

Volume 7-issue 1 | 2017

Healthy Works

MAGAZINE

"Work, Play, Live Healthy"



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**TROPICAL
FRUITS
YOUR BODY
NEEDS**

Is it Vertigo?

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Your
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for 2017

**FIX YOUR
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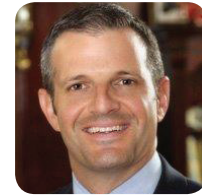
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forging the path to better health!

ISR Physical Therapy is known all over south Louisiana for their excellent success rate, objective testing and high patient satisfaction. ISR's team is made up of former competitive hockey player, Trevor Bardarson, avid triathlon competitor, Marc Cavallino, and renown Health & Wellness speaker, Dr. Richard Bunch. This dynamic team proves that health and wellness is not only their occupation, but their lifestyle.

In addition to getting patients pain-free and back to their normal lifestyles, ISR currently maintains a very successful return to work rate. On average, discharged patients happily report a 95% pain improvement rate.

Dr. Richard Bunch, ISR's founder, is also the founder and CEO of WorkSaverSM

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No one in the nation has more expertise in the area of job-specific functional testing or has a better proven record of effectiveness than the WorkSaverSM team. ISR Physical Therapy's patients report a 95% pain improvement rate. Patients even report feeling stronger and healthier upon completion of therapy.



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Write it into Existence



The thing I love most about journaling is hardly anything I put on paper goes unfulfilled.

I just love a new year! It's a fresh start, a clean slate! In many ways, much about the future is yours to determine. I am a firm believer in goal setting. Goals provide focus, channel motivation, and help measure progress. Ultimately goals are stepping stones or puzzle pieces to help create the bigger picture—the future.

I use weekly journaling to set goals and intentions. So at least 52 times per year, I'm thinking about my future. Sometimes my journaling session turns into venting, gloating, scribbling, or brainstorming. But, that's okay, it's all progress as far as I'm concerned. I like to buy thick journals that will last a few years. When I'm feeling down or uninspired, I read through my journal. As I flip through years-old pages, I often find recurring expressions. The repetitive nature of my writing helps me peg what is most important to me, even if I didn't realize it. If I lose sight of what it is I truly desire, visiting memory lane via my journal posts is like pressing a mental reset button.

The thing I love most about journaling is hardly anything I put on paper goes unfulfilled. Granted, I am a little crazy-focused, but statistics back me up, too. A study conducted by Dr. Gail Matthews, a psychology professor at Dominican University, found that people who write their goals down are 42 percent more likely to achieve them. That means...you are almost half way to attaining your dreams just by writing them down! That is powerful. I hope you take a moment to reflect on what you need and want for yourself and your family. Write your thoughts down, read them often, and watch them come into existence.

Share your goals with us at info@healthyworksmagazine.com



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5 TROPICAL FRUITS YOUR BODY NEEDS

TROPICAL FRUITS AREN'T JUST SUPER SWEET AND TASTY - THEY ARE OVERFLOWING WITH NUTRIENTS VITAL TO SUPERIOR HEALTH. IF YOU AREN'T EATING TROPICAL FRUITS, YOU ARE MISSING OUT ON MAMMOTH BENEFITS.

T rue, we aren't all island dwellers. But, no need to worry. Most local grocers carry a decent variety of tropical fruits. Tropical fruits are easily distinguishable. They are sweeter than most fruits and often have an exotic appearance. They come in a variety of shapes, sizes, and vibrant colors, and are highly nutritious as well as palette pleasing. Here are five easily obtainable tropical fruits.

1. COCONUT

Arguably, botanists deem coconuts a drupe, but they are commonly referred to as a fruit. Coconuts are amazing because of their versatility. The meat of a mature (brown) coconut can be made into creamy, sweet milk or dried to make raw coconut flakes. The water from young Thai (green) coconuts provides an all-natural drink chock full of electrolytes, making it a respected beverage among athletes. The outer portion of a mature coconut is used to make activated coconut charcoal, a great supplement for detoxing the body. Coconut oil can be rendered providing a superior oil for cooking while doubling as a chemical-free beauty product to nourish and protect skin and hair.

