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Lifestyle

Magazine

NORTHEASTERN ONTARIO | FALL 2022

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In jail, when you're really bad or need to be protected, they throw you in solitary. It's as though COVID has been our warden for the past two and a half years. The confinement hasn't always been of the solitary nature for some, but we have isolated and been isolated from. It's not been an easy time.

In just about every jailhouse movie there's that scene where they inmate is finally sprung. He collects his few belongings, nods farewell to a guard at the gate, takes one last look at the prison, and then gets into the car that's been sitting out front waiting to whisk him away to freedom or recidivism.

This is us. We're getting into cars again, strangers' cars sometimes, not just our own. We're going out for dinner and to the movies. But in two and a half years, it's easy to lose some of the skills let alone the social graces that we all take for granted. It's important to remain social or, if COVID kept you locked up more than most, get back to being social. We are creatures that thrive on it.

Whether you realize it or not, we are all part of a very intricate network. I don't know if I'd go as far as to say 'no man is an island' but if he were, there are bridges connecting him to other islands and the mainland too. Once you begin to reconnect, you'll realize just how much you missed it. And you won't take for granted anymore just how much we rely on one another for many things great and small.

We all have been diminished if even only in tiny ways. COVID removed us from one another, and it tried to sever connections. Now is our time to regroup, to rally and re-establish the bonds that have thinned. This is my action call to you to get out into the world again, to renew genuine connection, and to never ever take it for granted again.

A handwritten signature in black ink that reads "Nicole D. Blais".

Nicole Blais,
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The Skinny on our Aging Faces

Clinical aesthetic treatments have become more popular among patients of all age groups and ethnic backgrounds. In recent years treatments have become safer and less invasive and promising new injectable treatments have appeared on the market. Treatments are designed to address one of three symptoms of facial aging. I will outline some of the more popular, clinically proven treatments below:

Symptom 1: Skin Quality Changes

Even regular sunscreen users will eventually develop fine lines and expression lines associated with facial movements. Without treatment these will become more visible over time. Fine lines can be addressed through continued use of a quality sunscreen. In addition, skin care products containing vitamin C and retinol can be helpful. See a qualified clinical skin expert when seeking these products since most products on the market contain inadequate amounts of active ingredients or are packaged in a way that allows for breakdown of the active ingredients.

Chemical peels and surgical grade microchanneling treatments can also be helpful. Patients should ensure they are receiving these treatments from licensed clinical practitioners like nurses, nurse practitioners and doctors. These professionals use only Health Canada approved devices and products. Microchanneling treatments can be provided at a surgical depth when administered by a licensed healthcare professional. Higher potency chemical peels are usually only available from these pro-



By Jennifer Fournier, NP, PhD

Founder, Allure RX

professionals who are qualified to administer them, monitor responses and manage outcomes including adverse reactions.

Symptom 2: Wrinkles

Patients become concerned with widespread wrinkles to the skin as well as wrinkles caused by repeated facial movements. Both of these kinds of wrinkles eventually become noticeable when the patient is at rest. Several approaches can be used to address wrinkles. Regular sunscreen use is an effective preventative treatment that should be started in childhood. Products with an SPF of 40 or greater are preferred and manufacturer reapplication times should be followed.

Wrinkle release medications (Dysport, Botox, Xeomin and others) can stop the development of or treat wrinkles caused by repeated movements such as smiling and talking. Wrinkle release medications are generally well tolerated but should be administered by a reputable, experienced injector with clinical background to ensure authentic product is used and to guarantee a pleasing cosmetic outcome. Providers of this calibre are generally found in medical settings run by licensed professionals such as dedicated skin and injection clinics and

practices offering these services alongside clinical specialties like dermatology and plastic surgery.

Symptom 3: Facial Volume Loss

As patients age they tend to lose volume in the cheeks, temples and under eye areas. Some of this loss also leads to an irregular, loose jaw contour. There are several categories of products on the market that professionals can use to add volume to the face and support a more youthful appearance. Hyaluronic acid based dermal fillers (Restylane, Juvederm and others) have been the key treatment in this category for decades. These gel-like products can be used to enhance cheeks and lips, fill in hollows under the eyes, tighten or sharpen the jaw line and fill hollow temples. These products usually last anywhere from six months to 14 months and results vary.

