



The Practice of Health and Wellness

Dr. Pamela Cipriano
Nurse Practitioner

NOVEMBER NEWSLETTER

OUR ONE YEAR ANNIVERSARY

November 1st marks our one-year anniversary at The Practice of Health and Wellness! Being the first nurse practitioner to open her own practice in the State of Connecticut, has been quite a challenge. Although the law changed in 2014 to allow nurse practitioners to practice independently, no nurse practitioner had taken the step to open their own practice. Connecticut is changing, and we are witnessing history!

Open House

On December 3, 2017, we will be celebrating our one-year anniversary by having an Open House from 11 AM to 2 PM. There will be presentations on how to stay healthy, how to prevent the disease process, and how to reduce your everyday stress. Ways to prevent diabetes will be discussed. Free blood pressure screenings and screenings for obesity will be available. Please join us for refreshments and some fun ways to learn how to stay healthy as we celebrate this milestone!

Insurance Accepted

To date, we now accept most major insurance companies including Cigna, Aetna, Blue Cross & Blue Shield. The only major insurance companies we are not credentialed with to date is Connecticare and United Health Care. We should be credentialed in 2018 with these insurance companies.

As this is the time of the year to choose your plan for next year, you may want to consider choosing a plan we are credentialed with. As always, we also accept Medicare and Husky plans.

New Policy

Beginning November 1, 2017, we require at least 24-hours' notice if you will be cancelling or rescheduling your appointment. If you do not call to cancel at least 24 hours prior to your scheduled appointment, there will be a \$25 no-show fee.

Unfortunately, the number of patients that do not call to cancel or reschedule their appointment is significant. This is not fair to the other patients or to us at the practice. Without notice, we do not have the opportunity to fill these spots with a patient who needs to be seen.

By law, we are not allowed to fine patients who have State Insurance, (Medicaid, Husky), with a no-show fee. Therefore, 3 missed appointments without 24 hours' notice will result in discharge from the practice. The number of providers who accept State Insurance is declining at a rapid rate. I sincerely do not want to leave any patients without a primary care provider, and we do not want to lose any patients due to this no-show policy. I encourage everyone to call at least 24 hours of your appointment to reschedule or cancel if necessary.

IN THIS ISSUE

Introducing...

Caitlin Blake is joining our practice. She brings years of experience in health counseling and medical assisting. Caitlin and Courtney will be working together to educate you on healthy eating and lifestyle modification. Please join us in welcoming her to the practice!

Holiday Bloat

With the holidays approaching, now is a good time to plan your strategy to stay on track with your diet and exercise programs.

Plan ahead

Keep track of your dietary intake by keeping a food diary. Whatever you put in your mouth, write it down. This will help you to see exactly how much you are actually eating and what foods you are eating.

Our memory fails us at times. Writing down what we are eating when we eat it prevents over-indulgence and gives us the opportunity to improve our diets by cutting out the sugars and unhealthy fats.

Exercise

With winter approaching, we all tend to hibernate during the cold and dreary months. Rather than becoming a couch potato, prepare for the winter months by designing a

winter exercise program right in your own house. You can use your own body weight to get a great workout without ever leaving your house. Start with 5 to 10 reps, 3 sets each. Increase the number of reps as tolerated! Keep going!

Squats



Lunges



Abs & Back

Date	Time		
BREATH	HIP ROLL	NORMAL	BRIDGING
10 Deep Breaths	2 Sets of 10 slow rolls each side - with 20 seconds rest	2 Sets of 10 lifts with 20 seconds rest	1 Set of 10 slow lifts. Hold for 3-5 seconds in upward phase
STANDING ROTATION	HANDS VIA KNEES	SEATED KNEE TUCKS	SUPERMANS
Alternate sides for 30 - 45 seconds	2 Sets of 10 lifts with 20 seconds rest between sets	2 Sets of 6 - 10 lifts with 20 seconds rest between sets	Alternate sides for 45 - 60 seconds

Pushups



THE **80**
20 RULE

Preventing Inflammation

Inflammation is the root cause of most cancers, heart disease, diabetes, coronary artery disease, hypertension and a number of other preventable diseases.

Your diet is everything. Research suggests that staying healthy requires both diet and exercise. When broken down, 80 % is diet and 20% is exercise. Therefore, the foods we eat dictate how healthy we will be.

Choose foods that are wholesome and nutritious. Incorporate in your diet lots of fresh fruits and vegetables. Try and avoid dairy. Our bodies were not made to digest cow milk. Cow milk is for baby cows. Research shows that dairy products increase the risk of inflammation.

Step out of your comfort zone. Try unsweetened almond milk, cashew milk, and coconut milk. These products are easily digested, provide a small number of calories and a good amount of protein.

Push the tub of butter away and try a vegan spread instead. It is made with all the healthy vegetable oils that help to prevent inflammation in your body.

Breads such as Ezekiel, Alvarado Street Bread and Market Side are made from wheat sprouts and therefore have a very low glycemic index. These breads are considered a complete protein from plants. They are healthy and very tasty!

For those who are gluten intolerant, try Food for Life sprouted almond bread. This bread contains no gluten and no wheat. It is made from almonds. Again, healthy and very tasty!

Arms



Treating vs Preventing Disease

At The Practice of Health and Wellness, we strive to prevent the disease process. We look at labs differently than the majority of providers. We share any changes in your results with you and work with you to develop a plan of action. My patients know my most repeated expression is, "I hate problems!" And, I do hate problems. When you have developed a problem, that means that you have a diagnosis that needs to be treated. I want to avoid the problems by preventing the disease in the first place.

Proper nutrition has been shown to help to avoid problems. Prediabetes, borderline hypertension, elevated cholesterol levels are not problems...yet. But, if we do not do something to stop the disease process, problems are right around the corner. Without a change in your lifestyle, these will progress to diabetes, borderline hypertension will progress to hypertension, and elevated cholesterol levels will progress to hyperlipidemia.

All of these diseases cause major complications to the body including strokes, heart attacks, poor blood circulation, amputations, loss of vision, kidney failure, chronic pain and neuropathy, and certain cancers.

By reviewing your labs regularly, we have the opportunity to change your diet and improve your stamina to incorporate exercise into your daily routine. Through proper nutrition, healthy lifestyle choices, and regular exercise, the body can reverse almost any disease.

A Few Helpful Tips

INSTEAD OF THIS	EAT THIS
Pastas	Dreamfield Pasta
Cow milk	Unsweetened Almond Milk
White potatoes	Sweet Potatoes
Sugar	Stevia or Truvia
White Bread	Ezekiel Bread
Honey roasted nuts	Raw nuts
Fruit Juice	Eat the fruit
Butter	Olive oil

The practice of Health & Wellness

"A combination of expert primary care, healthy diet & stress management can transform a patient's life."

Dr. Pamela Cipriano
Nurse Practitioner

Welcomes New Patients at
131 Main Street, Thomaston
Suite 101 (near Cutie Pies)

Provider of Internal Medicine & Primary Care

Accepts most insurances

Call **860-880-2525** for your appointment

Occupational Intellectual Environmental Social Emotional Spiritual Physical

Wellness
The Practice of Health and Wellness

Introducing...

Courtney Denardo
introduces "food as medicine" as nutrition can reverse effects of chronic disease

Karen Krayeski
offers Healing Energy Therapy through touch therapy & Reiki

Call Karen for an appointment 203-206-4204

Working together to keep you healthy



Balancing the Body, Mind, Soul and Emotions