

FUNCTIONWELL FOCUS

February 2020

Edition 1, Volume 1

Functionwell is a multidisciplinary practice that consists of a variety of health care professionals that have the same vision of maintaining functionality. Using a collaborative approach, we aim to provide individualized and optimal treatment to our clients to enable them to function at the best possible level. We strive to empower our clients to be able to take control of and manage their health and well-being, may it be at work, at home, at school or in social situations. Let us help to put all the pieces of the puzzle together!

At the start of a new year we are usually full of hope, energy and focus.

However, by mid-January most new year's resolutions have been dropped. In this

month's focus, we look at sustainable and worth-while new year's resolutions, or new habits and approaches that will not only give a sense of accomplishment but also aid in a healthier, happier you! May 2020 be the year where you take control over your health and maintain those good habits!



“Now that we have all survived the month of Janu-worry let’s take on a new challenge: Carpe Diem – seize the day.”

IT ALL STARTS WITH A ROUTINE

Getting back into the swing of things and setting up for a great year

After the hustle and bustle of the holidays, I am sure that all of the parents can agree it is not nice to be back in a routine. Although lazy pajama mornings and extended bedtimes can be fun, for a while at least, we all welcome the monotony of the 8 to 5. It gives our day structure, helps to avoid unexpected interruptions and generally ensures that we experience some sense of productivity.

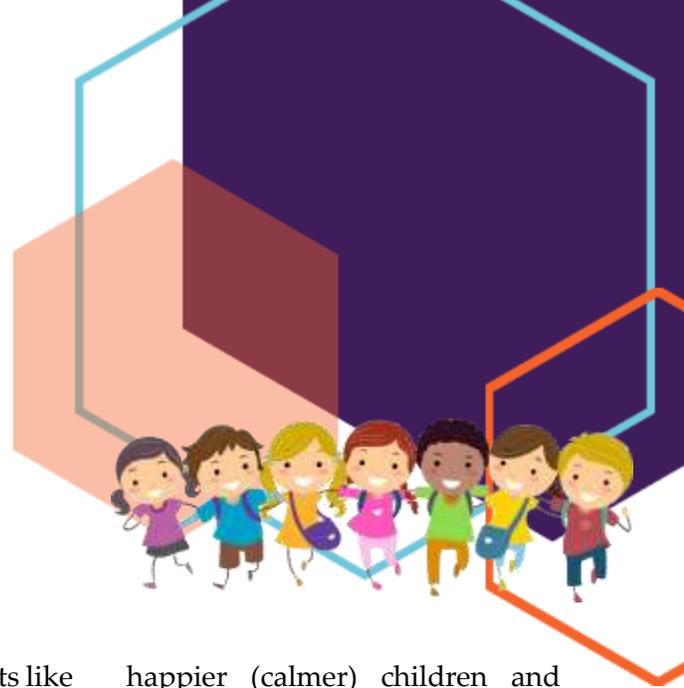
Now if you aren't sure what all the fuss is about, let me explain why having a daily routine is so vital for your and your children's physical and

mental health. Routine acts like an anchor. Irrespective of what is happening in your personal or professional life, you know that dinner time is at 7pm and by 9pm the kids are off to bed. Similarly, children who struggle with anxiety or have sensory processing difficulties find comfort in the fact that certain events will happen at certain times and only last for a set period. The knowing of what lies ahead makes you feel more in control.

Studies have shown that having a daily routine can actually reduce your stress levels. As we all know, lower stress makes for happier parents and

happier (calmer) children and then the cycle just keeps going. Actively reducing your stress levels can not only help you live a better, and according to some, a longer life, it can help your children participate more actively in school. Children who experience stress struggle to concentrate and struggle to apply their skills in the classroom.

A routine helps you be more efficient while reducing your need to plan. A predetermined layout to your day prevents you from having to make multiple split-second decisions. You know what you have to do and how much time you have to do it in. Modeling a good routine to your



children will help them establish good habits which will serve them well as they enter adulthood. The fact remains that despite the endless demands on us and our children, there are still only 24 hours in a day.



Eloise du Plooy is an Occupational Therapist that qualified from the University of Pretoria in 2012. She specializes in work assessments, medico legal assessments and is also a qualified Sensory Integration Therapist. She is passionate about empowering her clients to live full and gratifying lives!



FINDING THAT WORK-LIFE BALANCE

Making sure you have enough fuel in the tank to reach all of your goals

I always welcome the new year as it brings a unique energy and optimism. However, have asked “Can burnout happen in January

already?” more than once – and sadly the answer is YES!

