



PROCLINIX
SPORTS PHYSICAL THERAPY
CHIROPRACTIC

N E W S L E T T E R

FEBRUARY 2022



GET MOVING & STAY BALANCED!

STAYING ACTIVE IS THE KEY TO FINDING MENTAL AND PHYSICAL BALANCE

PICTURED ABOVE: DR DANNY JACOBS, PT, DPT IMPLEMENTING STABILIZATION EXERCISES FOR SHOULDER PAIN

ALSO INSIDE

How ProClinix Can Help You Keep Your Balance
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NEWSLETTER

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STAYING ACTIVE IS THE KEY TO FINDING MENTAL AND PHYSICAL BALANCE



Are there times where you feel like life is a bit off? Are you struggling to tell if you think this way physically, mentally or both? Our team of physical therapists understands the struggles to find balance in your life. ProClinix is a place where your overall well-being is prioritized!

Making healthy lifestyle choices leads to improved life satisfaction and lower psychological distress. Exercise and diet, particularly in combination, have the greatest positive benefits for overall well-being.

Whatever choices you make in your life and your values are, there is an undeniable truth: To stay healthy physically and mentally, you must remain active. Exercise benefits a person's mental health and overall well-being.

The good news is that with guidance from ProClinix physical therapists, chiropractic, acupuncture or massage therapist, you can get help finding your balance again. We believe in treating the whole person and finding solutions that work specifically for you. Call today to make an appointment!

MENTAL AND PHYSICAL BALANCE

Staying active refers to the amount of activity that you engage in daily. For example, how much time you spend at the gym, how many steps you take in a day, how often you find yourself running around the office, or how frequently you head out to the

backyard to run around with your children or your dog.

There also can be a perception that working a 10 hour day is necessary to demonstrate a strong work ethic and get ahead. This pace can lead to stress, burnout, and not living a healthy and balanced life. Ignoring your mental and physical well-being will eventually catch up to you and start to take its toll on your health.

Specific signs and symptoms that typically indicate trouble with maintaining balance, such as frequently tripping and falling or feeling dizzy when standing too long. But even if you are not having fundamental issues with your ability to stay balanced in this way, you may still have difficulty with whole-body balance.

You can improve your physical balance by:

- Increasing muscle strength
- Improving stamina
- Improving core strength
- Practicing balancing techniques

This is where our physical therapist, chiropractic, acupuncture or massage therapy services can help. We are experts at identifying the root cause of your problem and offering simple solutions to resolve them.

ARE YOU LETTING YOUR PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY!

HOW PROCLINIX CAN HELP YOU KEEP YOUR BALANCE

Here are five steps to help you become physically and mentally healthy while bringing more balance into your life.

1. EXERCISE

Physical activity has been shown to help clear the mind, improve self-worth, and reduce depressive and anxious feelings. The key is to find the right type of exercise for you – which is precisely what our therapists can help you find!

2. SLEEP

Sleep quality is an essential predictor of mental health and well-being. Following a healthy bedtime routine could make you feel happier and calmer and be better focused throughout the day.

3. NUTRITION

Cut down on sugary foods and replace them with nutrient-rich foods like fish, veggies, and foods that have healthy fats. Proper nutrition has been shown to improve physical and mental well-being.

4. COMMUNITY AND RELATIONSHIPS

Whether the support comes from family, a partner, friends, coworkers, or even pets, feeling connected to those around you can increase a sense of purpose and love in your life.

5. RELAXATION AND RECREATION

In our busy lives, it can be easy to forget about the hobbies you used to love. We don't make the time to sit down and enjoy a book or make a cup of tea or coffee and enjoy the moment. Some unique hobbies and interests appeal to each of us, and spending time with those hobbies can help you live a more balanced life.

CONTACT OUR CLINIC TODAY

Contact us if you feel that your physical health or an old injury is holding you back from being active. Working with our physical therapist, chiropractic, acupuncture or massage therapy services at ProClinix can help you achieve improved balance and a healthy lifestyle.

*It's a new year, which means it's time for a new you!
Take control of your health in 2022! Visit us online at*

WWW.PROCLINIX.COM

And make your pain a thing of the past!



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JOIN US ON YOUTUBE!

