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# STAY IN THE GAME



Newsletter for all our Form & Function Family



## Back Pain- Why You Need To Drink More Water To Help Relieve It

### Quick question:

**How much water have you had today?** For most people, the answer would be “not enough”. From everything we drink and swim in, to the ice that reduces swelling, water is all around us (and even in us), matter of fact – it basically is us! Water makes up around two thirds of who we are, and influences every single process in our body – which probably explains why we feel a lot better when we drink enough of it.

Now you might be aware of the many ‘tips and tricks’ that are out there on “how to avoid a bad back”, and “how to relieve the pain” – but have you ever heard of drinking more water to help with that?

My guess is you haven’t!

I get that it might sound ‘too simple’ to make a difference, but dehydration really can be one of the culprits of back pain, and one of the reasons why it stays around for longer than it needs to.

## OVERVIEW:

- Back Pain- Why You Need To Drink More Water To Help Relieve It
- Products We Love
- Monthly Offer
- Health Tips and Tricks
- Patient Spotlight
- Recipes We Love

A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful, entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

## Let me explain...

I know you already know that water affects every organ and cell in your body, but it also plays an enormous role in the health of your back and spine.

In between each section of the spine (the vertebrae) lies a disc – which are mainly made up of water. During the day when we're standing up, they slowly become dehydrated, then at night when we're laying down, they rehydrate themselves again (so long as there is ENOUGH water in the body!).

If there's not enough water in your body, then this isn't good news for your discs, and eventually this lack of water can cause pain, swelling, and even more problems further down the line.

Just like a car engine needs to keep lubricated to run properly – your body needs water for your joints, organs and muscles to function.

## See why your water intake is so important now?

We all know it is! Just not many of us knew that without enough of it back pain can creep up, and stay around for longer.

## So next lets take a look at a few things so you can start living a life with less back pain:

- Signs that you're not drinking enough water – so you can start drinking more of it!
- What you can expect when you start drinking more water.

And...

- Helpful tips to help you increase your intake!

Lets dive in:

## Signs That You're Not Drinking Enough Water

How do you really know?

Well the most obvious is feeling thirsty, but here's some not so obvious signs:

- Feeling tired
- Dizziness
- Dry skin and lips
- Headaches
- Constipation
- Mood swings
- And... joint pain

The list goes on!... But one of the best and most reliable signs is to check your urine – if it's dark and not a light yellow color, get more water in your system!

## What You Can Expect When You Start Drinking More Water...

You already know that water is great for you, but after a few weeks of drinking more of it, what benefits can you expect to see?

## Product We Love



Click image  
for link

## Joint NutraCare

The #1 supplement to Feel Your Best at Any Age Stop Joint Pain, Swelling & Stiffness Without Harmful Side-Effects No Matter Your Age Or How Bad Your Joints Why Joint NutraCare stands apart from other supplements on the market? REVOLUTIONARY ALL-NATURAL SUPPLEMENT

Joint Nutra Care is a revolutionary supplement that helps your body feel better and younger all naturally. The combination of ingredients provides long lasting benefits that include:

- Improve joint comfort by providing the building blocks for joint cartilage and ligaments
- Naturally reduce inflammation
- Reduce wrinkles and improve skin health
- Naturally improve hormone levels
- Improve bone density
- Increase antioxidant levels to help reduce aging
- And many more health benefits...

Less soreness in your back for one  
You'll feel 'healthier', your eyes may not feel as tired, and you'll feel more alert!

Additionally water can help you lose weight (if that's something you'd like to achieve), your skin will look clearer and you'll have a natural glow!

You'll likely even find you don't need to reach for the coffee 4 times a day because you feel much more alert.

### How Can You Increase Your Water Intake?

Besides using a bigger glass to down your water with, here's some other tips that might work better for you. I'll start with my favorite – drinking a glass of water right after waking up.

Before I go to bed I make sure to place a glass of water on my bedside table, that way, when I wake up in the morning, the first thing I see is a glass of water right next to me.

It's a great feeling knowing that I've already consumed almost 15% of my daily water intake before my day has even started. Try it, after a week or two it'll be a new habit and you'll feel more energetic for it.

Another way you can increase how much you drink is to switch it up.

I get it, water can get boring, but it doesn't have to be.

Vary still and sparkling water, or add lemon, cucumber or other fruits to your water. Experiment with it and try to find something that suits you. You could even make your own lemonade, or mix it with fruit juices.

So there you have it, why you need to drink more water to help ease aches and pains, did you have any idea that water played such a huge role in your joint health? Don't let another day go by of being dehydrated – now you have simple tips to help you drink more water each day.

If you experience any of these, you should call us at

**888-619-2885**

to arrange an assessment with our team to fully diagnose your injury, and create a tailored recovery plan to avoid the pain getting worse, and to ensure you get back on the golf course quickly.

You can find out about the cost and availability of a physical therapy assessment by

[Scheduling Here.](#)

<https://app.pteverywhere.com/formfunctionpt/bookingonline>

## Benefits of PEMF

PEMF therapy, originally approved in the 1970s for healing nonunion fractures, has since revealed its vast potential in addressing various health issues. This therapy not only accelerates healing from physical trauma and injuries but also aids in alleviating pain stemming from chronic conditions and degeneration.

