

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

Mental Health Series: Depression

Mental health is one of those topics that everyone knows is out there but it isn't one that is fun or comfortable to talk about. In this series by TAT Trent Napp is going to help facilitate that discussion and in the first one we start with depression. All of these conditions are multi factorial and we talk about how that can be one of the biggest challenges in helping resolve it. Please check it out [HERE](#)



WE ARE THROWING BACK TO A [CLINICAL INSIGHT](#) THAT LOOKS AT HOW LUMBAR ADJUSTMENTS CAN BE USED AS A [REHAB TECHNIQUE](#). WE ARE DOING A GIVE AWAY FOR EPISODE 50, SIGN UP [HERE](#).

In the World of Health

This isn't our typical 'In the World of Health'. This one we take a look at some free courses from Google that can help you improve in any business that you are in. It is really interesting how things transfer from one thing to the other. [HERE](#).

Video of the Week

Osteoarthritis can be a terrible thing to go through. The break down of your joints and the cartilage can be painful and ruin your quality of life. This video talks about how it is the heart disease of the joints. Great watch. [HERE](#)



Study Spotlight

[Mind Over Muscle](#)

There is a point in a lot of workouts and competitions where you want to shut it down. Your body is telling you to give it a break and you're mind wants to give up on the workout. Sometimes you feel you physically can't go on but is that true? This Study Spotlight takes a look at if there is a way for you to get beyond that pain. The Central Governor's Theory is that your body will shut down because your mind thinks it needs to in order to stay safe but you might be able to go further. Find out more [HERE](#)



#TBT: [Caffeine: Friend or Foe?](#)

Caffeine is one of the most researched supplements in the business. It has been long touted for its ability to help with performance. Is that always the case though? Dr. Jagim breaks it down. [HERE](#)

Mobility Monday

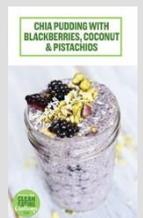
A swollen knee can really break you down and ruin your day. This video gives you an idea of what you can do in order to treat swelling and keep going. [HERE](#).



Friday Food

[Chia Pudding](#)

A taste of pudding without the guilt. Add some of your favorite fruit and enjoy this one.. [HERE](#).



Podcast of the Week



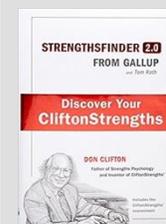
It's about controlling your life and living it on your own terms. This is a great talk on that very topic and how to maximize what you want. [HERE](#).

Rec' of the Week

A simple way to help yourself out with some soft tissue tightness and pain. It could also help with a swollen knee and clearing out inflammation. [HERE](#).



Book of the Month



'[Strength Finder 2.0](#)' is a good book to take a look at what your personal strengths are and how to maximize them. You take a test, find out your top 5 and start improving. [HERE](#).