

YOUR WEEKLY DELIVERY OF THE TAT NEWSLETTER. WWW.TOTALATHLETICTHERAPY.COM

At Home Acupressure Fixes

This one may seem a little out there but there really is something to it. Whether it is allergies, a hangover (there may have been a couple of those this weekend) or generalized body pain these acupressure points are a simple place to start and also painless as the pressure you apply is very low level. This idea has been around for thousands of years and for good reason so give it a try. [HERE](#).



WE TALK ABOUT [FOAM ROLLING](#) IN ONE CLINICAL INSIGHT. IN OUR NEW CLINICAL INSIGHT WE TAKE A LOOK AT [WHAT HAPPENS WITH AN ADJUSTMENT](#) AND HOW YOUR BODY RESPONDS TO IT. [HERE](#).

In the World of Health

This is a fantastic guide put together from the professional leagues of soccer on muscle injury. They did a great job laying out the best parts of the research and how it applies to treating injury. A great resource. [ARTICLE](#)

Video of the Week

When you look at it people take better care of their cars then themselves with routine work. Blood work can give you a lot of information but you have to be careful on how you go about doing so. This video has tips. [HERE](#)



Study Spotlight

[Can Lifting Weights Extend Life?](#)

If you wanted or ever looking for a good reason to keep lifting weights or get started this article is for you. This Study Spotlight takes a look at how the effects you get from lifting weights can benefit your body and health in the long run. There are a lot of benefits to lifting weight throughout life and we are very big on utilizing it when it comes to losing weight and body composition and this just puts it over the top. Find out more about how picking up the iron can help you out in the long run. [HERE](#)



#TBT: [Blood Flow Restriction](#)

It sounds very strange and also a little painful so why would we do it? Well the results are starting to speak for themselves. Here AJ breaks down what exactly is happening with the restriction and how it helps you. [HERE](#)

Mobility Monday



This is the second part of helping your knees getting feeling better. These exercises help get some of the subtle movements back in your knee. [HERE](#).

Friday Food

[Paleo Blueberry Scone](#)

Could it be that good? Yes, it is true and they are good. You'll want to give these a try. [HERE](#).



Podcast of the Week



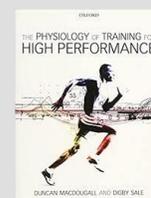
If You Can't, Then You Must. This is a great discussion with Ben Pakulski. This one goes deep past working out and into mindset. Find [HERE](#).

Rec' of the Week

If you've got some digestive issues of any kind this could be a lifesaver for you. A long used remedy that can be very effective. It's worth a try. [HERE](#).



Book of the Month



'[The Physiology of High Performance](#)' will get you the top information on how to train at the highest levels and give you the reasons why it works. So much great info in one book [HERE](#).