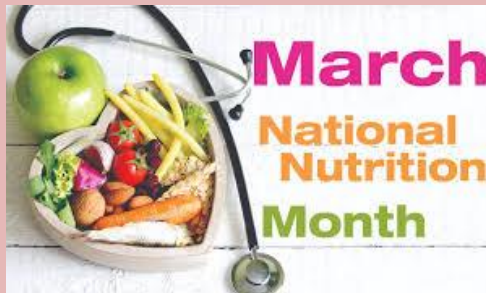


In This Issue

- National Nutrition Month
- World Sleep Day (March 19)
- Happy St. Patrick's Day



Covid-19 Update

NATIONAL NUTRITION MONTH



Along with regular exercise, eating a balanced diet will help reduce the risk of chronic illness and increase longevity. With [nearly half](#) of Americans living with chronic diseases that are partially preventable through healthy lifestyle choices, it's crucial that employees are educated on how their food choices at work can affect them long-term. The risk for these chronic diseases – like obesity, type 2 diabetes, heart disease and cancer – can be significantly reduced through a balanced, healthy diet.

Besides disease prevention, positive eating habits and a nutritious diet offer other physical and mental health benefits, including:

Healthier heart. A diet rich in heart-healthy fats, whole-grains, lean protein, fruits, and vegetables will help lower blood pressure and LDL cholesterol levels while promoting optimal heart health.

Better sleep. While fatty and sugary foods can make it difficult to fall and stay asleep, the nutrients found in many healthy foods promote quality sleep.

Increased energy. The vitamins, minerals and nutrients obtained from nutritious foods are essential for increasing and [maintaining energy](#) throughout the day.

Mental health benefits. [Research](#) found that healthy, balanced diets can significantly lower the risk of depression and help support mental and emotional well-being.

Stronger immune system. A balanced diet that includes healthy foods

such as spinach, broccoli or yogurt, can [boost the immune system](#) and help reduce the chances of catching the common cold or flu.

Accelerated Health & Wellness Centre

Mission Statement

Our mission is to provide a positive and healthy environment to accelerate our patient's health by incorporating a wide range of health care services.

Patient Care Commitment

During your visit, our health care professionals will take the time to provide an accurate diagnosis and customized treatment plan to quickly return you to an active and healthy lifestyle. All our professionals specialize in manual therapy techniques and have expertise with Graston, Active Release Therapy (ART), Acupuncture and Dynamic Decompression. We stay up to date with the latest and most effective treatments, equipment, and products available to provide the best service possible.

Our services include:

- [Physiotherapy](#)
- [Chiropractic](#)
- [Vestibular Rehabilitation \(Vertigo and Dizziness\)](#)
- [Occupational Therapy](#)
- [Naturopathic Medicine](#)
- [Massage Therapy](#)
- [Concussion Management](#)
- [Laser Therapy](#)
- [Acupuncture](#)
- Spinal Decompression
- Osteopathy
- [Custom Orthotics](#)
- [Custom Sports Bracing](#)
- Medical Compression Garments
- Hot Stone Massage Therapy



SAVE THE DATE
FRIDAY, MARCH 19, 2021



Having proper and adequate sleep is so important for the body and mind. There are a number of benefits to catching some zzz's. Experts say that adults should be getting 7-8 hours of shut eye each night. Let's see how doing so can [help you!](#)

1. Sleep can boost your immune system
2. Gaining more sleep can help prevent weight gain
3. Sleep can strengthen your heart
4. Better sleep = better mood
5. Sleeping can increase productivity
6. Sleep can increase exercise performance
7. Sleep improves memory



Did you know that your nutrition can play a vital role with how well you sleep?

Eating an overall healthy and nutrient-rich diet affects our brain health and activity-and in turn, our sleep.

[One study](#), showed that eating less fibre, more saturated fat and more sugar throughout the day was linked with participants getting lighter, less restorative sleep and with more awakenings throughout the night.

Some helpful tips to keep in mind:

1. Pay attention to your caffeine intake and time of day
2. Avoid alcohol close to your bedtime
3. Avoid eating spicy or fatty foods close to bedtime
4. Snack wisely before bed
5. Cut back on sugar
6. Stay hydrated

SLEEP & NUTRITION INTERACTIONS

Reference: Doherty et al. Nutrients 2019

Designed by eYLM SportScience

PROMOTE SLEEP

High glycaemic index evening meal



Tryptophan rich proteins



Milk, turkey, chicken, fish, eggs, pumpkin seeds, beans, peanuts, cheese, and leafy green vegetables



& Tart cherry juice*

either reduce sleep onset latency and/or increase sleep duration by promotion of the synthesis of melatonin

*its positive effect may be also related to its anti-inflammatory properties and its positive impact on muscle soreness reduction



Kiwifruit

contains a range of nutrients that can benefit sleep

especially serotonin, vitamins C & E (antioxidants) & folate (its deficiency has been linked to insomnia)

IMPAIR SLEEP

Large portions and/or meals later in the evening



can negatively impact sleep potentially due to the thermogenic effect of digestion



Alcohol

associated with poorer sleep quality and quantity, reduced REM sleep & increased sleep disturbance in the 2nd half of the night

Caffeine



increases the state of alertness & sleep onset latency, reduced total sleep duration and reduced sleep quality

Coronavirus update;

We are now operating in the **RED ZONE**. This means our waiting room and gym are OPEN! We still ask that you arrive for your appointment no later than 5 minutes before your start time unless stated otherwise.

Please be aware there are several new safety measures in effect.

Each patient will need to complete a verbal screening when entering our clinic.

Please sanitize your hands upon arrival; the administrator will direct you to the room. (newly installed plexi glass is at the admin desk – please pay by card)

All appointments are required to bring in and wear a mask during your therapy.

All of our physicians and RMT's will be wearing the appropriate governed PPE for their position.

Cleanliness routines have been revised due the coronavirus mandates on the Ontario website governed by our colleges.

We can't wait to see you! Please call for an appointment or any questions you may have.

Thank you for taking the times to read our Newsletter.

As always, Go in Good Health!

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