

## JULY NEWSLETTER—EXERCISE AND ARTHRITIS



*with! This month we welcome Trish back from holidays and we have our big Pilates packs on sale as well as a winter warming massage pack for regular massage clients.*

*Have a great month - Jules x*

### Arthritis—Where Do You Begin?

#### Editorial...

Welcome to July - we're half way through 2018 in the blink of an eye! This month we are talking about exercise and arthritis. There is so much evidence now to support the use of exercise as a way to manage and improve joint health for people with arthritis that you can't ignore it. I personally have severe osteoarthritis in my lower back and pelvic joints - part thanks to my genes, part due to working as a physio for 35 years and in part due to 2 pregnancies and my natural excessively lax pelvic joints. So I know first hand the positive change that exercise can make to people living with arthritis. There are of course many different types of arthritis and each needs different types and doses of exercise - that's where we come in. A thorough assessment is the first step and then a plan and advice about how much, what type and intensity of exercise is best for you. Whatever you decide to do to manage your arthritis, make sure you include movement of some form - the best exercise is one you enjoy and will stick



Arthritis is a general term that refers to over 150 different conditions. The accurate term for this group of conditions is musculoskeletal conditions, as they affect the muscles, bones and/or joints.

#### Your musculoskeletal system

To understand how arthritis and other musculoskeletal conditions work, it's helpful to know a little about the muscles, bones and joints that make up your musculoskeletal system. A joint is a structure that allows movement at the meeting point of two bones. Cartilage is a firm cushion that covers the ends of the two bones, absorbing shock and enabling the bones to glide smoothly

#### This Issue

From the Editor	P. 1
Exercise and Arthritis	P. 1
Turmeric and Arthritis	P. 2
Recipe of the Month	P. 3
Specials/Client of the month	P. 4

over each other. The joint is wrapped inside a tough capsule filled with synovial fluid. This fluid lubricates the cartilage and other structures in the joint and keeps it moving smoothly. Ligaments hold the joint together by joining one bone to another. Your muscles are attached to the bones by tendons. As your muscles contract, they pull on the bones to make the joint move. Arthritis and related musculoskeletal conditions affect the normal functioning of the joints, muscles, bones and surrounding structures. The way this happens will depend on the condition you have. Arthritis can cause pain, stiffness and often inflammation in one or more joints or muscles. Regular exercise can reduce some of the symptoms of arthritis, and improve your joint mobility and strength. Benefits of exercise Regular exercise has many health benefits for people with arthritis.

#### Exercise can:

- aid joint lubrication and nourishment
- ease your joint pain and stiffness
- improve flexibility
- build muscular strength
- improve your balance
- help you sleep better
- improve posture
- improve or maintain the density of your bones
- improve overall health and fitness
- lower stress levels
- improve your mood
- help you maintain a healthy body weight.

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### Types of exercise for arthritis

There are many different forms of exercise to choose from. The type that will be best for you will depend on your personal preference, the severity of your symptoms and whether or not you have other forms of arthritis or other health issues. If you aren't sure which exercises are suitable for you, be guided by your doctor or other health professional, such as a physiotherapist or exercise physiologist.

Recently there has been some evidence come to light that turmeric has anti-inflammatory properties and can reduce symptoms of arthritis.

What do we know so far:

**Studies:** Several recent studies show that turmeric/curcumin has anti-inflammatory



properties and modifies immune system responses. A 2006 study showed turmeric was more effective at preventing joint inflammation than reducing joint inflammation.

A 2010 clinical trial found that a turmeric supplement called Meriva (standardized to

75 percent curcumin combined with phosphatidylcholine) provided long-term improvement in pain and function in 100 patients with knee OA.

In a small 2012 pilot study, a curcumin product called BCM-95 reduced joint pain and swelling in patients with active RA better than diclofenac, a nonsteroidal anti-inflammatory drug (NSAID).

**Dosage:** Capsules, extract (more likely to be free of contaminants) or spice. For OA: Capsule, typically 400 mg to 600 mg, three times per day; or 0.5 g to 1 g of powdered root up to 3 g per day. For RA: 500 mg twice daily.

"Curcumin makes up only about 2 to 6 percent of turmeric, so be sure to check the standardized amount of curcumin," advises Randy Horowitz, MD, medical director of the University of Arizona Centre for Integrative Medicine in Tucson. High doses of turmeric can act as a blood thinner and cause stomach upset. Avoid turmeric/curcumin if you take blood thinners such as warfarin (*Coumadin*), are about to have surgery, are pregnant or have gallbladder disease.

## TURMERIC AND ARTHRITIS

### Tips for Managing Your Diet and Maintaining a Healthy

Eat a well-balanced diet, including fruit and vegetables, protein foods, dairy, cereals and grains. This will help to maintain general good health and a healthy weight.

Increase dietary calcium to reduce the risk of osteoporosis in later life (link to calcium and vit D page)

Drink plenty of non-alcoholic fluids, especially water

Keep your weight within the normal range - excess bodyweight increases stress on joints, especially weight-



bearing joints like knees and hips

Keep a food diary - if you think a particular food may aggravate your

condition, it can help to keep a diary of your food intake and symptoms. After a month, you may have some idea about which food could be provoking symptoms. Discuss these results with your doctor or a dietitian.

Don't cut whole food groups from your diet - for example, all dairy products - without talking to your doctor, as you may miss out

on important vitamins and minerals.

Be aware - the symptoms of arthritis, particularly the inflammatory types, can change for no apparent reason. Don't assume any improvement in your symptoms is due to what you eat or changes in your diet. Be guided by your health professional.