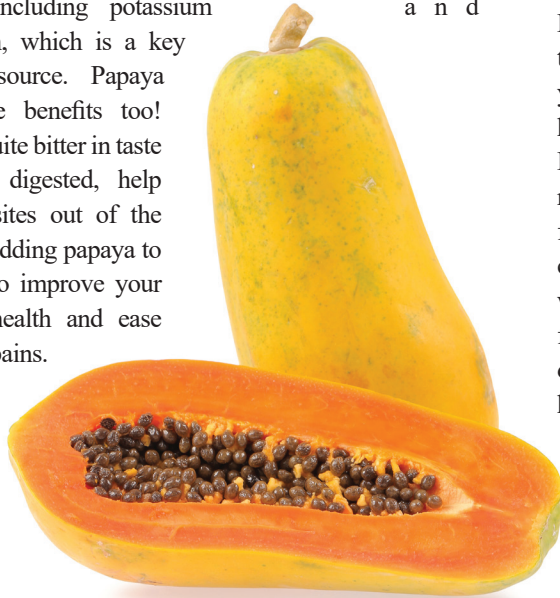
Perhaps the most notable aspect of this resourceful super fruit is its unique fat content. True, coconuts contain saturated fat, but before you panic, it's important to understand its chemical makeup and how the body utilizes it. Unlike saturated animal fat, coconuts contain medium-chained fatty acids (MCFAs). These are a unique form of fat that does not clog arteries, and believe it or not, MCFAs increase your fat burning power! The MCFAs metabolize into ketones, which are used as a superior brain fuel. Coconut oil is touted for its unique ability to support brain health. To bust fat and brain fog, add 1 TBSP of raw, unrefined coconut oil to your daily diet.

Continue...>>



2. PAPAYA

Papaya is a large, sweet fruit with a soft, delicate texture. The enzyme papain found in papaya is a powerful digestive aid and toxin eliminator. The rich antioxidant content helps support the immune system while the carotene content found in this peach-colored fruit provides exceptional anti-inflammatory support. Papaya is a great source of vitamins C, E, and B and has an array of important minerals including potassium and magnesium, which is a key anti-stress source. Papaya seeds have benefits too! They are quite bitter in taste but when digested, help draw parasites out of the body. Try adding papaya to your diet to improve your digestive health and ease aches and pains.



4. PINEAPPLE

If you've ever enjoyed a sweet, ripe, freshly cut pineapple, you know the taste can rock your senses. Pineapples have an exotic appearance, making them an iconic island treat. They are fantastic in smoothies and tropical salads. Who wouldn't love a tall glass of freshly made pineapple juice? Since the core contains the highest content of the enzyme bromelain—an excellent anti-inflammatory agent-- be sure to juice the skin, core, and flesh of the pineapple too. Pineapples, like papayas, may help ease pain associated with arthritis and contain enzymes to improve digestive health.



3. MANGO

Mango is a perennial favorite among tropical fruits because of its super sweet taste and semi-firm texture. Mangos can be enjoyed as a great mono-meal or added to a refreshing tropical-flavored smoothie. Their bright yellow-orange color means they're teeming with powerful, health-supporting carotenoids, great for connective tissue. Mangos have a fair share of vitamins C, E, and B6 and are rich in minerals too, containing calcium, iron, potassium, folate, and zinc. Mangos also contains selenium, a revered collagen supporting beauty mineral. For this reason, you will find mango is a popular ingredient in cosmetics. Take full advantage of mangos by adding them to your daily diet and using them topically to give your skin a beautiful, healthy glow.



5. AVOCADO

Another super fruit with varied uses is avocado. It tastes great layered on sandwiches, adds texture to salads, and is the star of guacamole. Many health foodies add avocado to smoothies or use it to garnish delicious soups. Whichever way you choose to use avocados, know that you are getting a notable nutritional bang from this bright green, creamy fruit. Surprisingly, avocados have more potassium than bananas, delivering 14% of the recommended daily allowance. They also contain vitamins K, B5, B6, E, and C, and the minerals copper, iron, and zinc. While fruits are mainly carbohydrates, a 100-gram serving of avocado has 7 whopping grams of fiber, providing only 2 net carbs for the carb conscious.

But the greatest asset of all is the green pear-shaped fruit's healthy mono-unsaturated fat content. The stellar fats in avocados contain oleic acid, a well-known heart protecting fat. Avocado's unique composition will do much to improve your overall heart health. In fact, studies attest that the regular consumption of avocados can reduce cholesterol by 22% and lower blood triglyceride levels by 20%.



