



RELIEVE YOUR PAIN
With Proper Nutrition

INSIDE:

Max Life
Success Story &
Special Offer

Target the Root Causes of
Chronic Knee Arthritis



RELIEVE YOUR PAIN
With Proper Nutrition



NOW OFFERING
MAX LIFE



Our New Comprehensive
Wellness Program!

Details Inside...

HOW PROPER NUTRITION *Relieves Pain*

Does chronic pain limit your daily life? Have you wondered if inflammation is the source of your pain? At Joint Restoration Center, our physical therapists understand the importance of a nutritious diet, especially if experiencing chronic pain. That's why we include nutrition counseling, along with other great services, in our brand-new comprehensive lifestyle program, Max Life.

Everything you consume fuels your body, and eating the right foods can aid in a quicker recovery from painful conditions. By exercising regularly, managing your stress, and eating nutritious meals, you can help significantly reduce pain and inflammation.

If you have been living with pain or impairment and want to take a proactive approach to finding relief, contact Joint Restoration Center today to schedule a consultation and learn more about Max Life. We'll show how our physical therapists and certified health coaches can help manage your nutrition and achieve your personal health and fitness goals.

HOW INFLAMMATION LEADS TO PAIN AND DISEASE

Inflammation is your immune system's natural response to injury, ailment, or other harm. If you have an infection, wound, tissue damage, or buildup of toxins in your body, the immune response is triggered to deal with it. Without inflammation, injuries wouldn't be able to heal.

Unfortunately, chronic inflammation can occur if this process goes on for too long. This makes it more difficult for the body to heal itself, often leading to chronic pain. In addition, there are other serious health conditions related to chronic inflammation, such as:

- Arthritis (including osteoarthritis and rheumatoid arthritis)
- Diabetes
- Heart disease (high blood pressure, coronary heart disease, peripheral artery disease)
- Some cancers (such as colon, pancreatic, and liver cancers)

If you experience persistent pain, contact a physical therapist as soon as possible. Our therapists are skilled at assessing the whole body and identifying the contributing factors, including chronic inflammation.

BENEFITS OF NUTRITION FOR PAIN AND INFLAMMATION

Traditionally, chronic inflammation has been treated through rest and/or medication. However, a lack of movement and exercise can make inflammation worse. Medications come with side effects, which can be dangerous and potentially habit-forming. Luckily, we can treat pain and inflammation in more straightforward and healthier ways, including proper nutrition.

Nutrition can help you turn around your symptoms by adopting an anti-inflammatory diet, which consists of the following components:

Plant-based emphasis: This means incorporating more fruits and vegetables.

Foods containing omega-3 fatty acids:

- Fish and other seafood (especially cold-water fatty fish such as salmon, mackerel, tuna, herring, and sardines)
- Nuts and seeds (such as flaxseed, chia seeds, and walnuts)

Lean protein:

- White-fleshed fish
- Plain Greek yogurt
- Beans, peas, and lentils
- Skinless white meat (i.e., chicken, turkey, and pork)

Whole grains:

- Whole oats
- Whole wheat
- Whole-grain rye
- Buckwheat
- Bulgur wheat (cracked wheat)
- Millet
- Whole barley
- Spelt

Healthful fats:

- Avocado
- Nuts
- Olive Oil
- Flaxseed

If following an anti-inflammatory diet, you should limit the consumption of simple carbs, sugars, processed foods, red meats, and alcohol. In addition, reduce your processed grain and dairy intake. While this does mean no donuts, pastries, or white bread, remember you can still eat plenty of sweet, fresh fruit!

TRY THE MAX LIFE PROGRAM FOR MAXIMUM BENEFITS!

By maintaining a nutritious dietary plan, you should quickly begin to notice a decrease in your pain and inflammation symptoms. However, it is only one piece of the puzzle, and for best results, you'll want to incorporate exercise and other lifestyle changes.

Our new Max Life program helps take the guesswork out of building a healthy life. You'll work with a certified health coach to develop a customized program specific to your needs. We focus on the following areas:

Max Life is your all-inclusive solution for realizing your health aspirations, addressing pain, inflammation, and chronic conditions like arthritis at their core. Your path to well-being starts here – the perfect synergy with our Advanced Arthritis Relief Protocol. Embrace the possibilities!

CONTACT US TODAY!

Embark on a journey to unleash your ultimate potential with Max Life! Elevate yourself to new heights through a comprehensive wellness evaluation, a transformative experience that's often priced

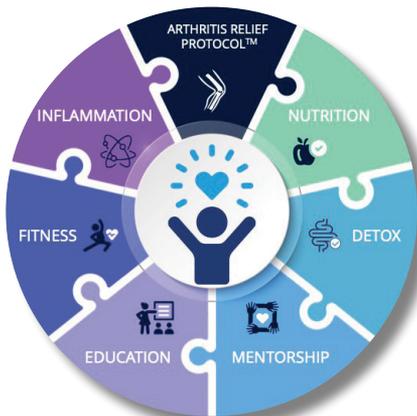
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Sources: <https://europemc.org/article/nbk/nbk493173>; <https://www.mdpi.com/2072-6643/10/2/200>; <https://www.sciencedirect.com/science/article/abs/pii/S1568997218302106>; <https://www.ingentaconnect.com/content/ben/crr/2019/0000015/00000003/art0005>; <https://www.mdpi.com/2072-6643/10/8/1030>

MAX LIFE *Struggling With* PAINFUL KNEES?

Target the Root Causes of Chronic Knee Arthritis with Our New Lifestyle Program!

Our brand-new **Max Life** lifestyle program will include the following benefits:



Call today to learn more!
918.205.2608

Nutrition continued

at \$287. However, in celebration of the Max Life launch, we're extending an exclusive invitation to seize a coveted spot in this life-altering program, **now available for an exceptional \$87**. Don't hesitate—take action today and **call or text 918-890-1969** to secure one of these precious few slots before they're gone. *Your path to a maximized life begins now!*



MAX LIFE Success Story

"I joined this program not sure of what to expect. I thought I could do the program for six months. Six months of my life... not that long. I could do that.

Well, it changed my life. I lost 40 pounds. My digestive problems went away. I no longer needed anti-inflammatory drugs and I have decreased my other medications."

— Vickie M.

Unlock your potential with a comprehensive

~~\$287~~ wellness evaluation, NOW JUST \$87

for a limited time.

918.890.1969

JOINT
RESTORATION CENTER
& PHYSICAL THERAPY

Unleash your full potential today!

DON'T IGNORE YOUR PAIN. COME BACK TO JRC! 918.205.2608