Seek advice - if you need help, talk with your doctor or a dietitian. There's a lot of conflicting



information online and in the media about arthritis and diet. If you need some guidance, talk with a professional.

# RECIPE OF THE MONTH

## Turmeric Chicken & Quinoa by Wendy Polisi

**Prep Time** 20 mins

**Cook Time** 56 mins

**Total Time** 1 hr 16 mins

This Turmeric Chicken & Quinoa is a healthy one dish meal the whole family will love. Healthy doesn't get much tastier than this turmeric chicken recipe!

### Ingredients

2 pounds boneless skinless chicken or tempeh  
1 teaspoon [salt](#)



1/2 teaspoon [fresh ground black pepper](#)  
1 tablespoon [extra virgin olive oil](#)  
1 teaspoon [ground turmeric](#)  
1 onion chopped  
1 tablespoon grated chopped peeled fresh ginger  
4 cloves garlic minced  
2 plum tomatoes chopped  
1 1/2 teaspoon [curry powder](#)  
1/2 teaspoon ground cumin  
2 cups [quinoa](#) rinsed  
2 [bay leaves](#)  
1 1/2 tablespoons [Asian fish sauce](#)  
2 3/4 cups chicken broth or vegetable broth

### Instructions

Season the chicken with salt and pepper. In a large Dutch Oven, heat the olive oil to medium and add turmeric. Stir and add chicken. Cook until browned on both sides. Transfer to a plate. Allow to cool and then shred.

Add the onion and ginger and cook for 8 minutes. Add garlic, tomatoes, curry powder, cumin and quinoa. Cook, stirring constantly for 3 minutes. Return the chicken to the pot. Add bay leaves, fish sauce and chicken broth. Bring to a simmer. Cover and cook over low heat for 25 minutes. Remove from heat and let stand covered for 5 minutes.

### Recipe Notes

Servings 8, Calories 414, Fat 13.2g, Carbohydrates 29.9g, Protein 41.8g, Cholesterol 101mg, Sodium 938mg, Potassium 673mg, Fiber 3.7g, Sugars 2.1g

## Coming Soon to Revive

GLA:D education and exercise for the rehabilitation of hip and knee Osteoarthritis

## What is GLA:D Australia?

**GLA:D® is an education and exercise program developed by researchers in Denmark for people with hip or knee osteoarthritis symptoms.**

Research from the GLA:D® program in Denmark shows symptom progression reduces by 32%.

Other outcomes include a less pain, reduced use of joint related pain killers, and less people on sick leave. GLA:D® participants also reported high levels of satisfaction with the program and increased levels of physical activity 12 months after starting the program.

This program is unique in that the education and exercises provided can be applied to everyday activities. By strengthening and correcting daily movement patterns, participants will train their bodies to move properly, prevent symptom progression and reduce pain.

Follow this link to a story about considering exercise before surgery run by Channel 7: <https://gladaustralia.com.au/try-exercise-before-considering-surgery-for-knee-pain-channel-7-story/>





# Pilates Large Packs

20 pack - **\$880 (Save \$80)**

\$44 per class

30 pack - **\$1290 (Save \$150)**

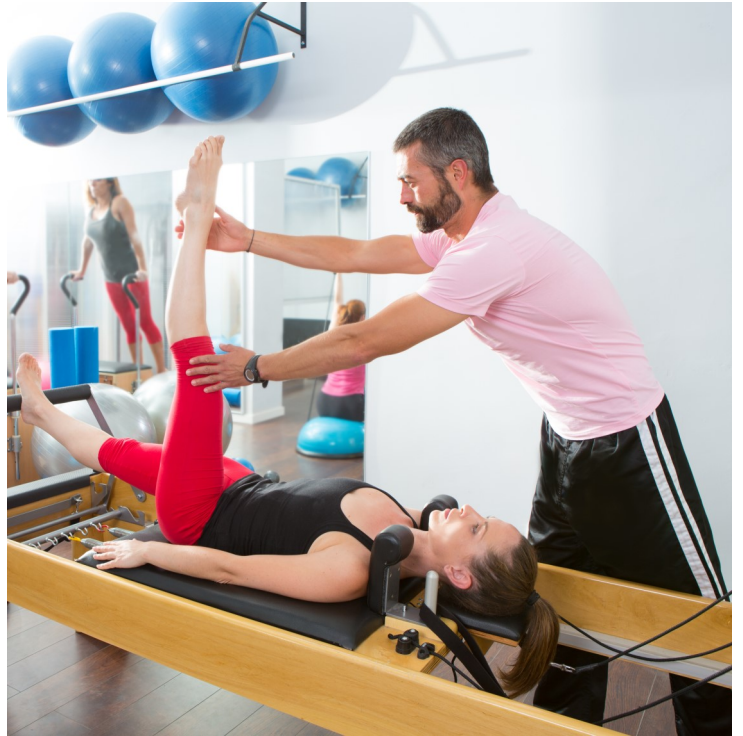
\$43 per class

40 pack - **\$1640 (Save \$280)**

\$41 per class

50 pack - **\$1950 (Save \$450)**

\$39 per class



## WINTER MASSAGE PACK OFFER

10 x one hour massages for

**\$750**

(available until 31<sup>st</sup> July)

Terms and conditions apply to all specials



## Client of the month Clare Leung

*Congratulations to Clare who has been a client at Revive since March 2017. Having overcome a couple of injuries and set-backs there's no stopping Clare from getting back to her sport and fitness. Proud of you Clare for all of your hard work and determination. Enjoy your massage x*