Healthy Shroom Stroganoff

INGREDIENTS:

- 1 lb. white button mushrooms (sliced, fresh)
- 1 lb. Portobello mushrooms
- 1 package wide egg noodles
- 1/2 lb. onions white or yellow
- 2 cups vegetable stock
- 1/2 c. sour cream (optional non-dairy)
- 1 TBSP tomato pasta
- 1 TBSP country Dijon mustard
- 3 TBSP white or brown flour
- 2 TBSP lemon juice
- 1 tsp dried thyme
- 1/4 cup fresh parsley
- 4 cloves garlic
- 2 tsp ground sage
- 3 TBSP olive oil, divided
- 1 TBSP low sodium soy sauce
- salt and pepper to taste
- 1 tsp cayenne pepper (optional)

INSTRUCTIONS

• Cook the noodles per the direction on the package. Drain and set aside. In a very large sauté pan or skillet, preferably non-stick, heat 1 ½ tablespoons of olive oil over high heat.

• Add only half of the mushroom slices, and using a wooden spoon lay out in a single layer. After two minutes, flip them to brown the other side. After the other side has browned, pour contents onto a waiting plate or platter. Each batch should take 4-5 minutes.

• Cook the second half the same way, cooking mushrooms in a single layer, etc. Once the second batch is cooked, add the first batch back into the pan and add the salt and pepper. Stir to coat.

• Take the pan off the burner and add the lemon juice. The liquid will immediately evaporate. Pour the contents back onto the plate in a single layer. If you did this right, there should be no liquid on the plate, just perfectly cooked browned mushrooms. Set this aside.

• Return the pan to the burner and set at medium high.

• Add 2 tablespoons of olive oil and onions and cook for up to ten minutes or till tender. If they brown too quickly, reduce heat to medium.

• Add Garlic and cook until fragrant, about 30 seconds.

• Add tomato paste and stir and cook for 1 minute.

• Add flour, thyme, and sage. Cook for another minute.

• Add half the stock and stir with a wooden spoon. Once combined add the rest of the stock and soy sauce and stir. Mixture will thicken.

• Stir in mustard and sour cream (non-dairy if you prefer) and add cooked mushrooms. Remove from heat.

• Add noodles, salt, pepper, and cayenne. Stir.

• Top with fresh chopped parsley to garnish.

Recipe by Tabitha Davis, a southern home-grown foodie, food explorer, avid Yelper, and self-proclaimed food critic.



FIX YOUR ENERGY DEFICIT



ARE YOU ONE OF THE MILLIONS OF AMERICANS DEALING WITH ENERGY DEPRIVATION? LACK OF ENERGY IS A MAJOR ISSUE CAUSING DECREASED PRODUCTIVITY, INABILITY TO FOCUS, AND LOSS OF MOTIVATION.

Why the energy crisis? There are dozens of reasons why many feel a lack of energy. Some of these include cellular dehydration, poor nutrition, poor gut health, side effects of medications, not getting enough quality sleep, prolonged severe emotional distress, hormone imbalance (thyroid issues), overconsumption of caffeine, sugar metabolism issues, nutritional deficiencies (low iron), a sedentary lifestyle, or simply an overloaded schedule.

For most people, poor nutrition and digestion along with a demanding schedule, lack of sleep, and physical inactivity are the foremost reasons for experiencing a lack of energy. Addressing these major areas while taking positive steps to change everyday lifestyle factors can do much to increase energy.

Unfortunately, the poor habits that lead to an energy deficit often prompt a vicious cycle. For example, because many feel persistent tiredness, they try a quick pick-me-up—a daily latte. However, caffeine only compounds an energy deficit, causing an energy crash with probable mood swings—eek! When feeling tired and low, grabbing a quick meal

“ Since this is the case, eating foods that are easy to digest will yield more energy. Fruit is the easiest food to digest. It does not require insulin to get into the cells and hardly requires any digestion at all. This is because fruit is composed of approximately 70% water. The water helps hydrate the body at the cellular level, reducing fatigue associated with dehydration.

may seem the easiest option over expending time and energy on prepping something healthy. But since most quick meals are generally unhealthy, you won't reap the good nutrition needed to support energy. If this doesn't sound bad enough, after riding out the day on fast food and lattes, the last thing many feel like doing is exercising. The thought of mustering up energy to break a sweat may seem daunting. But, because low energy output leads to less energy overall, those who do not exercise only increase the energy deficit. As you can see, energy-robbing habits can have a snowball effect. But, don't worry; you can slowly break the cycle and increase energy!