In recent years, injectable substances that stimulate the production of collagen have become popular. These products tend to have longer lasting results, improve the appearance of the skin while building up volume and can be injected in a short office visit. In recent years, products designed to stimulate collagen while delivering impressive lifting have been approved by Health Canada. Instalift™ is currently the only Health Canada approved product available for this purpose. Instalift™ threads are placed under the skin to pull loose tissue upwards in the areas of the cheeks, to eliminate jowls and to improve the appearance of the jawline. These products contain substances to trigger collagen production to enhance skin tone and texture, improve facial volume and provide the lifted appearance generally associated with youthfulness.

This article has covered three key categories of clinical aesthetic treatment of the face. Patients over 50 years of age must treat all three symptoms for best results. While regular treatments will be necessary, the introduction of new, safe and effective products has improved cosmetic outcomes, decreased the cost to the patient and delayed the need for some facial surgical procedures. These treatments should always be delivered by a licensed healthcare professional in a clinic setting using only Health Canada approved products and medications.



SQUEEZE ALL THE LEMONS

By Kerrie Michelutti

Like everything else in life, there is a sweet spot. That point where you have nailed it. You have squeezed the most out of that proverbial lemon, and you are totally satisfied.

Does your home do this for you?

For me, I can honestly say yes and no. I don't think I'll ever stop changing it. There is always a project to be done, something to work on, and something to renovate. I think I was born on the job site with a drill in my hand, ready to tear it down and build it a different way. I am sure my mom would agree, I was born in under an hour, and haven't stopped moving since. God Bless my mother for encouraging my love to work because I always have something to do, and I love it.

I think I am like most people. Most people walk around their home and say, I just need a piece to go here, or I am looking for something for this wall, or I want to renovate this space. You are not alone. Most of my clients all start their story telling me about how they have been thinking about something for years, or they have done various projects and are looking to do more. The fact that you are looking to improve the functionality or the esthetics of your home tells me you are making the steps to change not only your home, but your life.

For me this process is relatively easy because my skill set lends to these types of projects. I have the vision, the perspective to visualize space and colour, and the tenacity to do it. This is the trifecta of constant renovation and this has led to the business I love today, and has also taught me to continue to improve in all areas of life.

I believe your physical space is a direct reflection of yourself. So continually improving or trying new things can engage the mind, open the heart and lead to happiness you never new existed. This is the journey to the sweet spot. When you find the colour combination that you carry from house to house, or the cabinets you love every time you walk into the kitchen ... this is the sweet spot. Renovation doesn't have to be stressful if you understand that there is joy in the process. Life is about the anticipation or the planning of the end result...when you acknowledge that process as joy, you will have squeezed the most out of another lemon. Go do that renovation and squeeze all the lemons... there's not just one!



Kerrie Michelutti,
PMP, Owner
Home & Haven
Design Studio



THE NORTH AMERICAN MENOPAUSE SOCIETY 2022 HORMONE THERAPY POSITION STATEMENT

By Drs. R. Righi and S. Wallace

Northern Ontario Women's Wellness (NOWW)

In 2022, the North American Menopause Society (NAMS) updated their hormone therapy position statement from 2017 taking into account the latest evidence. Since the results of the Women's Health Initiative study (WHI) were released in the early 2000s, there has been quite a bit of controversy surrounding the use of hormone therapy to manage menopausal symptoms. This caused women to stop their therapy and doctors became hesitant to prescribe hormones, leaving women needlessly suffering and looking for alternatives. Since that time however the scientific evidence and options have changed.

Why are menopause issues relevant? A woman in her 50s today is expected to live to her mid 80s. 60-80% of women will experience symptoms of menopause that affect quality of life, and changes that impact future health. Women can report significantly higher work impairment and healthcare utilization, depression and anxiety resulting in a significant humanistic and economic burden.

