THE BENEFITS OF USING A FOAM ROLLER

But, pain relief isn’t the only reason that they’re flying off the shelves. In fact, there are countless other benefits that make a foam roller a worthy addition to any gym bag:

INJURY PREVENTION
There’s nothing worse than being laid up after suffering a sports-related injury. Whether it’s a torn ACL or something less severe, the recovery time involved can sometimes put you behind the competition. Warming up with a foam roller before and after every workout, you can prevent injuries and ensure that they don’t worsen over time.

FASTER RECOVERY
If you’re facing some downtime on behalf of an injury, using the foam roller to rehab these tender areas can help you heal up and get back in the game faster. Just remember to roll very slowly over the spots that hurt to prevent the pain from worsening. Rolling on the area a few inches above and below where it hurts is highly recommended as well.

STRESS REDUCTION
If pain relief and injury prevention wasn’t enough, foam rolling is also a great stress reliever. If you’re pumped or bruised or are simply having a rough day, hop on a foam roller. It will not only cure what ails you, it will also give you the relief you need to make it through a busy day.

I recently had a conversation with a pre-dental college student during which we discussed the types of classes pre-dental or pre-med students are required to take. As you can imagine, the list is pretty extensive. The students are required to take at least a year of biochemistry, microbiology, and histology. They must complete several courses on genetics, anatomy, and physiology. And yet, they’re only required to study nutrition for the span of a few short weeks.

It was the same situation when I was in school. Sure, we learned all about vitamin C, how it interacts with cells and the reactions it creates, but not when to use it as a supplement or how it can contribute to the immune system or to overall nutrition. For some reason, nutrition is simply deemed less important.

Because schools don’t put an emphasis on nutrition, it now requires a lot of outside training and self-education. In many ways, medical schools seem to be frozen in time. They’re teaching techniques and methods that may or may not work for the modern patient — like placing mercury fillings. It was only after I graduated from dental school that I learned just how harmful they can be, not only for the patient, but for the dentist placing and removing them.

After that experience, I made it my mission to discover how much more was out there that wasn’t revealed to me during school. I soon realized that there’s a pretty large gap between what I learned in dental school and what should be applied in a real practice. Some dentists choose to ignore the gap and continue practicing and teaching exactly what they’ve learned in school. Others choose to bridge the gap — they combine their medical school education with their self-education to create new techniques and approaches. They strive to learn from other health professionals (like nutritionists and chiropractors) to discover the best possible treatment for their patients. And they understand the importance of continuing education.

After all, the world around us is always changing. We are constantly being challenged by the food we eat, the environment we live in, and even the clothes we wear. While some doctors are content to simply identify and diagnose a problem, others are determined to discover the root of the problem, and it oftentimes comes down to nutrition.

Nutrition can determine how we look, feel, and act. A lot of people these days are under the impression that their children have ADHD or autism, but they don’t realize that many of those behaviors can be controlled and improved via diet. While a doctor might recommend a medication, a nutritionist might recommend adding a supplement, mineral, or increasing water intake. Of course, it’s not a perfect solution for everyone, but a well-rounded doctor knows how to customize the treatment around patients, their health, and their bodies.

Anytime I’m approached by a patient who requires a more complex procedure, the first thing I do is call their physicians and get a run-down on the patient’s health. Doctors don’t always understand why I’m calling, but I believe it’s important for all physicians, from dentists to nutritionists and family doctors to work together in order to give their patients the most comprehensive, well-rounded care possible.
As you make a habit of eating in the morning (fast), it starts up your metabolism again. As long as intended to do just one thing (break your breakfast as well. It replenishes your glycogen (and therefore inspiring all those positive psychological changes), your body begins to wake up faster. However, to experience the full benefits of breakfast, stay away from sugary pastries or cereals — you’ll likely crash by noon. Stock up on high-fiber foods with protein (things like eggs and lean meats), and don’t be afraid to stray from the traditional breakfast menu. There’s no law that says you must eat breakfast food for breakfast. Salads, fish, and smoothies are all excellent choices. Just don’t mix them all together.

Before you leave and know that you are covered while on the go! Some examples of snacks you might bag include nuts, baby bell peppers, pear slices, carrots, a hardboiled egg, and possibly even some apple slices and almond butter.

Grocery Shopping and Meal Planning: Writing down everything you are going to eat for the day and crossing it off as you go is a brilliant way to take the guesswork out of healthy eating. If 90 percent of weight loss and health are contributed to nutrition, then 90 percent of nutrition can be contributed to preparing and hitting the grocery store! Make a plan and stick to it.

Dinnertime: Choose one day as a preparation day and chop veggies, marinate your protein, and even measure out spices. When all of the monotonous work is done, it’s much faster to put together a meal. Make a double batch; you can do this often and use the leftovers as lunch for the week, or have a second meal all ready to go that will only need heating.

With this plan, it doesn’t matter if you spontaneously head to the park or beach. You’ve got snacks prepped so you’ll have no need to hit a fast food place on your way! On that note, you’ve already prepped dinner, so you don’t need to hit the pizza place on the way home either!

How do you stay on your health kick with beach BBQs and spur-of-the-moment spring/summer outings? Research shows that the SINGLE best way to ensure success is through preparation! Here are a few tips to keep you successful — even on the crazy days and nights!

- Bottled Water: Keep several Nalgene-type bottles that you can fill before you leave in the mornings and try to fill them every time you stop somewhere. These will ensure that you are getting your water requirements and will never leave you thirsty enough to want to stop for a sugary, caffeinated beverage. Also, 67 percent of Americans confuse thirst for hunger and eat because their body is trying to obtain liquid. Drink water!

- Bagged Snacks: Whether you are a poor student or a successful businessperson, this makes sense! Buy bulk snacks that are good for healthy eating plans and bag them in little snack bags. It is so nice to be able to just grab a few bags before you leave and know that you are covered while on the go! Some examples of snacks you might bag include nuts, baby bell peppers, pear slices, carrots, a hardboiled egg, and possibly even some apple slices and almond butter.

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