

NEWSLETTER

HEALTHY WAYS TO STRENGTHEN YOUR IMMUNE SYSTEM DURING COVID-19: BY JEFF GILLIAM PT, PHD, OCS



Having a strong immune response is one of the best defense strategies to avoid viruses like Covid-19. So what will improve your immune response?

Many of us are experiencing increased stress levels during

this pandemic. A meta-analysis of how stress affects the immune response showed stress of any significant duration - from a few days to a few months or years, as happens in real life - all aspects of immunity went downhill. Exercise has been indicated for boosting the immune response and decreasing the stress hormone cortisol and has been substantiated by numerous research articles. Additionally meditation is an activity practiced by many to reduce stress levels. A study of over 3,500 adults showed that meditation lives up to its reputation for stress reduction.

Get 7-8 hours of sleep per night. Studies investigating how sleep effects the immune system demonstrate that people who got less than 6 hours sleep per night had a significant suppression of their immune system of up to 70% and have been shown to be more prone to get sick with the 'common cold', and influenza viruses.

Acute exercise is an immune system booster that improves defense activity and metabolic health. Research demonstrates a clear inverse relationship between moderate exercise training and disease risk. One study found that people who exercised 5 or more days a week reported fewer days with cold symptoms and less severe symptoms than people who did little exercise and reported being unfit.

Nutritious Foods that will support a strong immune response are vitamin C rich foods like red peppers, kiwi, papaya, citrus fruits, broccoli, greens like spinach and kale. Also, foods high in antioxidants like blueberries, strawberries, and raspberries. Additionally nuts and seeds provide vitamins and minerals like vitamin E and zinc that support the immune response. However there are some specific benefits received from certain foods and

teas. Green tea supplements have shown to decrease the frequency of colds 3 times more than the placebo in a group of 200 healthcare workers. Green tea also has been shown to boost gamma delta T-cells, immune cells that fight infection. Individuals in one study who drank 6 cups of green tea a day increased gamma interferon cell production that helps fight infection, 15 fold during a one week period.

Garlic is another super immune boosting herb that has been shown to suppress inflammation and also boost immune response by boosting natural killer cells. In a placebo controlled trial garlic users suffered 60% fewer colds and 70% fewer days that they were affected recovering quicker. Additionally garlic has been shown to alter expression of genes in regards to anticancer immunity. Probiotics boost the immune response facilitating increased activity of white blood cells to respond to invading pathogens. The same was seen in natural killer cells to kill cancer cells. Randomized control trials show that those that take probiotics have fewer colds, fewer sick days and fewer symptoms compared to those who do not take a probiotic. Interestingly raw fruits and vegetables provide a diversity of microbes and studies of older individuals that increase their fruit and vegetable intake improved antibody response to vaccination.

So how do foods we eat change our molecular expression in regards to our immune response? Consuming healthy foods may put our immune cells on alert and have them ready for an invasion by responding to antigens in these foods that use similar pathways that invading pathogens utilize.

While there is no magic pill that will protect you from the virus, being vigilant at both good hygiene following the CDC guidelines and incorporating the above-mentioned areas to boost your immune system can only help to keep you healthy.

Start your immune boosting program today by calling 373-2116 to schedule a free screening with Dr. Jeff.

NEWSLETTER



CAN HEALTHY EATING & EXERCISE REALLY IMPROVE YOUR IMMUNE SYSTEM?

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It's no secret that making healthy choices, such as eating right and staying active, will help you maintain a healthier lifestyle. But did you know that there are two actions that can impact how your immune system functions, and how well you fight off infectious disease? In the ongoing struggle against Covid-19, immune system health has never seemed more important. If you're interested in strengthening your immune system, contact us at ReQuest Physical Therapy today. Here, you will have access to individualized exercise programs and relevant nutritional advice that is based on your specific needs. Our clinic is committed to providing the best possible service to our patients, to ensure you leave ReQuest Physical Therapy feeling better than when you arrived.

So, how does my immune system work? Many factors determine how well your immune system works, such as diet, like sleep, exercise, whether you smoke, and stress. While a proper diet that consists of necessary vitamins and minerals certainly helps your immune health, be wary of claims that a single food or drink is an immune system booster. The reality is that your body depends on a combination of many lifestyle factors to fight off infection and disease.

What does a proper diet look like, and why is it important? All the cells in your body, including your immune cells, require certain nutrients to function properly. These nutrients and vitamins improve immune health by working as antioxidants, protecting healthy cells, and supporting immune cell growth.

A few examples of the nutrients and vitamins that support immune health include:

- Vitamin C
- Vitamin D
- Zinc
- Selenium
- Iron
- Protein

A physical therapist can help you craft a diet that is rich in these vitamins and nutrients

or help connect you with a dietician in your area. However, if you're interested in improving your diet at home first, here are a few examples of healthy diets to help you get started.

- **The Mediterranean Diet.** This fish-heavy diet is rich in Omega-3 fatty acids. It's also high in plant-based fats like olive oils and nuts and is great for heart disease prevention.
- **A Probiotic-Rich Diet.** This diet features yogurt with live active cultures, fermented vegetables, tempeh, kombucha tea, kimchi, and miso. This diet is excellent for gut health.
- **The DASH (Dietary Approaches to Stop Hypertension) Diet.** This diet is low in saturated fats and cholesterol and has a heavy emphasis on fruit and vegetable intake. The DASH diet can reduce hypertension and lower your risk of heart disease.

