Manual Therapy Sessions

People going through cancer treatments face depression, sleep disorders, fatigue syndrome, and a loss of physical function that negatively affects their quality of life. Having someone who understands cancer's impact on your physical, mental, and emotional health is essential for recovery.

Jenna Howe is an expert at helping people resume activity and exercise no matter their physical condition. Exercise has been shown to improve our cardiovascular, metabolic, and immune function. In addition, exercise helps our health by reducing inflammation and enhancing tolerance to the medication. There is also strong evidence that physical activity improves cancer survival rates.

Rehabilitation based on physical activity can also help with surgical and/or radiation therapy complications, including scars that limit tissue mobility, contractures, joint mobility disorders, swelling, and pain. Jenna Howe will help resolve your limitations and help you start/resume exercise to support your health and recovery process!

## Request an Appointment at Jenna Howe today!

Jenna Howe understands the challenges that cancer brings and addresses the physical limitations that interfere with your quality of life.

Call today to schedule your appointment and help Jenna help you feel good again!

Sources: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5679055/; https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8645643/; https://cancerres.aacrjournals.org/content/81/19/4889; https://acsjournals.onlinelibrary.wiley.com/doi/10.1002/cncr.32973

# BEING GRATEFUL IS GOOD FOR YOU!




### Gratitude and Health

Feeling thankful can improve your health in both direct and indirect ways. Some research shows that the experience of gratitude can induce a sense of relaxation, improve the immune system, and decrease blood pressure. But grateful people also tend to cultivate better health habits, like eating more nutritious food, exercising, and avoiding risky behaviors. In addition, the optimism that stems from gratitude can create a healing attitude: research shows that people with optimistic attitudes have better outcomes after medical procedures.

### Gratitude and Joy

Robert Emmons, an internationally renowned scientific expert on gratitude, has found that acknowledging the good in life has a tendency to amplify positive emotions, such as joy and contentment, because it helps us slow down. "I think gratitude allows us to participate more in life," he says. "We notice the positives more, and that magnifies the pleasures you get from life." Consider the last time you had a good cup of coffee — did you pay attention to the warmth of the cup on your hands, or the feeling of pleasure as you took the first sip? It's easy to ignore these small moments of positivity in our day as we rush from one activity to another, but stopping to appreciate them makes them more powerful.

### Gratitude and Resilience

Practicing gratitude can also make you better equipped to handle the difficulties of life that inevitably arise. In fact, according to Emmons, it's an essential part of the process of healing from trauma. Even despair can be mitigated by the experience of appreciation for the good, however slight it might be. Thankfulness for the small blessings help you maintain your humanity despite experiencing a tragedy or loss. Many people with life-threatening illnesses also report decreased distress and increased positive emotions when they practice gratitude.

Recent MRI studies have mapped the gratitude circuitry in the brain, which activates a sense of reward, fairness, and decision-making — all aspects that help facilitate survival and post-traumatic growth.

Source: Emmons, R. (2010 November 16). Why gratitude is good. Greater Good. Retrieved from http://greatergood.berkeley.edu/article/item/why_gratitude_is_good . Emmons, R.A., Stern, R. (2013). Gratitude as a psychotherapeutic intervention. Journal of Clinical Psychology; 69(8), 846-855. Excerpts taken from https://www.takingcharge.csh.umn.edu/10-ways-be-more-thankful-person

## 4 LEAF RAKING TIPS

For many of us, autumn is one of the most beautiful times of the year. There's nothing like the cool refreshing air and breathtaking fall foliage. However, with the changing of the seasons comes a chore that we all dread– raking leaves.

Thankfully, there are a few easy ways to make raking the leaves more enjoyable. If you need help with your follow through on this chore, keep reading!

**1. If you can, rake downhill**

Raking leaves is hard enough without having to go against gravity. Make this process a little easier on yourself by raking downhill.

**2. Pull the leaves towards you as you rake**

This technique helps keep stress off your back and prevents injury. For extra preventative measures, tighten your abdominal muscles as you move.

**3. Divide your lawn into sections**

If you're dealing with a huge lawn, don't overdo it by trying to tackle all the space in one day. Instead, divide your lawn into smaller, more manageable sections and spread the work out over a couple days.

**4. Wait until the leaves stop falling**

There's almost no point in cleaning up your lawn while your trees are still full of leaves! To save yourself from unnecessary stress, wait until the trees are bare to get started on this chore.



# TIPS TO REDUCE YOUR RISK OF DEVELOPING BREAST CANCER

Did you know that about 1 in 8 Canadian women will develop invasive breast cancer at some point in their lifetime? October is Breast Cancer Awareness Month – and Jenna Howe wants to take this opportunity to encourage women to take preventative health measures.

When was the last time you were screened for breast cancer? Early detection is key when it comes to treating breast cancer. There are more treatment options and a better chance of survival if breast cancer is detected early. Women diagnosed with breast cancer at an early stage have a five-year survival rate of 93 percent or higher.

In addition to screenings, there are some measures you can take to lessen your risk of developing breast cancer. Check out the list below for a few research-backed ways to reduce your risk.

### Limit or Cut Out Alcohol

The more alcohol you consume, the more likely you are to develop breast cancer. Based on research on the effect of alcohol on breast cancer risk, the general recommendation is to limit yourself to no more than one drink per day.

### Keep a Healthy Weight

If you believe you need to lose weight, talk to your doctor about healthy ways to do so. Reduce the number of calories you consume each day while gradually increasing the amount of exercise you do.

### Exercise Regularly

There are countless benefits to exercising, including weight management which leads to cancer prevention! Most healthy adults should aim for at least 150 minutes of moderate aerobic activity per week.

Jenna Howe also offers rehabilitation services for those in remission from breast cancer. If you need help regaining your strength, our dedicated therapists are ready to assist you.

Source: https://www.carolmilgardbreastcenter.org/for-patients/facts-myths/early-detection-is-key/

**Healthy Recipe:**

## FALL GREEN SMOOTHIE

- 1 cup unsweetened almond milk
- 1 cup kale or spinach
- 1/2 cup frozen pears, cubed
- 1/2 cup frozen grapes
- 1/2 banana

Combine all ingredients in a blender and puree until smooth. Serve immediately.



https://danettemay.com/fall-greens-smoothie/.

*Learn more online at JennaHowe.com*

## SUCCESS STORIES

*Jenna's Patients Are Seeing Results*



"I have had a reoccurring injury in my lower back for a few years now. I have gone to numerous Physios, Chiros, RMTs, and Acupuncturists. Jenna had a whole new approach where she was able to figure out the root of the pain and gently train my body to stabilize and use its core muscles. I appreciated her approach immensely! Thank you, Jenna!"

**— Kira H.**


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