With every new year, and metaphoric “blank slate” comes the very real

possibility of falling into an unbalanced trap of poor balance in an attempt to be more productive at work, fitter, skinnier,

richer..... hardly have I heard the aim of being more rested. While setting goals and actively working to achieve those goals play a vital role in the development of our identity and purpose, having tunnel vision and only focusing on career-oriented goals holds its own risk. Further, we live with societal norms that staying late, and putting in extra hours is the necessary and normal thing to do. This seems very novel, until you are burnt out (in January) and have no energy left to reach any of the personal goals you have set for yourself. So, what is the solution to this? The answer is in finding a work-life balance. The first step in achieving this is to investigate what you do with your time. Living in Gauteng probably means that you spend 1-2 hours per day traveling to and from work.

You likely work 9 hours per day (or you should) and you sleep an average of 7 hours at night. This adds up to 18 hours out of the 24. I know there are other responsibilities such as household management, parenting etc. that take up the rest of the time, but you owe it to yourself to take at least a few minutes every day, or longer periods if less often for yourself. The easiest way to do this is to write your whole schedule down, look for open spaces and purposefully fill those spaces with doing something for your wellbeing. This can be relaxation, exercise, hobbies, journaling for example. Also make sure that the hours spent at work is as productive as possible in order to not work overtime unnecessarily.

The second trap that we easily fall into is multitasking. I know we often associate the word with high levels of productivity, but it actually just means you are a little distracted by everything at once. I find it more productive to block out time and stick to what that time was meant for. If I decide to work from 08:00 to 11:00 on a certain task, I will not allow myself to do anything other than that in that time, and if I then at 11:00 start spending time with my child, I put down my phone, do not answer emails or respond to texts, and because I put in the effort to work when I planned to, I can do this without feeling guilty. Blocking out time means you are focused on one thing, the rest can wait, and you do not have to feel guilty about how you spend your time in that moment, provided of course

that you have prioritized well.

The last common trap, is not taking breaks. Do not “just keep going” when all the lights are flashing red that you need a break. Being able to identify and respect that need, makes you stronger than you think. When you return to your goals after taking a break, you can do so with new focus and energy as opposed to running dry without fuel and giving up in the end. It is important to

have discipline and work hard in the times you set out to work, but apply the same discipline to the times you need to rest.

If you only take one thing away from this article, may it be the cliché of you cannot pour from an empty cup. With new routines, and new goals in mind, stop to smell the roses along the way and you may reach your goal a little later, but maybe a little happier.

Suzanne Harmse is the owner of Functionwell and holds a Master's degree in

Occupational Therapy.

She specializes in acute physical and neuro-rehabilitation mental health care and work rehabilitation. She also has special interest in early childhood development and school intervention.



TO A FITTER NEW YEAR YOU

How to reach that fitness goal

THE IMPORTANCE OF EXERCISE/PHYSICAL ACTIVITY

Being physically active is crucial in optimising overall health and well-being and

probably one of the most important aspects of reducing premature death.

The goal of exercise is to ensure more efficient cardiovascular system



function, a decreased risk of heart disease and other chronic diseases, improved muscular and skeletal strength and to ensure increased quality of life.

Exercise can also provide a sense of pleasure or enjoyment in that it releases endorphins which makes the body and mind feel good.

Exercise also reduces the risk of disease and musculoskeletal deterioration. Aerobic exercise such as running, swimming, cycling activities reduces the risk of plaque build-up in arteries/veins which in turn reduces the risk of cerebrovascular/cardiovascular events. Anaerobic exercise such as weight training can reduce the risk or halt the progression of musculoskeletal conditions such as osteoporosis, joint degeneration, or muscle imbalances which in turn can lead to serious health implications.



NEW YEAR'S RESOLUTIONS ON BEING HEALTHIER AND MORE ACTIVE

One of the biggest mistakes that people make is to set unrealistic goals, especially when it comes to new year's resolutions. The key factor here is to win the small battles and set short term goals rather than looking for instant results. People engage in binge diets and vigorous exercise routines with the goal of obtaining quick results, this in turn leads to "burn out" causing people to quit before the journey really started.

Firstly, finding out what your body needs, then slowly progressing from basic exercise and diet prescriptions to more advance plans later on is important.

Michael is a biokinetic specialist and is passionate about sport injury rehabilitation, fitness and strengthening and living an overall healthy and pain-free life. He assists clients of all

Start off with small lifestyle changes which can include:

- getting rid of bad habits (e.g smoking & excessive drinking),
- being more active,
- small dietary changes (e.g smaller portions, cutting out carbohydrates & refined sugars),
- improving sleeping patterns,
- make time for hobbies (e.g golf, running, hiking etc.)

Joining a group exercise setup such as a gym or spinning classes or running club can be very beneficial in the fact that there is a support structure which motivates each other to stick to your new goals that you have set.

ages and backgrounds to gain strength, fitness and suppleness through individualized training programs.