On the other hand, diets that are limited in nutrients and vitamins can harm an otherwise healthy immune system. One study published in Harvard Health showed that deficiencies in zinc, selenium, iron, copper, folic acid, and vitamins A, B6, C, D, and E negatively affect immune responses. Avoid eating too many processed foods, red meats and refined sugar. These types of foods can result in chronic inflammation of the gut and take an overwhelming toll on your body. If you live in an area that doesn't have access to certain healthy foods, consider taking a multivitamin to lend your immune system extra support, but it's a good idea to double-check with your doctor first before taking new supplements.

HOW DOES EXERCISING IMPACT MY IMMUNE SYSTEM?

Living a healthy lifestyle is the single most effective way to proactively care for your immune system. As you likely know, diet and exercise are two of the most crucial parts of healthy living. Your entire body, including your immune system, functions better when it is supported with proper nutrients and regular physical activity.

During your first appointment with a physical therapist, you may be asked to complete a few exercises or movement patterns to help your therapist identify your current fitness level. This intake appointment can also alert your therapist to any weakened areas of your body that may be causing you pain.

You will then be prescribed a personalized exercise routine that aligns with your body and your fitness goals. Your therapist can also offer you manual therapy or pain-relieving techniques to ensure your exercise experience will be as healthy and painless as possible.

Contact ReQuest Physical Therapy today to get started! By now, you may have decided that it's time to start improving your immune health. If this is the case, know that at ReQuest Physical Therapy, we are dedicated to helping you achieve this goal.

Our skilled physical therapy team full of movement experts can prescribe you healthy exercises, offer nutritional advice, and ultimately help you improve your immune health for life.

Don't hesitate to change your health for the better. Contact ReQuest Physical Therapy today!



Sources: <https://www.hsph.harvard.edu/nutritionsource/nutrition-and-immunity/>
<https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system>
<https://medlineplus.gov/ency/article/007165.htm>

CALL GAINESVILLE: (352) 747-9992 OR TIOGA: (352) 670-3461 TODAY TO SCHEDULE AN APPOINTMENT!

SESAME ORANGE LENTILS

TASTE HOW DELICIOUS WEIGHT LOSS CAN BE

INGREDIENTS

- 1 ½ C vegetable broth
- 1 tbsp. low sodium organic non-GMO soy or tamari sauce
- ½ C brown or green lentils, uncooked
- ½ C purple onion, diced
- ½ C celery or bok choy, diced
- 1 tbsp. garlic, minced
- 2 tsp. fresh ginger zest
- 2 medium oranges, juice and pulp, seeds removed
- 1 tangerine or mandarin orange, whole sections peeled with seeds removed
- ¼ C raw cashews or water chestnuts
- 2 tbsp. sesame seeds
- Pinch of sea salt

DIRECTIONS

In a skillet bring broth and soy or tamari sauce to steady boil. Add lentils and lightly boil covered on medium low for 20 - 25 minutes. Add celery, onion, garlic, and ginger zest. Cook on medium low for 5-7 minutes. Stir in remaining ingredients. Cook 3-5 minutes to allow flavors to blend. Enjoy!

This is one of the many complementary recipes shared in our healthy lifestyle program, Physicians' Choice for Weight Loss.





FUN & GAMES

PATIENT RESULTS

“There aren’t enough superlatives for team leader Dr. Kiri and her PTA’s – Muki and Alphonso. Every session I was impressed by the wealth of their knowledge, skills, and finely-tuned responsiveness. They are all so deeply kind and encouraging. I’m pain-free, stronger, inspired, and deeply grateful.”

- Leslie S.



KIRI KRISHINGER
PT, DPT, PCES
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(this will take you directly to our Patient Results page)
3. Tell us how we’ve done! Click on the “Review Us” button on the top of the page.



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PRACTICE NEWS

Staff Spotlight

Susan – Manager, Patient Care Coordinators

Meet Susan, the sparkly fairy godmother of our front desk!

Susan was recently chosen as the 2021 ReQuest Physical Therapy Rock All-Star! Rock All-Stars are individuals selected from each department for showing excellence and for going above and beyond every single day. We are so proud of her!

If you have not met Susan, you need to. She is an expert in all things insurance. She will gladly verify your coverage and help you to figure out the most cost-effective way to approach therapy. Susan is well versed in all of our services and can help match you up with the perfect therapist for you!



REQUEST PHYSICAL THERAPY'S HOLIDAY LUNCHEON

Pictured:

Left - Shauna, Licensed Massage Therapist

Center - Dawn, Licensed Massage Therapist

Right - Pat, Occupational Therapist, Certified Hand Therapist



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Exercise Essentials

Try these exercises to keep you moving...

THORACIC ROTATION WITH RIB GRABS

Lie on your side, with torso and legs straight. Bend your top knee up and rest it on a support as shown. Holding your knee in place, reach under your side with your top arm and grab your ribcage. Pull your ribs upwards as you rotate your shoulder blade toward the floor behind you. Follow through with your head by looking over your shoulder. Hold for 2 seconds and repeat exercise 5 times on each side.

Improve thoracic rotation



INTERNAL BAND PULL

Sit with good posture with a band tied to something stable next to you. Keeping your elbow by your side and at a 90 degree angle pull the band across your body. Repeat 10 times on each arm.

Strengthens shoulders

Exercises copyright of
 SimpleSet Pro
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Always consult your physical therapist or physician before starting exercises you are unsure of doing.

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- ✓ Bend and move freely
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- ✓ Live an active and healthy lifestyle

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Give us a call today to schedule an appointment!

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