Prior to considering menopause hormone therapy (MHT), your health care provider must evaluate any contraindications in your medical or family history. These include unexplained vaginal bleeding, any estrogen dependent cancers, liver disease, cardiovascular disease, stroke. Once your suitability for MHT has been established, many options are available.

Summary of NAMS Statement:

1. Hormone therapy is the most effective treatment for vasomotor symptoms and genitourinary syndrome of menopause and has been shown to prevent bone loss and fracture.
2. The goal is to provide the appropriate lowest effective dose of MHT. Formulation, dose and route of administration should be determined individually and reassessed periodically.
3. Overall, the increased absolute risks associated with MHT are rare (<10/10,000 users per year) including risk of blood clots.
4. Although the risk of breast cancer increases with duration of MHT use, the absolute risk is quite small (0.08% increase per year of use).
5. In women aged younger than 60 years or who start MHT within the first 10 years of menopause, the absolute risks are reduced for all-cause mortality, fracture, diabetes. Benefits of MHT generally outweigh risks.
6. Hormone therapy does not need to be routinely discontinued in women aged older than 60-65 years but periodic re-evaluation should be considered.
7. For women with genitourinary syndrome of menopause, local estrogen may be considered at any age and for extended duration if need be.

Numerous international guidelines have been produced regarding MHT with most clarifying its safety when initiated before age 60 or within 10 years post menopause. The most recent NAMS position statement confirms that menopause hormone therapy can be a safe and effective treatment for menopausal women.





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RESIDENTS - THE RAISON D'ÊTRE

"Red Oak Villa has always been a special place," said Joe DiPietro, President of Autumnwood Mature Lifestyles, Red Oak Villa's owner. "I'm not sure whether it's because of its historical significance as the original St. Joseph's Hospital or the joie-de-vivre of the Residents."

Red Oak Villa is looking forward to sharing that joy of life with even more Residents when it opens its expansion soon.

Red Oak Villa is known for being one of Sudbury's most desired retirement residences. It's located in the original St. Joseph's Hospital, on Ste. Anne Road, which brought many Sudburians into the world between 1898 and the early 1970s.

Red Oak Villa is still giving life in Sudbury. Known for its joie-de-vivre, Red Oak Villa is warm and friendly. Residents support each other as a community and know how to have fun. They have a welcoming committee to help residents feel comfortable and included. The staff are very compassionate and committed



Residents have more time and energy to stay social, active, healthy, and fun.

to a warm family-like environment.

People move to Red Oak Villa for several reasons. One of the big ones is to leave behind the hassles of homeownership. Homes may not always be suitable for us as our needs change. And yard work and household chores start to take up too much of a person's time. They want to spend more time living and being joyful by socializing and doing things that make them happy. At Red Oak Villa, someone else does the cooking and cleaning, and Residents have more time and energy to stay social, active, healthy, and fun.

The expansion adds 122 new suites to the existing 84. The suites are beautiful, and Residents can furnish their suite with all their favourite furnishings from home or go shopping for all new furniture. Both approaches can create a beautiful new home to experience joy.

Some people may worry about downsizing, but the beauty of Red Oak Villa is that it's not really downsizing. It's upsizing because all the common areas and amenities are a Resident's home to enjoy.

With the expansion, Residents can relax in the fresh air in the courtyard, try a new activity in the lounge, enjoy a cold one and some entertainment in our pub, shoot a game of pool in the games room, sip their morning cup of tea or coffee on the breakfast nook balcony, work out in the exercise room or grab a cup of java in the café lounge.

And there's so much to do at Red Oak Villa. Planned activities are geared to take care of people's social, physical, creative, spiritual and intellectual needs. There are four to seven activities, Monday to Friday.

Exercise classes are scheduled daily. And other activities from live music to paint socials, brain games, crafting, pub nights and dancing are scheduled regularly. On evenings and weekends, there are scheduled activities and there is very often a good card game going on somewhere in the building. With so many activities, Residents do as much or as little as they want to do. How social one is, is up to them.