LET'S TALK DETOX

What is the buzz about?

We all want to look and feel our best. Unfortunately due to factors like our fast paced lifestyles, the toxins of everyday life (in the air we breathe, chemicals/hormones in the foods we eat, chemicals in our skincare products, internal toxins due to stress and anxiety) and the obvious big culprit, our diets that are high in saturated fats, refined carbohydrates and low in detox supporting nutrients, it is not always possible.

Bloated, sluggish, tired, irritated, headaches.... does this sound familiar? Is this just back-to-work blues, or

might you be in dire need of a good metabolic detox?

What is a detox? Is it just a new diet trend? **No!** Detox is actually a natural process that takes place in the body on a daily basis.

Detox is the elimination of toxins like waste products, old red blood cells, medicines/drugs and excess hormones from the body. This occurs in the liver (our main detox organ), the spleen, through the kidneys, our gut and the lymphatic system. This keeps the body in perfect working condition.

Detox is an energy required process and puts a huge demand on the body. For these reasons, water/juice fasts are not beneficial as this depletes the body of essential nutrients for a healthy detox to

take place. These fasts have adverse effects such as decreased energy, a decrease in lean muscle instead of a decrease in fat, an increase in oxidative stress and an incomplete detox.

What is an incomplete detox?

Detox takes place in 2 phases. Phase 1 toxins are transformed into free radicals (highly reactive molecules) in the liver. Phase 2 the free radicals are converted into water soluble molecules so that it can be excreted by the kidneys. This is a nutrient dependent process and if the correct nutrients are not available to fuel the process phase 2 cannot take place, the free radicals do not get excreted by the kidneys and are placed back into the system where they further increase the toxic load on the body.

So why is a metabolic detox necessary? Sometimes the detox organs get so overloaded with the toxins that they cannot function to their full potential. Let's think about what we put into our bodies on a daily basis. "I started the day with a contraceptive pill (hormones), I was late again (stress) so I skipped breakfast and had a pie and coke at the garage (refined carbs and high in sugar), after lunch I had a headache so I took some painkillers (medicines/drugs). I sat in the traffic for 2 hours with exhaust fumes all around me (air pollution). There was no time to get to the gym and I completely forgot to drink any water today (sluggish lymphatic system). I must have had at least 8 cups of coffee (stimulants) today and I had 2 glasses of wine when I got home with dinner. I got into

bed around midnight because I struggled to switch off my brain (lack of sleep)." All of this interferes with our detox system on a daily basis... Scary right?

This excess toxic load is when those pesky symptoms that include headaches, bloating, anger/irritation, fatigue and excess fats especially around the abdominal area rear their heads. Excess toxic load gets stored in fatty tissue and causes the body to not be able to burn fat for fuel and our attempts to lose weight are usually unsuccessful. This excess load and the deficiency of the essential nutrients needed for phase 2 causes the toxins to just keep on circling in our bodies and not get excreted.

So, what should we do??
Easy: Let's support our detox organs to handle the massive toxic load. Let's make a

diet/lifestyle change and add some nutrients for detox support.

Nutrients called bi-functional modulators are used to balance both phase 1 and phase 2 of detox to ensure a complete detoxification takes place.

-Examples of such foods include: lean meats, eggs, cruciferous vegetables (broccoli, spinach, Brussel sprouts, artichoke), nuts and seeds (almonds, sunflower seeds, flaxseed), fruits (apples, grapefruit, avocados, berries), fats and oils. Herbs and spices (garlic and turmeric). Important- prepare food in bulk, so there is no need to visit the take away shops.

-Supplementation for e.g. artichoke, glutathione, methionine, silymarin, zinc, omega 3.

-Limit exposure to canned foods, plastic bottles and high acid foods due to the presence of bisphenol (disrupts the endocrine glands).

-Wash all fruit and vegetables thoroughly to minimize the pesticides residue.

-Limit foods with preservatives such as BHT, BHA, benzoate and sulphites, food colorants and artificial sweeteners such as aspartame and sucralose.

Now that we are back into the swing of things, make sure your body has the fuel to ensure a healthy year!

Bernice is a Registered Homeopath and passionate about wellness and functional medicine. She believes in holistic treatment to treat inner health and outer beauty!



END OF NEWSLETTER

WE HOPE THAT YOU ENJOYED THE READ! LOOK OUT FOR THE NEXT FOCUS IN MARCH 2020. IN THE MEAN TIME, DON'T FORGET TO ENQUIRE ABOUT OUR NEW NEEDLELESS INJECTIONS, AND GROUP THERAPY.

AS ALWAYS, OUR DOOR IS OPEN, DO NOT HESITATE TO CONTACT US WITH ANY QUERIES OR QUESTIONS.