Eat for energy: The purpose of eating food should be to refuel, so your meals should not leave you feeling tired. Overstuffing your stomach by continuing to eat even after you feel full will overtax your digestive system and leave you feeling sleepy. The digestive system, from mouth to anus, is nearly 30 ft. long and requires a lot of energy to digest foods. Since this is the case, eating foods that are easy to digest will yield more energy. Fruit is the easiest food to digest. It does not require insulin to get into the cells and hardly requires any digestion at all. This is because fruit is composed of approximately 70% water. The water helps hydrate the body at the cellular level, reducing fatigue associated with dehydration. The body, especially the brain, runs on carbohydrates therefore they should be an important part of a high-energy diet! Fruit is a superior choice over the highly-processed carbohydrates found in cookies, pies, and other junk foods. Processed carbohydrates lack fiber, vitamins, and minerals, making them energy-robbars. Other plant foods like vegetables, beans, nuts and seeds require a bit more of the digestive system, but will provide vitamins and minerals to help organ systems function at their optimal level. This keeps your entire system well-nourished for a healthier more balanced energy output.

Get adequate rest: There are two types of rest busy adults need. The first is 7-8 hours of uninterrupted, quality sleep each night. The second is, rest from

work. While we are sleeping, the mind and body gets are designed to rest and repair. This is vital process to mind-body health. Prolonged lack of sleep can cause minor to severe health issues. These include anything from poor memory to hysteria and hallucinations. Sleep deprivation is a serious issue. A lack of rest, feeling overworked and overwhelmed, can cause lethargy, lack of motivation, stress, and anxiety.

Improve sleep habits by establishing a night time routine that eases you into sleep mode. Make certain the temperature and bedding is suitable for a comfortable night's sleep. If your to-do list is overwhelming, you probably need to take steps to prioritize your life. For many, this simply means learning the power of no. Don't overcommit yourself. Rest and relaxation are important for your happiness and overall productivity.

Break the caffeine habit: Millions of Americans depend on coffee to get them going in the morning. True, caffeine has some health benefits, but sustained energy is not one of the perks! In fact, the opposite is true. Caffeine provides a momentary burst of energy, like a sudden jolt, but then the momentary high leads to a undeniable crash. Individuals indulging in four or more 8 oz. cups per day could experience insomnia, nervousness, restlessness, irritability, increased heart rate, and acid reflux. To avoid the negative impacts of caffeine, monitor caffeine intake. Cut back. Enjoy coffee occasionally instead of making it a daily habit. Once you taper your java, or energy drink of choice, you will likely have more sustainable energy, and you won't be as dependent on stimulates to get you fired up.

Move your body: In addition to the umpteen physical and mental health benefits of exercising regularly, moving your body gives you more energy! Exercise releases endorphins (feel-good chemicals) to boost your mood. This can help you better deal with the daily stressors that could be draining you. In addition, regular exercise has been shown to promote a better night's rest. So, the next time you feel the urge to nap, try taking a brisk walk outdoors instead. This will boost your mood and rev you up!



3

EASY WAYS TO IMPROVE FACEBOOK SECURITY

Your Facebook (FB) profile represents you on the Web. Like the other 1.79 billion users, you probably use FB as a hub to connect with friends, to learn the latest news, or to find the best reviews for restaurants and products. Since FB is such a popular information resource, you want to make sure the information you display there remains as safe and secure as possible.

Facebook works 24/7 to protect the security of people's accounts, but there are simple things you can do to take more control of your own security. Here are three easy options:

1. TAKE A SECURITY CHECKUP

Security Checkup is the quickest and easiest feature to add extra layers of protection to your FB account. With three simple steps, you can:

- *Control where you are logged in.* This makes it easy to log out of devices you haven't used in a while or may have forgotten about, meaning you'll only be logged into Facebook on devices and browsers you approve.
- *Turn on Login Alerts.* When this feature is activated, you'll receive a notification or email alert if ever someone tries to log into your account from a new device or browser.
- *Review your password security.* Only use strong and unique passwords. You should never share your Facebook password or use it anywhere else online.

