



HEALTH & WELLNESS NEWSLETTER

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CAN EXERCISE AND PROPER NUTRITION REALLY IMPROVE YOUR IMMUNE SYSTEM?

Are you interested in doing what you can to improve your immune system and overall health? Do you wonder why everyone seems to recommend diet and exercise for your well-being? At Ellis Physical Therapy, our physical therapy team can help you implement strategies that not only help you heal better but protect you from future health issues!

Making healthy choices, such as eating right and staying active, will help you recover from injury and protect your body from illness. In the ongoing struggle against Covid-19, immune system health has taken center stage, and more people prioritize their overall well-being.

If you're interested in strengthening your immune system, request an appointment at Ellis Physical Therapy physical therapy clinic today. We will provide you with individualized exercise programs and relevant nutritional advice based on your specific needs.

How Does the Immune System Work?

Our immune system defends against disease and foreign substances (i.e., germs, bacteria, and viruses). The immune system is our body's defense against infections and helps keep us healthy.

The three primary functions of the immune system include:

1. Fighting disease-causing germs (pathogens) like bacteria, viruses, parasites, or fungi and removing them from the body.
2. Recognizing and neutralizing harmful substances from the environment.
3. Fight disease-causing changes in the body, such as cancer cells.

Our body depends on a combination of many lifestyle factors to fight off infection and disease. These factors include:

- Nutrition
- Exercise
- Sleep habits
- Stress levels
- Whether you smoke and/or drink alcohol

What Does Proper Nutrition Mean?

All the cells in your body require certain nutrients to function correctly. These nutrients are found in the foods we eat. The foods we eat contain the vitamins that improve immune health by working as antioxidants and protecting healthy cells to ward off diseases and illness.

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Our physical therapists can help you craft a diet that is rich in vitamins and nutrients that supports your health. One of the most researched diets that support our immune system is the Mediterranean Diet.

The emphasis of the Mediterranean Diet is plant-based. Whole grains and lean meats are also important attributes of this diet, and fish are rich in Omega-3 fatty acids. Healthy fats like olive oils and nuts are also emphasized.

We recommend avoiding foods that interfere with your health, like processed foods, sugary food, and fried foods. These types of foods can result in chronic inflammation and take an overwhelming toll on your immune system and its ability to function correctly.

By maintaining a nutritious dietary plan with the help of a physical therapist, you should quickly begin to notice a decrease in your pain while improving your immune system function.

How Does Exercising Help the Immune System?

Living a healthy lifestyle is the single most effective way to care for your immune system proactively. Your entire body, including your immune system, functions better when supported with regular physical activity/exercise.

Anti-inflammatory cells are released during and after physical exercise, and cell recruitment to defend the body is activated. This results in a lower incidence and intensity of symptoms for infections. It also leads to improved response and repair of damaged tissues.

Physical exercise is also essential for preventing and protecting us from several diseases, including:

- Heart disease (i.e., high blood pressure, high cholesterol, etc.)
- Diabetes
- Cancer
- Alzheimer's and other dementias
- Joint degeneration and arthritis
- Auto-immune disorders

Physical activity is vital for lifelong health and immune system function. It is increasingly clear that combining nutrition and physical activity has significant positive health consequences and boosts the immune system. Our team can help guide you through rehabilitation and improve overall health and well-being.

Request an Appointment at Ellis Physical Therapy Today!

Our physical therapists will perform a comprehensive evaluation to determine your current health and fitness



level during your first appointment. This first appointment can also alert your therapist to any weakened areas of your body that may be causing you pain and dysfunction.

You will then be prescribed a personalized exercise routine that aligns with your body and 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.

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 Ellis Physical Therapy today!

Sources:

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7387807/>
- <https://www.frontiersin.org/articles/10.3389/fpsyg.2020.593903/full>
- <https://www.sciencedirect.com/science/article/pii/S2095254618301005>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6723551/>
- <https://www.frontiersin.org/articles/10.3389/fphys.2021.751374/full>

EXERCISE ESSENTIALS

SEATED EXTENDED HEEL PUMPS

Stretches ankle

Start by sitting upright in a chair with one leg extended out in front of you and your foot slightly off the ground. Drive your toes up toward your knee by flexing your ankle joint and hold this pressure for 5 seconds. Relax your foot. Repeat 3 sets, 5 reps each.



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

STAFF SPOTLIGHT

TYLER MARTIN
MS, PTA



Tyler Martin was born and raised in Idaho Falls, ID where she played basketball and softball for Idaho Falls High School. She continued to play softball at the collegiate level for the College of Southern Idaho and West Texas A&M University (WTAMU). During her junior year at WTAMU, they won the program's first NCAA DII National Championship title. Tyler got her Bachelor's and Master's degrees in Sports and Exercise Science. While completing her Master's degree, Tyler was a Graduate Assistant Coach for WTAMU's softball team. Being in the physical therapy field was always her long-term goal, so after moving back to Idaho she decided to go back to school for Physical Therapy Assistant at Idaho State University. She enjoys playing sports, camping, hiking, snowboarding, cooking, exercising, and annoying her husband. Tyler is married to Joel Martin and they have 2 dogs together.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ REVIEWS

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PATIENT SUCCESS STORY

"I was very impressed with the Ellis Physical Therapy clinic and my initial evaluation there. I'm looking very forward to my upcoming sessions. The PT therapist was familiar with my spinal cord neurological diagnosis and has an awesome treatment plan set for me!" — Ric L.

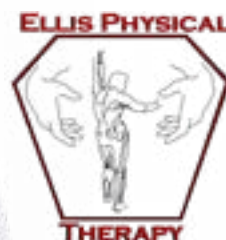


HEALTHY RECIPE

CREAMY CHICKEN & WILD RICE SOUP

- 2 tbsp olive oil
- 1½ lbs boneless chicken thighs
- 2 (8 oz) packages sliced mushrooms
- 1 (32 oz) carton reduced-sodium chicken broth
- 2 cups water
- 1½ cups thinly sliced leeks
- 1½ cups ½-inch sliced celery
- ¾ cup uncooked wild rice
- ¾ tsp salt
- 1 (12 oz) package soft tofu
- 1 cup low-fat milk (1%)
- ¼ cup all-purpose flour
- 1 tbsp fresh thyme leaves

In a 12-inch skillet heat oil over medium-high. Add chicken; cook 6 minutes or until browned, turning once. Transfer to a 6-qt. slow cooker. Deglaze skillet with some of the broth or water; add to slow cooker. Add mushrooms, remaining chicken broth and water, leeks, celery, wild rice and salt. Cover and cook on low 6 hours or high 3 hours. Remove chicken from cooker. Coarsely shred chicken using two forks. If using low setting, turn to high. In a blender combine the tofu, low-fat milk, flour and thyme leaves. Cover and blend until smooth. Stir into mixture in cooker. Cover and cook 30 minutes more or until thick. Stir in shredded chicken.



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Office Hours:

Mon. & Wed: 7 AM – 7 PM
Tues. & Thurs: 8 AM – 6 PM
Fri: 7 AM – 6 PM
Closed: Sat – Sun