

The Recovery

The Inflammation Issue

What is it? How does it impact your daily life? What steps can you take to prevent its impact?



Inflammation—this is becoming a more widespread chronic condition and the scary truth behind its rampancy lies in poor eating habits. There are several foods that serve to trigger inflammation, but there are also those that help to decrease the negative effects of inflammation.

Before moving forward, it is important to define inflammation as well as the process. Inflammation is a local response to injury that is marked by redness, heat, swelling and pain associated with the body's natural healing response to an injury or infection. This type of response is good. However, if the inflammation continues to persist, it merely serves to damage the body.

There are several other factors that contribute to inflammation that include stress, inactivity, and various genetic predispositions. This makes it extremely important to understand the role that specific foods play in the overall inflammatory process since you can truly control this factor by making healthier food choices.

Now, there is a caveat. While a food may be classified as healthy, it might serve to fuel the flames of inflammation. An example of this type of food is the night shade vegetable family and includes the following: potatoes, tomatoes, eggplant, vegetables containing high alkaloid levels, goji berries, ground cherries, and the capsicum family.

The negative side effects associated with this food class includes: gastrointestinal symptoms, malabsorption symptoms, arthritis, stiff painful joints, headaches and mood swings. These types of symptoms can clearly impact a person's day-to-day activities, so it is of extreme importance to make conscious food decisions at every single meal.

Some foods that are known for their anti-inflammatory properties include: turmeric, ginger, berries, tart cherries, garlic, onion, sweet potatoes, avocado, broccoli, and extra virgin olive oil.

There are a vast number of foods that support this type of lifestyle. If you find yourself dealing with these types of issues, we encourage you to embark upon this food journey. If you have questions or simply want more information regarding this topic, please feel free to contact us at info@sacpt.com!



Looking for a summer road race that is a fun family event that includes a safe run course, accurate and quick timing results? This is the race for you! SACPT is partnering with iRun to make this race a success. It is going to benefit the *Miracle League of San Antonio*. For more information, please contact Tiffany Wetz at info@sacpt.com or 210.363.7001. You can also visit iruntexas.net. We hope to see you there! There are also volunteer opportunities. Mark your calendars for **July 14, 2013!**

SAN ANTONIO Center for Physical Therapy

San Antonio Center for Physical Therapy is a privately-owned clinic offering personalized rehabilitative care to individuals with neuromuscular and musculoskeletal dysfunctions. The Doctors of Physical Therapy are certified Manual Therapists and specialists in orthopedic and sports injuries. We are committed to excellence by providing quality, cost-effective, outcome-based physical therapy. It is of utmost importance that our patients are treated with respect and friendliness in a professional, caring environment.

Dr. Jarrett and Dr. Nietz received their Manual Therapy Certification (MTC) during their Doctoral studies at the University of St. Augustine for Health Sciences in Florida. They utilize a unique manual approach to specialize in the treatment of spinal dysfunction, headaches, neck pain, and sports injuries. They are the company Physical Therapists for San Antonio's premier professional ballet company, Ballet San Antonio. Dr. Jarrett and Dr. Nietz have specialized training and certifications through the American Sports & Fitness Association and the Harkness Center for Dance Injuries. Dr. Nietz has further training and certification through BACKtoGOLF and the Titleist Performance Institute.



Shea E. Jarrett
PT, DPT, MTC



Brian C. Nietz
PT, DPT, MTC



San Antonio Center for Physical Therapy

Located in Suite 210 of the Sonterra Oaks Medical Plaza

From I-10:

Take 1604 East to 281. Stay on access road and take the turnaround to access road for 1604 West. Turn right on Hardy Oaks Blvd, just past Macaroni Grill.

From 281, Heading North or South:

Take Sonterra Blvd Exit. Take right onto Sonterra Blvd. Turn left on Hardy Oak