Our Resident, John Benoit described Red Oak Villa this way. Red Oak Villa gave us "a good balance in our way of life – a place to exercise, a place to pray, a place to think, to read, to enjoy music, a place to be alone and also a place to be with others. The Villa gives all its Residents an opportunity to participate in creative activities, such as choir, singing, baking for special events, painting, exercise programs from yoga to sitting activity. All involvement is present to expand one's sense of life which helps us to soar our spirits."

Red Oak Villa staff want people to know that now is an important time of life.



The suites are beautiful, and Residents can furnish their suite with all their favourite furnishings.

FOR RED OAK VILLA

There will be challenges just like every other part of life. But staff work hard to help Residents to have fun and experience joy.

Red Oak Villa is independent living with all the services one would expect from a retirement residence available if and when needed.

Situated downtown, Red Oak Villa is close to churches, shopping, restaurants, banking, businesses and medical offices.

"We love people to find joy in their life while they are at Red Oak Villa," said Joe. "We're here for our Residents. That's why we do what we do. They are the joie-de-vivre and our raison d'être."

When the expansion is open, we hope you'll come to Red Oak Villa for a tour or an open house. Check out the amenities and the staff and Residents who are full of life and vitality. We hope you experience the joy at Red Oak Villa.



"We're here for our Residents. That's why we do what we do. They are the joie-de-vivre and our raison d'être."

REFRESH AND RENEW

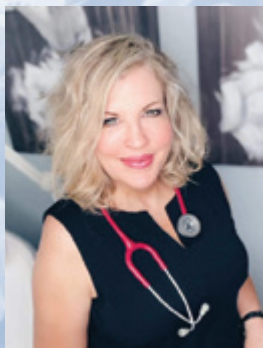
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Jennifer Fournier, NP



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GRIEF SERVICES

AT MAISON MCCULLOCH HOSPICE

By Normand Blanchard

The following is a testimonial by one of our clients.

My best friend and husband passed away. Although it wasn't a total shock as he had been sick for 13 years, it still affected me mentally and emotionally. I was his caregiver and also held down a full-time job. I prided myself for having the strength and courage to be his healthcare advocate, ensuring he received the best medical care possible.

The day my husband died, my busy lifestyle came to a screeching halt. I felt lost and the pain was unbearable.

I reached out to Maison McCulloch Hospice and spoke with the Manager of Supportive Care and Grief Services. He gave me the support that I needed to become the stronger person that I am today. Through his coaching techniques, I am able to grieve in a healthier way. I felt comfortable and was able to be open and honest about my individual grief. I never felt judged.

Through this process, I learned a lot about myself and that everyone deals with grief differently.

I would strongly recommend this program to anyone who is struggling with grief.

Sincerely, N.D.



Normand Blanchard

Manager of Supportive Care and Grief Services at Maison McCulloch Hospice

Grief Support at Maison McCulloch Hospice is made available to residents, their families and the general public. We aim to support one's mental health as they navigate the death of a loved one. As opposed to grief "counselling", our services are centered on education that demystifies grief.

"It's helpful to know that I'm not alone." "It's good to know that we all grieve differently." "I know now that I'm not going crazy." Fear is often caused by the unknown. Knowledge empowers people as they come to realize that grief is a normal, unique reaction to loss. This knowledge helps people address the fear they may have about their grief experience - significantly diminishing their suffering and allowing for a healthier approach to moving forward with their grief.

Our Grief Services include:

- anticipatory grief support during the resident's and family's journey at Hospice
- 3 telephone follow-up calls to families in the year following the death
- monthly grief discussion groups (virtually)
- one-on-one sessions (virtually or in person)
- 8-week recovery program (in person)

These services may be accessed through self or community-based referrals.

For more information please contact:
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Maison McCulloch Hospice is a centre of excellence dedicated to the collaborative delivery of quality hospice palliative care in both official languages in the City of Greater Sudbury and the Sudbury District.

