



Health In Balance Physical Therapy

SEPTEMBER 2009

FALL NEWSLETTER

ATTENTION WEA PLAN MEMBERS

We are pleased to announce that, effective September 1, 2009, we have become in-network providers for WEA insurance. Following is the complete list of insurances that we are in-network providers for:

- Humana
- UHC
- PHCS
- Health EOS
- Aetna
- Medicare
- Medicaid
- BCBS
- Compcaire Blue
- WPS
- WEA

We continue to honor the in-network benefits of those insurances that we are out-of-network for as long as your plan has out-of-network benefits. In these cases it will cost the patient the same to come to Health In Balance PT as another in-network provider.



October is National Physical Therapy Month

One of the important roles that physical therapists play in the area of physical activity is to promote the capacity for movement in all patients. Physical therapists use their knowledge, skills and experience to help people take control of the movement that is critical to their lives.

Physical therapists are highly-educated, licensed health care professionals who can help patients reduce pain and improve or restore mobility - in many cases without expensive surgery or the side effects of prescription

medications. In Wisconsin, patients can make an appointment directly with a physical therapist, without a physician's referral.

Physical therapists treat many different types of conditions and injuries. Most people are familiar with the orthopedic and sports conditions and injuries that are seen in PT, but did you know that physical therapists are able to relieve dizziness and vertigo? Dizziness, or vertigo, is a very disabling condition that affects many people. There are several causes of vertigo but the most

common type of vertigo is BPPV, or benign paroxysmal positional vertigo. Our free seminar for the month of October, in celebration of PT month, will focus on the causes of vertigo and how physical therapy can help. If you, or anyone you know would like to learn more about this, join us for our seminar Wednesday, October 14th at 6:00 PM.

To learn more about the many other conditions physical therapists can treat go to www.moveforwardpt.com.



Welcome Back, Kaite!

Chad and Kaite, along with big sister, Olivia, and big brother, William, are proud to announce the arrival of their third child, Julia Lyn, 5lbs. 9oz. and 18 in., on June 12, 2009. Kaite is excited to be back at Health In Balance PT beginning September 8, 2009 after her medical and maternity leave.



She is offering "tune up" appointments for all of her past patients. Anyone that would like a free 15 minute session with Kaite to re-evaluate an old injury, review an old exercise program, continue treatment where you left off in winter or begin evaluation of a new injury, is welcome to call the clinic and set up an appointment with her. Kaite is looking forward to being back in action at the clinic!



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EATING FOR ENERGY - REAL LIFE FOOD

Have you ever run out of toothpaste before? You squeeze the tube from every angle, roll it up from the bottom, just trying to pinch the last bit out. The energy you have each day is a lot like your toothpaste. It's an essential part of taking care of yourself. The difference is-with toothpaste, if you run out once, you learn how not to make the same mistake. With your energy, it may continue to run out everyday and you aren't quite sure how to restock it. Sure, it would be great to run out to the store and buy a little tube of energy every time you run out. In fact, many people attempt to do just that, but what they don't realize is that *Eating for Energy* requires a little more thought than grabbing the 'Minty Fresh with Whitening Toothpaste' that's on sale this week.

Energy *can* be purchased at the grocery store, if we know what we are looking for. Without a doubt, we are searching for it in many of the purchases we make. Americans spend millions of dollars each year on energy drinks and energy bars. While these quick fixes give us a temporary lift, lasting energy comes from real nourishment.

What is real nourishment? Real nourishment comes from foods and activities that feed our body and soul in a way that allow us to create more energy. Many foods cause quite the opposite affect. Sugar and caffeine, two of the most common culprits, decrease our energy. Both substances are used to pick us up when we feel like we need more energy, but they do quite the opposite. While we may feel an initial burst of energy, the illusion is only "fake fuel". The sugar and caffeine send us soaring up for a short while, but as they are processed in the body, they create an equal and opposite effect which sends us crashing down. Ouch! It doesn't feel too good down there, so we reach for more sugar and caffeine. Are you on that roller coaster? I used to be. And one day I realized that I wanted to get off of it and have lasting energy, but I didn't know how. If you want to get off the roller coaster and onto a smoother course, the tips below will help you get started on your path of lasting energy and health.

Choose water instead of energy drinks, caffeine and sugar-filled juices. Your body is made of water and wants to be replenished. When it doesn't find more water, you begin to experience dehydration, which decreases your energy as your body tries to cope. Begin by drinking two full glasses upon waking to jumpstart your energy.

Incorporate whole grains instead of processed, refined, "white" grains. Processed grains consist of many of the foods on our grocery store shelves, like baked goods, cookies, crackers, white rice, white pasta, and many breakfast cereals. When a grain is processed, it is stripped of the wonderful mineral and nutrients that provide us with lasting energy. For breakfast, try replacing your breakfast cereal with whole rolled oatmeal topped with your favorite dried fruit and nuts.

Think green! Green vegetables are the number one food missing in most American diets. Somehow, we thought that eating french fries counted as our vegetable for the day. Green vegetables help cleanse the body of toxins and impurities, giving it more energy to expend. Experiment with some new green vegetables this fall and winter, like kale, swiss chard, collard greens and bok choy. These amazing dark, leafy greens are filled with the vitamins and minerals our body is so longing for in diets filled with microwaveable meals.

Relax your mind. If your mind races with thoughts each day, consider yourself normal. Our thoughts may show up as worries, fears or continual to-do lists. When we allow our mind to race each day it sends a stress response to the body which requires a lot of mental and physical energy. Put yourself first by starting the day with at least five minutes of "Me Time". Focus on your breath, meditation, prayer or positive pictures to quiet the mind and set a simple intention for each day.

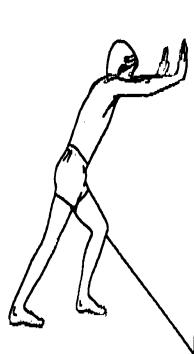
Eating for Energy consists of adding in foods and activities that are nourishing and delicious. The food we eat and our lifestyle choices both feed us and create the energy that we have. Does that mean you have to give up your favorite sweet or dining at your favorite restaurant? No! I always tell people that you have to leave room for your "bliss foods" while making "energy foods" your main source of fuel. The goal is to live a life full of energy and health, not of deprivation and dieting. When you give your body the energy foods it desires, it will return to you an abundance of energy for your life.

Mention this article you saw through Health In Balance Physical Therapy and receive a free Food Coaching session with Suzanne Monroe of Real Life Food. Suzanne Monroe is a Food Coach and owner of Real Life Food. To get started, simply email support@reallifefood.com and you'll be on your way to increasing your energy before you know it! For more information and for healthy tips and recipes, visit www.reallifefood.com.

Stretch of the Month

Have your feet been bothering you? Did you start a walking or running program over the summer and start to develop calf tightness or cramps in your calves? This month's stretch of the month is a calf stretch. If you spend any amount of time on your feet during the day or

exercise, this is a stretch you should do daily. The basic rules of stretching are to get into the position and hold the stretch for a count of 30 seconds. Make sure to keep your back heel down and back knee straight while holding the stretch. Do this 2-3 times on each side at least once a day.



DIZZINESS AND VERTIGO SEMINAR

WHEN: WEDNESDAY, OCTOBER 14, 2009

TIME: 6:00 P.M.

WHERE: HEALTH IN BALANCE PT

RSVP: 262-236-0176

