JENNA HOWE

Osteopathy and Concussion Recovery

DECEMBER 2022 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle



Tips to *Stay Healthy* Over the Holidays

4 Tips To Prevent Holiday Stress

Holiday Recipe: Peppermint Bark

4 Winter Exercise Tips

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Tips to Stay Healthy Over the Holidays

Do you find it challenging to get motivated when it's cold outside? Are the early sunsets making you feel more tired than usual? Are you struggling to make healthy food choices during all the holiday parties and family gatherings? At Jenna Howe, we can help you find ways to stay active and healthy no matter the season!

You might think it's impossible to enjoy the holiday season and make healthy choices at the same time. But the truth is, staying fit doesn't need to involve crash diets or lists of restrictions! It's simply about listening to your body, recognizing true hunger, and not overeating. At Jenna Howe, we can design specialized treatment plans for anyone who needs a little extra push to stay active during the winter. We can also offer nutritional advice and tips to combat overeating. Contact us today to learn more!

4 Tips for Healthy Eating During the Holidays

Are you finding holiday dinners more stressful than soothing? At Jenna Howe, we know it can be hard to navigate plates of delicious food and desserts, especially when you may be trying to lose weight or stick to certain food groups.

Eating mindfully is especially important during these times. Recent research found that people ate more food when dining with others than alone, so we need to concentrate on what our body really needs.

If you're unsure where to start when it comes to navigating holiday dinners, know that there are plenty of simple ways to stay healthy and enjoy everything the season offers. You can begin by implementing the following tips into your routine:



1. Make sure to eat all meals!

With big holiday lunches and dinners to look forward to, it can sometimes be tempting to eat less food during the day to save room for later. However, this can actually encourage you to make less healthy choices and have an unbalanced diet.

Eating one big meal a day can also increase your blood pressure and cholesterol. Instead, try to eat regular meals with servings of lean protein, fruits, and vegetables.

2. Remember to Drink Water.

If you're like most people, you tend to opt for sugary drinks or alcoholic beverages at your holiday parties. Amid all the excitement, it's important to remember to drink water still. Staying hydrated is a critical element of healthy nutrition and helps digestion.

3. Have a Healthy Breakfast Every Morning.

Eating a healthy breakfast is essential for your health and weight. Protein-rich foods are the best choice for breakfast because they keep you full longer and help you avoid overeating later in the day.

Protein-rich foods include eggs, milk, yogurt, cheese, beans, nuts, and seeds.

4. Slow Down

It can take up to 20 minutes for your stomach to signal to your brain that it's full. Try putting your fork down after every couple of bites, and be sure to actually chew your food. Before going for a second helping, give yourself 20 minutes to digest, then reassess your hunger.

At Jenna Howe, we understand the unique challenges the holiday season poses. Whether you're worried about overeating or eating the wrong foods, we can help provide the expert guidance you need to keep your health in check.

4 Winter Exercise Tips

The temperature is dropping, and the days are getting shorter. It's easy to get into a winter slump and feel like all you want to do is hibernate until spring comes around.

But you don't have to be a hermit during these cold months! There are plenty of ways to stay active without braving the cold. If you're at a loss wondering how you can keep your physical fitness up this holiday season, we're here with some ideas for how you can stay healthy!

1. Get Creative with Your Workouts

If it's too cold outside, try doing some activities in the comfort of your own home. You can do jumping jacks, squats, lunges, pushups, or any other workout that improves your heart rate. You could also try doing yoga or pilates!

2. Join an Indoor Fitness Class

There are plenty of fitness classes available at gyms and community centers that will allow you to stay active without going outdoors.

3. Join an Adult Sports League

One of the easiest ways to stay in shape during the winter is by joining an adult sports league. You can find many different leagues for adults that are indoors and outdoors and encompass various sports. This is also an excellent way to meet new people!

4. Download a Fitness App or Watch Workout Videos on Youtube

These days, you don't need a personal trainer to get active! Especially not when there is a wide variety of free workout tools at your fingertips.

You Can Have Fun and Stay Healthy this Holiday Season!

Whether you're looking for more tips on eating healthy or more ideas on getting active during the wintertime, we can help support you! Contact Jenna Howe today to find out how we can help make your holiday season as enjoyable as possible!



4 TIPS
TO PREVENT HOLIDAY STRESS

Be Realistic

The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.

Stick to a Budget

Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

Try these alternatives:

- Donate to a charity in someone's name.
- Give homemade gifts.

Plan Ahead

Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.

Learn to Say 'No'

Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.

Easy Chocolate Peppermint Toffee



- 1 sleeve of Ritz Crackers (about 16 crackers)
- 1/2 cup butter (1 stick)
- 1/2 cup brown sugar
- 1 cup chocolate chips
- peppermint candy

Preheat your oven to 425˚ and line an 8 x 8 baking dish with parchment paper. Cover the bottom of the pan with crackers. You may need to break some in half to fill gaps. Combine brown sugar and butter in a pan and bring to a boil. Boil for 3 min WITHOUT stirring. Immediately pour mixture over crackers in the pan and spread evenly. Bake for 5 min to thicken and set the caramel. Remove from oven and sprinkle chocolate chips evenly over the top. Place the pan back in oven for about 2 min or until chocolate is soft enough to spread. Immediately spread melted chocolate chips so that you have a nice, even layer. Sprinkle with crushed peppermint candy. Cool completely then refrigerate for 2 hours or until hard enough to break apart.

SUCCESS STORIES

Jenna's Patients Are Seeing Results



"Jenna is a miracle worker. I've had pain for 20 years. I have done everything possible with it never really going away. She has helped me more in two visits than anybody so far. Sooooo happy I found her!!"

— Heather F.

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Concussion Corner

Concussions and Hormone Changes

Did you know some symptoms after a concussion may be related to hormone imbalances? The most common symptoms of a concussion include headaches, confusion, sleepiness and dizziness.

Research has shown that the impact of a concussion can also directly or indirectly affect or be affected by hormones. For example, females often have more or stronger symptoms, and women taking birth control are more susceptible to experiencing a concussion when their estrogen levels are lower. There is also evidence that concussions can impact the pituitary gland and hypothalamus in the brain resulting in hypothyroidism. The changes to the hormone levels ultimately affect multiple systems in the body; common symptoms include:

- Insomnia
- Anger
- Depression and anxiety
- Chronic muscle pain and fatigue
- Gut and digestive issues
- Weight loss or gain
- Sexual dysfunction and potential fertility issues

Even though there's no specific cure for concussions, Jenna Howe knows how to help you find relief. If you are looking for a research-backed approach to concussion therapy, contact Jenna today. She will conduct a comprehensive assessment and provide a program tailored to your specific needs.

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