HAPPINESS + POSITIVE ATTITUDE = A LONGER LIFE!



By Charlene Nadalin,
Founder and CEO
Amintra

The results are in and even if you're not very good at math, this equation is easy to understand. Happiness + a positive attitude = a longer life! A variety of ongoing research studies confirm that those with a happier and more positive attitude – not just toward aging but to life in general – tend to live happier, longer lives. Intuitively this just makes sense but let's talk about the facts.

Happiness Equals.....

Together with research and by examining a large body of existing studies, researchers at Harvard University found these are some of the factors that contribute to one's ability to foster and maintain happiness. They include:

- Emotional Vitality – This has to do with a person's overall sense of enthusiasm for the world, their level of engagement and a sense of being hopeful.
- A Sense of Optimism – this is having “the perspective that good things will happen and that one's actions account for the good things in life.”
- The “Bounce-Back” Factor – we're coining this term because it reminds us of a rubber ball that once started, continues to bounce for a very, very long time. Visually, if you think about a rubber ball, no matter how hard you throw it against the wall, it “keeps on bouncing!”

In scientific terms, what the researchers found is that people who have a strong sense of “self-regulation” are better able to rebound from stressful, life-changing events.

How to foster that Positive Attitude....

If emotional vitality requires engagement and enthusiasm, what can you do on a personal level to help improve your emotional vitality?

- Consider getting involved with a seniors organization or volunteering in your community.
- If you love to play cards, post a notice in your building or local library to see if there is anyone else interested in forming a card group.
- Check online for resources in local parks and recreation centres that might already have programs and events specifically catering to seniors.
- If meeting new people is a challenge for you, set a realistic goal that's easily attainable like going for a walk and saying hello to one new person each day.
- If you already have a large circle of friends but find yourself saying “No” to things because you're tired or not feeling your best – challenge yourself to say

“Yes” instead to one new activity this week.

Make a mental note about how you felt getting up and getting out or better yet, consider starting a gratitude journal and recording only the highlights of your day.

- A sense of optimism can grow from journaling which has long been associated with having an overall positive impact on mental health.
- Increasing your bounce-back factor has to do with self-regulation which suggests that you choose healthier alternatives to coping with life changing events; activities like exercise and eating well, staying active and involved with friends and family and avoiding the temptation to resort to binge eating, isolating oneself or excessive alcohol consumption.

Fostering a happier, more optimistic attitude will, generally speaking, provide you with a greater ability to cope with whatever life throws your way. Happiness + A Positive Attitude = A Longer Life and you might as well do what makes that longer life enjoyable!



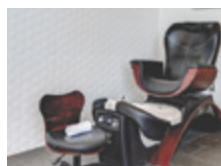
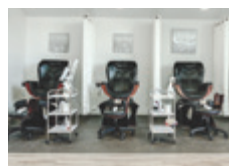
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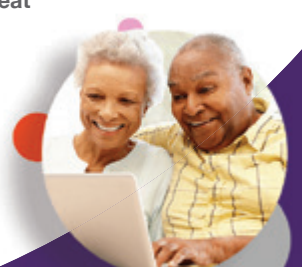
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COUPLING LATER IN LIFE

While it is common for people to find love after divorce, separation or being widowed, there can be a lot of things to consider when it comes to protecting what you are bringing into a relationship when partnering with someone later in life.

Laura Paris is a family law expert in Ontario working as an associate lawyer with Shulman and Partners LLP in Toronto who has some advice for people considering getting married to or moving in with a new partner.

'Grey marriage' is a term that is used to describe those in the baby boomer generation in and around retirement age who are getting remarried or finding love for the first time as an older adult.

"The issues that they're concerned about look a lot different than what we're seeing in people getting into relationships earlier in life," Paris said.

"These late life loves, they're finding more so that it's not that they're looking to build but actually looking to stretch and make sure that what they have and what they have been able to build for themselves is actually going to last to be able to take care of themselves, but not only themselves, but also their children."

