



Hands of Health Newsletter

April 2016

Hello, again:

My this year is flying by. I have a birthday this month. I'll be celebrating my usual way: 1 ½ hour massage, shopping, lunch out, more shopping and then dinner at the Cheesecake Factory, the one day of the year I allow myself to indulge with no restrictions. I get to do this because the rest of the year I'm diligently attending to my health: eating healthy, exercising which I'm actually get more vigorous with as I get "older", and regular massage! Not to mention quiet time to wind down from hectic days. Relaxation does NOT mean sitting and doing nothing. We need to quiet our mind and our body. Meditation, deep breathing and massage are just a few ways to relax. Turn off the noise, the computer, and the cell phone!!!

This month I'll be attending a class in oncology massage which will train me to work on those who have been treated for cancer in the past and those who are currently being treated. Of course I will always insist you get permission from your Oncologist before I ever treat you but once you get the go ahead we'll be good to go. I will also be looking for Oncologists as referral partners so if you know any please send them my way; thank you. Questions? On topics health related that you'd like to talk about? Time for a massage? Call me: (480)423-0578. And here we go!

HERE'S A SIMPLE WAY TO GET MORE SLEEP AND HAVE MORE ENERGY DURING THE WEEK

Let's face it: Your weekend habit of sleeping in until noon isn't doing you any favors.

You can blame social jet lag. It works just like the jet lag you get from crossing multiple time zones, only it happens when our body clocks get thrown off by the gap between our weekend and weekday sleep schedules.

Luckily, there are ways to fix it. Here's how you can make sure your body clock stays on a more normal schedule:

1. Wake up at the same time every day - Yes, it's hard, because there's no real reason to keep waking up at 7 a.m. on Saturday and Sunday. But staying in the groove is important. Frank Scheer, a professor at Harvard Medical School told Science News he has virtually no social jet lag thanks to early morning wake-ups from his kids.

Even making sure you're waking up a few hours within when you usually wake up during the week would be a lot better than waking up at 2 p.m. Think about it this way: The jet lag from a New York-to-Chicago flight isn't nearly as bad as a flight from New York to San Francisco.

2. Make sure your office has good natural light - Like our ancestors, our bodies evolved to be awake when it's light out and asleep when it's dark. Dim offices with artificial light can mess up that cycle and trick our bodies into thinking it's later than it is. To fix this, find a way to get as much natural light as possible during the day by sitting by a window or taking walks outside throughout the day.

3. Expose yourself to sunlight in the early morning - It's hard not to feel nocturnal when you leave for work before the sun has risen and you come home after it sets. The more sunlight you get in the morning, the earlier your central clock will want to get up. By re-training this part of the body, the chances of getting social jet lag go down.

4. Avoid bright screens before bed - As much fun as it is to scroll through social media before snoozing, the light our smartphones and computer screens emit confuses our body clocks because they want to keep running as if it's still day time.

Instead of powering your body down, the light causes you to be more alert and ready to keep on going — even if it's way past your designated bedtime. So while those late-night Netflix binge sessions seem like a great idea for a relaxing Friday, it's best to switch off screens at least an hour you plan to go to sleep.

THE TAKEAWAY

What this boils down to is sticking with to a schedule and making sure you're getting enough sunlight during the day. The more sunlight you get during "natural" waking hours, the earlier your body clock will be set. Having a regular wake-up and bedtime should help you avoid as much social jetlag as possible.

BETTER ZZZ'S AWAIT

Many people use pain pills like aspirin, acetaminophen, ibuprofen, or prescription pain pills to relieve these symptoms temporarily but doing so can come with significant risks to your good health. Pain medication may cause serious problems with your stomach, kidneys and liver. Juicing can be a powerful way to combat the inflammation and pain caused by any conditions. A variety of delicious juice recipes are available to help you manage your pain.

5 SMOOTHIES THAT SILENCE PAIN MORE PROMINENTLY & EFFECTIVELY

Lemon Spinach Juice

Ingredients:

2 Granny Smith apples
1/4 lemon
1/2 inch or a little more of fresh ginger
1/2 inch or a little more of fresh turmeric root
1/2 bunch green, leafy kale
2 cups spinach
5 stalks celery

Directions:

Process all ingredients through a blender and drink immediately so that none of the vital nutrients are lost.

Turmeric Juice

Ingredients:

Celery – 1 large stalk
English cucumber – 1 large (peeled if not organic)
Ginger – 1 thumb sized chunk
Turmeric root – 1 ½ inches of root
Carrots – 3 medium sized (remove green top)
Pineapple – 2 cups

Directions:

Wash, prep and chop all of your ingredients.
Process through your juicer.
Drink immediately or store in an airtight container such as a mason jar for no more than 48 hours before drinking.

Ginger Berry Anti-Inflammatory Smoothie

Ingredients:

3 tablespoons Nutiva hemp protein powder
2 inch piece of ginger (peeled if not organic)
2 cups of leafy greens (kale, collards, romaine, spinach, chard, etc.)
1 cup of celery
1 cup of mixed frozen berries of your choice (strawberries, blueberries, cranberries, etc)
½ cup filtered water

Instructions:

Place all ingredients in a blender and blend for 1 min or until smooth
Serve immediately or store in airtight container for up to 1 day.

Anti-Inflammatory Pain Relief

Ingredients:

1 cup organic fresh or frozen cherries
2 ripe bananas
1 cup greens of your choice
2 inches fresh turmeric root
1/4 tsp. cinnamon
1 tsp freshly grated ginger
1 tbsp. pre-soaked chia seeds
1 cup young thai coconut water

Directions:

Add all of the above ingredients in a high-speed blender, pulse-blend until smooth and enjoy!

Pineapple, Carrot & Celery Juice

Ingredients:

- 5 carrots
- 2 stalks of celery
- 4 oz pineapple
- 1 tsp lemon juice

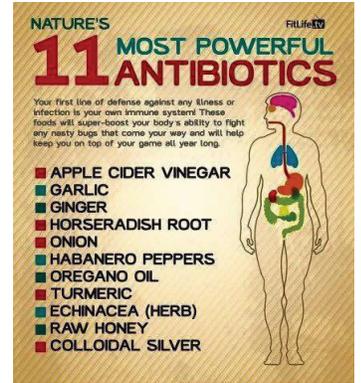
Directions:

Process all ingredients in a blender and drink immediately so that none of the vital nutrients are lost.

Good stuff. Hope you like the juices. Try them and give me some feedback. I'm big on juicing in case you couldn't tell after all this time. And sleep! VERY important for good health. I've been challenged with sleep issues all my life. When I was a kid my grandparents loaded me up with all the sugar I wanted so when that stopped I was able to sleep. Now as an adult it's adult issues that keep me up at night. Working with my acupuncturist for that. She's brilliant. Anyway, enjoy the Spring now that we're in full swing and let me know if there's anything I can do for you!

Until next time,

Stay healthy, stay well,



*“There are many obstacles in your path;
don't let yourself be one of them.”*

I Love Referrals!!!

Ask me about earning FREE GIFTS for referrals.