You can start your Security Checkup any time by searching for "security checkup" in the Facebook Help Center or by typing facebook.com/securitycheckup into your browser.

2. TURN ON LOGIN APPROVALS

If you are only going to make one change to improve the security of your account, this is it! Otherwise known as two-factor authentication (2FA), login approvals provide an extra security step whenever you log in from a new device. You will receive a text with a special code to use along with your password to complete the login process.

To turn on login approvals, all you must do is go to "Settings" in the FB app on your phone or in your browser. Once you have done this, select "Security Settings" and check the box next to "Login Approvals." If you don't already have login approvals turned on, you should do it as soon as possible.

3. USE YOUR FB LOGIN WITH THIRD-PARTY APPS

Your FB login allows you to quickly and safely log into many third-party apps using your FB account. To sign into an app with FB, simply click on the FB button on the app's sign-in page. Maintaining a login system can be hard, but by using your FB account, you do not need to trust the login process to every app you sign into. The third party never gets to see your FB password. You can also control what information you share with these apps by clicking "Edit the Info You Provide." Another bonus is you choose whether to let the app post on your behalf. What is best of all, using your FB Login, you don't need to create and remember lots of new passwords.

You carefully protect your car and home with locks and/or security systems, why not protect your FB account too? Because you probably login to FB every day, you shouldn't take security measures for granted. In a few easy steps, you can ensure that you are the only one representing your account.

Is it Vertigo?

DO YOU GET DIZZY EASILY, OR FEEL LIKE THE ROOM IS SPINNING?
IF SO, YOU MAY HAVE VERTIGO. LEARN ABOUT A SIMPLE TECHNIQUE THAT CAN HELP YOU!

Vertigo, "benign paroxysmal positional vertigo (BPPV)", is a common disorder in which the patient complains of spinning and dizziness with rapid changes in head positions. BPPV is typically idiopathic (of unknown cause) in nature. Other reported causes are head trauma, vestibular neuritis (inflamed vestibulo-cochlear nerve), vertebrobasilar ischemia (inadequate blood flow to the brain), and inner ear infection.

It is hypothesized that small particles, (called otoconia) in the semi-circular canals, over-stimulate the sense organs (hair cells and cupula). This results in patient complaints of dizziness and the observation of nystagmus in the direction of head rotation. The dizziness may last anywhere from a few seconds to a minute and there may be associated nausea.

Brandt-Daroff and canalith repositioning movements (Epley Maneuver) are the most common therapeutic interventions. The goal of these treatments is to move the small particles within the semicircular canal to the utricle where they no longer are able to stimulate the sense organs within the canal.

Research studies show significant numbers of patients that experience a resolution of symptoms and negative diagnostic tests for BPPV after treatment intervention as compared to the control groups.

While BPPV is a common diagnosis for those suffering from dizziness, there are other causes of vertigo (both central and peripheral). It is important to consult your doctor and physical therapist regarding proper diagnosis and treatment of vertigo. If you think you may have vertigo, call ISR Physical Therapy. We can help! (Houma 985-872-5911 or New Orleans 504-733-2111)





4 Ways to Improve Heart Health Today

Are you one of the 1 in 3 adults live with one or more types of cardiovascular disease?

If so, you'll be happy to know that making simple lifestyle changes can make a huge difference

in improving your heart health.

Over time, changes in the heart and blood vessels can lead to a host of devastating problems, including heart attack, heart failure and stroke. But the good news is you can make some lifestyle changes to reduce your risk and make yourself healthier. The effort doesn't have to be perfect and you don't need to sign up for an expensive complicated plan. If you make a commitment to reach for healthy choices more often than the alternatives, you and your doctor will start to see a difference. Here are four tips to get there.

1 . Don't depend on diet fads: Stick with a Mediterranean-based diet, which is based on simple, whole, healthy plant-based foods, like fruits, vegetables, beans, nuts, olive oil, and lean proteins. A Mediterranean way of eating has been shown to promote heart and brain health, weight loss, reduce cancer risk, and help control diabetes (sugar metabolism). Recent research also shows it can reduce the risk of stroke. In 2013, a study in the *New England Journal of Medicine* said switching to a Mediterranean-style diet can prevent 30 percent of heart attacks, strokes and heart disease deaths in high risk people.