Check out our Youtube channel to stay up to date with what's going on at ProClinix! We include videos covering topics such as exercises, meet the experts, patient testimonials and more!



Scan the QR Code at right to be directed to our page! Start of 2022 by taking control of your life!

Scan to visit our page!

HEALTHY RECIPE ROASTED CAULIFLOWER & CHICKPEA SOUP

INGREDIENTS

- 1 cauliflower head, cut into florets
- 1 (15 oz) can chickpeas
- 5 garlic cloves, peeled
- 4 tbsp extra-virgin olive oil
- 1 tsp ground cumin
- 1/2 tsp salt
- 1/8 tsp paprika
- 2 medium Yukon gold potatoes, peeled and cubed
- 1/4 tsp black pepper
- 4 cups vegetable broth
- 1 cup water
- 1/2 cup heavy cream



For Garnish

- Reserved roasted cauliflower mix
- Red pepper flakes
- Fresh thyme leaves
- Heavy cream

DIRECTIONS Pre-heat your oven to 400 degrees. On a baking sheet, toss cauliflower florets, chickpeas and garlic cloves with 3 tbsp of olive oil and cumin, salt and paprika. Roast in the oven for 30 min, stirring once half way through. Remove from oven and set aside. Reserve about 1/2 cup for the garnish. Meanwhile, heat 1 tbsp of olive oil in large pot over medium heat. Add cubed potatoes and black pepper. Cook for 2 min, stirring frequently. Add vegetable broth and water and increase heat to bring mixture to a boil. Once boiling, turn heat down to simmer for about 15-20 min until potatoes are very soft. Remove pot from the heat and stir in roasted cauliflower mix. Puree the soup using an immersion blender, food processor, or blender, working in batches if necessary. Return pureed soup to the stovetop and gently re-warm it. Stir in heavy cream. Season to taste with salt and pepper. Garnish with reserved roasted cauliflower mix, red pepper flakes, fresh thyme leaves and drizzle of heavy cream.

FIND RELIEF FOR HORMONAL ISSUES WITH TRADITIONAL CHINESE MEDICINE

Women often come for Acupuncture and Chinese Herbs for symptoms associated with perimenopause, menopause, PCOS, amenorrhea and painful periods. In addition, it can address hormonal imbalances that lead to migraines, low libido, anxiety, insomnia and fatigue (just to name a few). While each person's case is different, treatment is often a combination of acupuncture and herbs for about three months. More serious issues may require a combination of both Western and Eastern Medicine.

For people who can't or don't want hormone replacement therapy for the symptoms associated with menopause, acupuncture and herbs can be a viable option for relief. A small 2019 study found that 5 weeks of only Acupuncture was effective relief for women dealing with menopause symptoms. They also concluded that acupuncture was a safe, cost effective and simple procedure with very few side effects reported.

There are several symptoms of menopause that acupuncture may help with, including:

- Hot flashes
- Night sweats
- Pain
- Mood swings
- Anxiety
- Insomnia
- Fatigue

Andrea Gurciullo, LAC, MTOM is a licensed and board certified Acupuncturist and Clinical herbalist. She has been in practice for over two decades. She is a Westchester native and graduated Magna Cum Laude from the Pacific College of Oriental Medicine in San Diego Ca. A global expert in the treatment of pain she also specializes in the treatment of infertility. Andrea has always been passionate about helping women to conceive as well as maintain a healthy pregnancy. Andrea has studied under leading physicians that specialize in the treatment of infertility and gynecological disorders. Her other specialties include weight loss, anxiety and depression.

For more information about how Andrea can help you, visit our website by clicking [HERE](#), OR BY SCANNING THE QR CODE BELOW!



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CHECK OUT OUR FACEBOOK PAGE!

Read about our patient successes, meet our team, learn new home exercises, discover new ways to social distance and enjoy New York, and more!



WHATEVER YOUR NEEDS, PROCLINIX CAN HELP!

At ProClinix Sports Physical Therapy & Chiropractic, we offer a wide range of services to be sure that your needs are met!

Our services include:

- Telehealth
- Home PT
- Acupuncture
- Chiropractic services
- Massage Therapy
- And more!

Let us help you live a more active life!

Call us at (914) 202-0700 or visit our website at www.proclinix.com to book your appointment today!

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