LIKE AN INSURANCE POLICY

A marriage contract or cohabitation agreement should be thought of in a positive way, like an insurance policy to give you peace of mind that you are protected if the relationship changes.

She notes that people do not get insurance thinking something bad is going to happen, but have it in place just in case it is needed.

The type of contract depends on whether the couple is intending to get married or not. In Canada, a prenup is known as a marriage contract. Those in a common law relationship who live together typically use a cohabitation agreement.

"What you are doing is just assessing what the future risk may be and finding a plan to be able to deal with it so that in the event that occurs, you have a good and smart plan," she said.

"It's not going to affect you in the same manner then it would had you not had the plan in place."

TOPICS TO DISCUSS

Some people who enter into relationships later in life choose to live together, while others do not. When talking about living arrangements, couples should talk about sharing the expenses, who will pay for what and how much.

Discussions about making medical decisions, long-term care, inheritance and who gets the money should also be had. Finally, it is a good idea have conversations with your adult children about the plans and decisions being made.



By Chelsea Papineau
CTVNewsNorthernOntario.ca
Digital Content Specialist



WHEN TO THINK ABOUT CHECKING OUT RETIREMENT RESIDENCES

By Natalie Champagne

Marketing Manager, Autumnwood Mature Lifestyle Communities

Now's a good time! Too often, older adults wait until they have a crisis before checking out a retirement residence. But there are great benefits to touring retirement residences before you ever need one.

KNOW THE DIFFERENCE

Many people still don't understand the difference between a retirement residence and a long-term care facility. Checking retirement residences out early will give you a clear understanding of the different levels of care offered and clear up any misperceptions, so that you understand what's available and what you may desire or require at different stages of life.

YOU CAN RELAX

Most people don't like to commit to big changes under pressure. Getting information and knowledge early will help you to make big life decisions later. Without the pressure of knowing you need to move in right away, there's no fear of an imminent big change. You can just take it all in.

And, you'll have more time. Instead of having a few weeks to decide, you'll have all the time you need.

YOU CAN GET AROUND

Doing all of the leg work when you can easily get around makes sense. If you wait until you have a crisis, you may have mobility issues that make it difficult to get around and you may lack the energy or health to check out as many residences as you'd like.

ON THE LIST

Residences often have long waitlists. Some have over 300 people waiting for a suite. It's good to be on waitlists long before you need a space so that if you do have a crisis, you're not at the bottom of the list. Going early gives you plenty of time to get on a waitlist for any place you might like.

When you wait until you have a crisis, you often end up taking a spot wherever you can get one rather than at a place where you wish to live.

KNOWLEDGE IS POWER

If you check out residences early, you'll have a great idea of products and services offered. You'll understand the prices and the value and you'll be able to make financial plans now based on what you will want later.

So, get at it already! While you're still healthy, and able to get around, go tour any retirement residence that you're interested in. Now is a good time.



OSTEO-ARTHRITIS IN THE FOOT

Osteo-arthritis is a fairly natural part of the aging process and felt by many. We think of the most common areas of arthritis, the knees, hips, back, shoulders, neck but most people are not aware of the effects of arthritis in the feet. Our feet take about 2000 steps a day, carrying all our weight. There are bound to be joints that wear out and become painful as a result of this.

If a foot functions perfectly, in a perfect, biomechanically sound fashion over all the years then the effects of arthritis would be negligible. Unfortunately, this is hardly ever the case. Many foot problems are inherited but not discovered later in life when symptoms begin to appear like bunions, hammer toes, muscle strain or joint pain. Bunions are actually arthritic changes in the joint of the big toe, usually secondary to a poor functioning foot. Flat feet are the most common cause of this. Hypermobility in the joints due to loose ligaments is another. Both those problems are usually inherited but unless they are discovered as a child and corrected the joints will not be positioned right when walking and osteo-arthritis will occur over time.

The mid-tarsal area of the foot is another common

area for arthritis;. In laymen terms this would be known as the instep area. There are many small bones forming joints in this area. If any of these joints are not aligned properly due to a poor functioning foot, the bones will occur most likely on the outside edge of the ankle and possibly across the top of the foot.