2 . Get more exercise: The recommendations are very simple here. The Surgeon General recommends 2.5 hours of moderate intensity each week for good heart health. That's just over 20 minutes a day. While some people love the idea of getting super fit with an intense program, the truth is that all it takes is simple changes. Visit your doctor to find out what is safe for you, and make a list of activities you enjoy doing, whether it's walking in the woods or taking a leisurely bike ride, do something you know you will enjoy. Set a plan to make these outings a part of your routine.

3 . Seek regular companionship: Whether it's through an outing with a friend, joining a social club, or attending a family member's social function, regular association with friends and family can improve heart health. How so? Studies show that lack of community and companionship increases depression. Depression is linked to higher rates of heart disease. Though it may be easier and tempting to stay in, especially during cold weather, choosing companionship is good for your ticker!

4 . Be informed: When it comes to your body, knowledge empowers you to make decisions to improve your health. Consult with your doctor, so you can make that targeted plan to improve your health. In addition to knowing your blood sugar, blood pressure, weight and cholesterol, consider adding vascular screening to the list. This screening looks for fatty buildup in the arteries, which can lead to serious conditions such as stroke, peripheral vascular disease and carotid artery stenosis.

Many people are missing out on an important opportunity to be informed about their artery health, because vascular screenings are not typically covered by insurance. Providentially, there's an affordable way for you to know your risk. Life Line Screening performs affordable testing in community settings throughout the country. The process is simple, safe and convenient, you will get your own results pack that you can review and bring to your doctor. Learn more about this resource at www.lifelinescreening.com.



BANISH CELLULITE AND TIGHTEN SKIN

Cellulite, despite the technical-sounding name, is nothing more than fat pushing against connective tissue, causing it to appear lumpy instead of smooth. It is most commonly found on the thighs, buttocks, and stomach but can appear almost anywhere on the body. Cellulite can be found on thin and overweight people but is more common among those with a greater percentage of body fat.

WHAT CAUSES CELLULITE?

Women tend to have more cellulite than men because genetically women have more adipose (fat) tissue than men. Since hormonal changes play a part in cellulite formation, there tends to be an increase in cellulite during puberty. Any time a person's body fat percentage increases from excessive weight gain, there is a probability of more cellulite. Reducing body fat is one effective way to minimize cellulite. Body fat holds toxins, so detoxing your body by eating a healthier, cleaner diet may be one way to eradicate these so-called "toxic pockets." Although keeping a clean internal environment is an excellent pro-active method for smoothing the skin, there is much you can do to care for the skin externally too. For healthier, lump-free skin, coffee scrubs are all the rage in the beauty world and are easy, inexpensive remedies you can try at home.

CHOCOLATE COFFEE CELLULITE SCRUB

If you need a smoother body for an upcoming event, this is your quick fix method; however, this is just a temporary solution. Nothing can replace healthy long-term lifestyle habits, as they produce enduring results.

HOW DOES IT WORK?

The caffeine in this scrub provides stimulating action that dilates blood vessels, helping tone and tighten tissues. It also increases blood circulation and reduces water retention, which will help smooth the skin. The antioxidants in the chocolate and coffee help eliminate toxins, while the scrubbing action from the coarse raw sugar sloughs away dry, dead skin cells that are dulling the skin. The coconut, castor oil, and honey have a moisturizing effect to give your skin a natural glow.

COTTAGE
CHEESE, ORANGE
PEEL SKIN, BUMPS
AND LUMPS
... NO MATTER
WHAT YOU CALL
IT, CELLULITE IS
AN UNSIGHTLY
NUISANCE
AFFECTING 90%
OF WOMEN.

INGREDIENTS:

1 cup raw organic sugar
¼ cup organic coffee grounds
2 TBSP castor oil
2 TBSP coconut oil
1 TBSP raw cacao powder
1 TBSP honey

TO MAKE THE SCRUB:

Mix dry ingredients in a bowl. Add the remaining ingredients to the bowl and gently stir together until well mixed.

In the shower, scoop 1 TBSP of mixture into your hands and begin gently massaging it onto the trouble spots you wish to target. Rinse well when done.

Use two to three times per week for smoother, tighter skin.

Mixture will last two weeks.



Personalize Your Motivational Calendar for 2017

Julie Morvant, M.A., P.L.P.C.

