



Magnolia Physical Therapy

Newsletter



MAGNOLIA
Physical Therapy

Freedom From Pain

thank
YOU
SO
much



MAGNOLIA
Physical Therapy

Freedom From Pain

Newsletter

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CALL TODAY!

Harahan:
(504) 733-0254

Marigny:
(504) 943-8026

Uptown:
(504) 309-9400

CBD:
(504) 733-0254



Our Commitment to You

As an organization that is dedicated to providing the ultimate patient experience, we want to take the time to thank all of our patients that entrust our therapists with your rehabilitation and wellness needs. As a locally owned and operated business, we are dedicated to providing quality care that is convenient and puts the patient first. Over 50% of our patients are returning patients and patient referrals. This speaks volumes to what you think of our results oriented model and we want to strive to be better than before. We are focusing on improving our facilities so that you can achieve the greatest results in your therapy regimen. Starting in January, we will be combining our Prytania and Jena street clinics to one larger, free standing facility on Napoleon Avenue near Baptist. This new and expanded location will offer private treatment rooms and a gym space that is 2 times the size of our entire Prytania clinic! We are thrilled to share the new space with our patients and staff.

From newly designed clinics with a welcoming, relaxed atmosphere, Magnolia continues to lead the industry with a hands-on approach to rehabilitation leading to results far beyond traditional models. The future of health care will certainly experience some major changes; however, Magnolia wants you to know that we are here to provide quality and trusted health and wellness solutions to help you be the best you.

Being Grateful is Good For You!

**"Notice the positives more,
and that magnifies the
pleasures you get from life."**



GRATITUDE AND HEALTH

Feeling thankful can improve your health in both direct and indirect ways. Some research shows that the experience of gratitude can induce a sense of relaxation, improve the immune system, and decrease blood pressure. But grateful people also tend to cultivate better health habits, like eating more nutritious food, exercising, and avoiding risky behaviors. In addition, the optimism that stems from gratitude can create a healing attitude: research shows that people with optimistic attitudes have better outcomes after medical procedures.

GRATITUDE AND JOY

Robert Emmons, an internationally renowned scientific expert on gratitude, has found that acknowledging the good in life has a tendency to amplify positive emotions, such as joy and contentment, because it helps us slow down. "I think gratitude allows us to participate more in life," he says. "We notice the positives more, and that magnifies the pleasures you get from life." Consider the last time you had a good cup of coffee—did you pay attention to

the warmth of the cup on your hands, or the feeling of pleasure as you took the first sip? It's easy to ignore these small moments of positivity in our day as we rush from one activity to another, but stopping to appreciate them makes them more powerful.

GRATITUDE AND RESILIENCE

Practicing gratitude can also make you better equipped to handle the difficulties of life that inevitably arise. In fact, according to Emmons, it's an essential part of the process of healing from trauma. Even despair can be mitigated by the experience of appreciation for the good, however slight it might be. Many survivors of the Holocaust, when asked to tell their stories, remember most strongly the feelings of gratitude for food, shelter, or clothing that was offered to them. This sense of thankfulness for the small blessings helped them maintain their humanity despite experiencing a horrific tragedy. Many people with life-threatening illnesses also report decreased distress and increased positive emotions when they practice gratitude.

Recent MRI studies have mapped the gratitude circuitry in the brain, which activates a sense of reward, fairness, and decision-making—all aspects that help facilitate survival and post-traumatic growth.

Emmons, R. (2010 November 16). Why gratitude is good. Greater Good. Retrieved from http://greatergood.berkeley.edu/article/item/why_gratitude_is_good. Emmons, R.A., Stern, R. (2013). Gratitude as a psychotherapeutic intervention. *Journal of Clinical Psychology*; 69(8), 846-855. Excerpts taken from <https://www.takingcharge.csh.umn.edu/10-ways-be-more-thankful-person>

Come Back In For A Consultation

Whether you want to come in for a check-up, suffered a recent injury or you want to improve your health, a doctor referral is not needed. In the state of Louisiana you can seek physical therapy early!

Save time



Save money



**Improve
your health
naturally**



See our physical therapists for:

- Recent injury
- Nagging aches and pains
- Back and neck pain
- Joint pain and movement problems
- Walking or balance difficulties

Have you met your annual insurance deductible?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything.

Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

Are you having aches & pains? Need to work on your core? Let us help you get a head start for 2018. Contact us today to schedule your appointment.



Fall Chili Recipe



Ingredients

- 1 1/2 pounds lean ground beef
- 1 onion, chopped
- 1 small green bell pepper, chopped
- 2 garlic cloves, minced
- 2 (16-ounce) cans red kidney beans, rinsed and drained
- 2 (14-1/2-ounce) cans diced tomatoes
- 2 to 3 tablespoons chili powder
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon ground cumin

Instructions

Step 1

Cook first 4 ingredients in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink; drain. Place mixture in 5-quart slow cooker; stir in beans and remaining ingredients. Cook at HIGH 3 to 4 hours or at LOW 5 to 6 hours.

Step 2

Notes: If you want to thicken this saucy chili, stir in finely crushed saltine crackers until the desired thickness is achieved.

SUDOKU PUZZLE

						3		8
	9	7					1	
				4	6		2	
5		3	8	1	7			6
9			5	6	3	7		2
	3		7	5				
	4					2	3	
1		2						

<http://1sudoku.com>

n° 36953 - Level Hard

Hard Level 11