There are both short term and long term benefits of PEMF therapy. Short form transformation benefits include:

- Alleviation of pain and inflammation
- Enhanced range of motion
- Swift recovery of functional abilities
- Prevention of muscle atrophy post-surgery
- Strengthened ligaments
- Expedited healing of skin wounds and nerve regeneration

As you can see, there are many benefits of utilizing PEMF therapy and the experts at Form & Function PT are happy to help you realize them through our guided PEMF therapy.

# Health Tip & Trick: How to Lose Weight in the Next 30 Days

By: Trevor Field

Embarking on a weight loss journey can be both challenging and rewarding. Whether you have a special event approaching or simply want to adopt a healthier lifestyle, the next 30 days can make a significant difference. By incorporating these tips into your daily routine, you can shed those extra pounds and build sustainable habits for long-term success.

1. Hydration is Key: Drink Electrolyte Water
  - a. Staying hydrated is crucial for overall health and weight loss. Opt for electrolyte water to replenish essential minerals, aiding in hydration and supporting your body during the weight loss process.
2. Fuel Your Day with Protein: Have a High Protein Breakfast
  - a. Kickstart your metabolism with a protein-packed breakfast. Eggs, Greek yogurt, or a protein smoothie can help you stay full longer, reducing the likelihood of unhealthy snacking throughout the day.
3. Mindful Snacking: Choose Wisely or Skip It
  - a. While snacking can be part of a healthy diet, it's essential to choose nutritious options. Opt for a healthy apple, yogurt, or 100% grass-fed jerky to keep you satisfied between meals without derailing your progress.
4. Stay Hydrated: Drink  $\frac{1}{2}$  Your Body Weight in Ounces
  - a. Water is a natural appetite suppressant and plays a vital role in weight loss. Aim to drink at least half your body weight in ounces per day to stay adequately hydrated and support your body's functions.
5. Portion Control and Protein: Forget the Perfect Diet
  - a. Instead of obsessing over the perfect diet, focus on portion control and increasing your protein intake. This approach not only aids in weight loss but also helps maintain muscle mass.
6. Stop at 80% Full: Combat Bloating and Boost Energy
  - a. Avoid overeating by stopping when you feel 80% full. This mindful approach promotes better digestion, reduces bloating, boosts energy levels, and contributes to effective weight loss.
7. Incorporate Weight Training: 45 Minutes, 3-5 Times a Week
  - a. Integrate weight training into your fitness routine to build muscle and enhance your metabolism. Aim for 45-minute sessions, 3-5 times a week, for optimal results.
8. Daily Walking Routine: 30-60 Minutes Every Day
  - a. Walking is a simple yet effective exercise for weight loss. Commit to a daily 30-60 minute walk to burn calories, improve cardiovascular health, and boost your overall well-being.
9. Out of Sight, Out of Mind: Eliminate Junk Food
  - a. Create a healthy environment by removing tempting, calorie-laden snacks from your home. Having nutritious options readily available will make it easier to stick to your weight loss goals.
10. Savor Your Food: Eat Slower for 20% Fewer Calories
  - a. Slow down during meals to give your body a chance to recognize fullness. Studies show that eating slower can reduce calorie intake by 20%, contributing to effective weight management.

Embarking on a 30-day weight loss journey requires commitment and dedication, but with these tips, you can make significant strides toward your goal. Remember to stay consistent, listen to your body, and celebrate the small victories along the way. Here's to a healthier, happier you!

## Promo of the Month

# \$35 PEMF Demo





# Recipe We Love *Peanut Butter Overnight Oats*

## How to Prepare Overnight Oats



1. Add oats, almond milk, yogurt, peanut butter, maple syrup, chia seeds, vanilla, sea salt into a bowl. Stir well to combine, making sure peanut butter gets evenly dispersed. Divide oat mixture into two containers (I like using mason jars), seal with a lid and place in the fridge overnight.
2. Take one container out of the fridge the next morning and stir the mixture.
3. Top with a drizzle of peanut butter, blueberries and chopped peanuts.
4. Overnight oats will keep for up to 5 days in the fridge in a sealed container.

## Nutrition Facts

One cup of fresh blueberries is equal to a single serving. One cup of blueberries contains:

- Calories: 354
- Total fat: 16 g
- Cholesterol: 8 mg
- Sodium: 259 mg
- Total carbs: 39 g
- Dietary fiber: 7 g
- Sugar: 9 g
- Added sugar: 0 g
- Protein: 15 g

## Overnight Oats Macros

- Total fat: One serving of overnight oats has 16 grams of total fat, which includes 3 grams of polyunsaturated fat, 0 grams of monounsaturated fat, 3 grams of saturated fat and 0 grams of trans fat.
- Carbohydrates: One serving of overnight oats has 39 grams of carbs, which includes 7 grams of fiber and 9 grams of naturally occurring sugars.
- Protein: One serving of overnight oats has 15 grams of protein.

## Brain Benefits

Nuts contain healthy, unsaturated fats which are linked to healthy brain function. Plus, oats are rich in fiber, and a diet low in fiber is linked to impaired brain function.