Certified Chi Running Instructor, Certified Yoga Instructor | www.restorative-running.com

THROW ON ALL YOUR WARM GEAR, AND WELCOME THE NEW YEAR WITH AN OPEN MIND—READY AND WILLING TO MAKE MISTAKES AND MARK MILESTONES.

Instead of launching all your hopes and dreams on a one day starting line, set attainable goals that run the course of the entire year. When setting goals, determine what will personally motivate you. For example, my husband and I recently ran a half-marathon together in New Hampshire. Weekly training appointments and traveling to New Hampshire with him were my motivation. If competition motivates you, challenge your friends to activities using Fitbit, Apple Watch, Map My Run, or any of the other fitness apps. Because having friends and family involved usually makes the process more enjoyable and more attainable, you may even wish to plan your 2017 calendar with friends and family.

If weight loss is one of your goals, fill your calendar with new recipes, schedule healthy cooking classes, or create a support group with weekly meetings. Start your own healthy meal co-op, where everyone plans, cooks, and shares a couple of meals a week. This can save both time and money. Healthy eating is only one piece of the puzzle to creating a healthy lifestyle. Keeping a positive attitude, as well as readying

your kitchen for success, can help you meet your goal weight. It is also much easier when everyone is supportive. Every home chef needs a break at times, so take turns cooking healthy meals with your spouse or other family members, and schedule a specific cook for each night.

Stay motivated! I keep a book of positive quotes near my coffee maker so that I can read it first thing in the morning. You know best what inspires and motivates you. Find positive quotes or mottos that will help create a peaceful and inspired mind, and place these where you can read them daily.

Consider your calendar as a dreams and goals' action plan. From mini-goals to long-term goals, you will have much to celebrate. Taking time to acknowledge every success, no matter how small, will build your confidence and make it easier to keep forging ahead to the long-term goals. Not to mention, it will provide encouragement to persevere, making your success within reach.

This is your new year! Fill your calendar with activities that bring you peace, joy, and health!

DO YOU HAVE A ROTATOR CUFF INJURY?

By Kristy Bourgeois, PT



The rotator cuff is often the culprit of many shoulder problems. When the muscles and/or tendons of the rotator cuff are compromised, several unfavorable symptoms and functional deficits can arise.

The rotator cuff consists of a group of four muscles and tendons (Supraspinatus, Infraspinatus, Teres Minor, and Subscapularis) that all work together to provide stability for the shoulder joint. Rotator cuff injuries can range from minor inflammation of tendons (tendonitis) to complete muscle or tendon tears. Symptoms of rotator cuff tendonitis often begin as a dull ache over the shoulder (sometimes down toward the elbow or biceps muscle region) and point tenderness over the front (anterior) or outer (lateral) portion of the shoulder. It may also become difficult to sleep on the shoulder and to lift the arm overhead. If left untreated, this condition can lead to severe loss of mobility (frozen shoulder) and/or strength of the shoulder. Rotator cuff tendonitis typically responds well to conservative treatment, whereas complete muscle or tendon ruptures will require surgical intervention.

Traditional treatment for tendonitis consists of rest, ice, and anti-inflammatory medication. Physical therapy can expedite the healing process by using modalities, such as therapeutic ultrasound and electrical stimulation, to help reduce inflammation and pain. Physical therapists

also manually stretch the shoulder to regain lost motion, perform joint mobilizations to help facilitate proper joint movement patterns, and utilize soft tissue mobilization or massage techniques to encourage blood flow to the region to assist with healing. Specific therapeutic exercises are also prescribed by the physical therapist and are progressed accordingly. Usually symptoms resolve or should be significantly improved after about 6-8 weeks following symptom onset. If by that time symptoms have not resolved, other treatment options, such as injections or surgical intervention, may be necessary.

While some rotator cuff problems are unavoidable and can occur with age related or degenerative changes (i.e. arthritis) in the shoulder joint, others are preventable. Warming up properly before physical activity and adequately stretching afterward is vital to prevent injury. Physical exercise that incorporates cross training or a variety exercises (i.e. alternating days of cycling, walking, swimming versus swimming daily) is best to prevent over stressing the joints. Ergonomic or workplace assessments can also assist in suggestions to avoid repetitive shoulder stresses at work, such as decreasing repetitive overhead activities or correcting faulty office space arrangements.

If you are having shoulder pain or weakness, call ISR Physical Therapy. We can help! Houma 985-872-5911 or New Orleans 504-733-2111.



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