A foot may function well and be pain free for years. As we get older our ligaments which hold all the bones together will give way to some degree causing bones to slip out of alignment. Our feet also can become slightly longer and wider in time. This is the most common reason for people to think that their arches may have been higher at one time, and why we usually end up in a slightly larger shoe size.

There are some effective methods for decreasing the amount of arthritic damage that can occur and for decreasing any arthritic pain that may already be present. Support for the malaligned joints is the most effective treatment for this problem along with early detection.

If minimal ligament changes have taken place and symptoms are not too severe, a good pair of supportive walking or running shoes may be

By Julie DeSimone,
Chiroprapist, B.Sc.
Podiatric Medicine



enough to give relief. In many cases, foot orthotics, or specially made insoles, must be used to provide enough support. These orthotics are made from a plaster cast of the foot and can be transferred from shoe to shoe. It still helps to have a good supportive shoe as well. These devices help to keep the foot and its joints in the proper alignment and encourage better foot function.

Unfortunately, any osteo-arthritic damage to the joints cannot be undone. Bunions will not resolve from wearing orthotics, although they will stop them from getting worse.

Early detection is the key to this problem. The sooner a foot dysfunction that can lead to arthritic changes is detected, the better the results will be. See your Chiroprapist if you have any concerns in this area.

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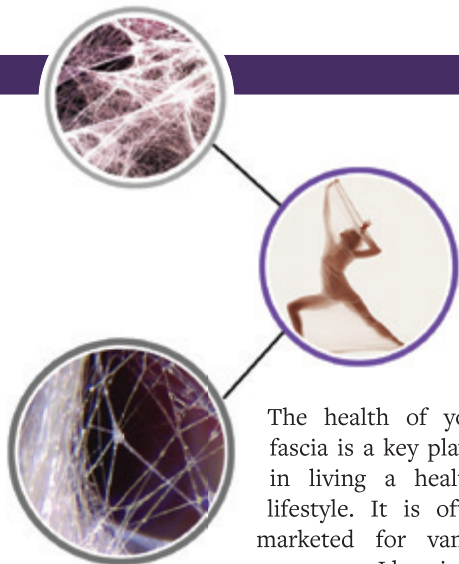
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UNDERSTAND YOUR FASCIA



By Maggie Thomas,
B.Sc. C.O. (c)
Certified Orthotist

The health of your fascia is a key player in living a healthy lifestyle. It is often marketed for vanity purposes, yet I love it for its ability to offer pain relief, improve alignment & access functional mobility.

What is fascia? It is a blend of collagen & elastin that links everything inside of you together like a framework or casing that is interwoven throughout every organ, blood vessel, bone, nerve fiber, and muscle.

We have been taught to think of our body as a house, where our head sits on the neck, our head & neck on the shoulders and so on, like a stack of bricks all the way down. In fact,

our bones float inside the soft tissues of our body. Our muscles and fascia help align and move the bones within our body.

If the fascia that encases the muscles and other tissues is healthy, meaning it is smooth, slippery, flexible and appears dewy and wet like a fresh spiderweb, then our body can move more fluidly and access greater mobility. When our fascia is stressed by repetitive type movements, injury, surgery, or prolonged immobility it becomes dry & gummy like a cobweb. It then begins to adhere to other connective tissue, and causes immobility, stiffness, poor alignment, and even pain.

Integrating a self-treatment technique of fascia blasting, can help to increase blood flow to a specific area. This helps to hydrate the fascia, improve mobility, alignment, and healing while reducing pain.

My favorite and most versatile tool is the ProBlaster. It is designed with comfort and function in mind.

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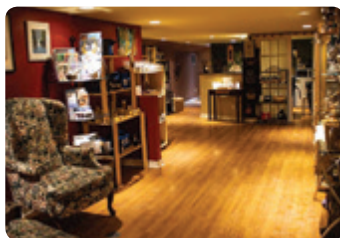
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