

Bodywork for Wellness

Manual Physical Therapy & Therapeutic Massage, PLLC
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Fall 2011 Newsletter

Celebrating Four Years On September 19th Bodywork for Wellness celebrated its 4th anniversary. This, as many of you know is major accomplishment for any small business. I want to thank you for your continued support and for sharing your positive results with friends and family.

Notice of Enhanced Service and Fee Adjustment My passion has been for many years now, to study and to the best of my ability understand the human body. To learn how the body works, and how to help it heal or adapt to injuries so that we can be healthy, mobile and in as little discomfort as possible.

As many of you know, I pursue many continuing education courses per year from coast to coast to gain the most current and diverse treatment information, which allows me to offer you the *best care possible*. So far this year I have attended seven different courses with two more planned before the end of the year. Each seminar I attend adds valuable tools to my toolbox and allows me to offer the most effective and complete treatment skills and tools possible. I always do my best to balance my costs of education and business with the cost of treatment.

As of October 31, 2010, I will have new rates for my sessions. My one hour session will be valued at \$105, and my initial session for the evaluation will be valued at \$125. I want to thank you in advance for your continued support and I remain, as always, committed to providing you with the very best bodywork and manual therapy care available.

Name Change As of October 1st I will be changing my name to Jennifer Catino, MPT, LMT.

Fall Wellness Tip: Natural Ways to Boost Your Immune System With fall and winter come added challenges to our immune systems. Here are several helpful tips for staying healthy thru the year. According to About.com diet, exercise, stress reduction, sleep and hygiene are the top 5 factors in staying well.

Diets rich in antioxidants found in fruits and veggies. Omega-3 fatty acids found in fish and adding garlic and ginger to your foods can all assist in boosting the immune system. Also drinking lots of water is very important. Staying hydrated allows our bodies to produce all the compounds it needs.

Exercise that is moderate not too intense or aggressive for about 30 minutes per day is shown to help mobilize your white blood cells which provide your immunity.

Stress has a major impact on our immune systems especially changes in stress levels or chronic stress. Providing opportunities in your daily schedule for some down time can help reduce the likelihood of getting sick. Examples are taking a yoga or mediation class, Tai Chi or even spending 5-10 minutes per day deep breathing.

Sleep is so important for us and in our busy lives it is often the 1st thing to go. If we press on with lack of sleep we often get sick. So do your best to get eight hours per night.

Hygiene is very basic. Wash your hands thoroughly and often. Especially after coughing, sneezing, and prior to eating or after touching public surfaces. Hand washing should be done with soap and warm water for at least 20 seconds. Do your best to avoid touching your face. This will help prevent germs from getting into your mouth or nose and inside your body.

If you have a comment or question, or to learn more about Bodywork for Wellness please call or email:

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