



Hands of Health Newsletter

February 2016

Hello, again:

Well January zoomed by faster than I can blink. And there's been a turn around in the temperatures; for now. I never have had so much discomfort from the cold weather as I have this winter. As of the third week of January it got warmer and I couldn't be happier. Let's see how long it lasts and if we've finally entered Spring! And it's a leap year. Are you leaping into better health and wellness? WHAT? You're not! Well why not? Wanna talk about it? I bet you also haven't had a massage in a long time, too! What a coincidence; I can help you with both as if you didn't already know. Better call me pronto: (480)423-0578. Time to read on and massage your brain with some useful information and drive your imagination!

DEBUNKING THE MYTH THAT HEALTHY FOOD IS SUPER EXPENSIVE

By Alex Swerdloff

Remember when the oh-so-continental Gwyneth Paltrow failed Mario Batali's #FoodBankNYCChallenge—living for a week on a food stamp budget of \$1.38 per meal—after only four seemingly horrendous, chicken-craving, licorice-free days? She and many others wanted to make a presumably well-intentioned point: eating healthy does not come cheap.

But while you certainly wouldn't choose to live on a budget of \$1.38 a meal—as the 45 million or so Americans subsisting on SNAP must do—a new study says that eating healthy just might not cost as much as we all think.

The study, conducted by the Rhode Island Community Food Bank and The Miriam Hospital in Providence, Rhode Island and published in the Journal of Hunger & Environmental Nutrition, compared the cost over seven days of a plant-based diet that includes olive oil to the lowest-cost version of the USDA's MyPlate diet.

Mary Flynn, a research dietitian at The Miriam Hospital and the lead researcher on the study, had been wondering about the veracity of the received wisdom that a plant-based diet is more expensive than a meat-heavy diet. Sure, she says, "extra-virgin olive oil is thought to be expensive, but we suspected it was meat that made a diet expensive, and extra-virgin olive oil is cheaper than even small amounts of meat." The bottom line turned out to be this: "Our plant-based diet was substantially cheaper, and featured a lot more fruits and vegetables and whole grains," Flynn says.

The USDA's MyPlate diet, to which Flynn's plant-based, olive-oil diet was compared, features 50 percent fruits and vegetables, one quarter plate of grains, and protein—i.e., chicken, meat, or fish—making up the remainder.

The researchers found that including meat in a diet really ratchets up the cost of a meal. By turning to a less meat-intensive diet, people can save money and avoid the nasty diseases—type 2 diabetes, heart disease, breast cancer, prostate cancer, colon cancer—that heavy meat consumption is related to. These are reasons enough, says Flynn, to favor a plant-and-olive-oil based diet.

Low-income households have bought into the myth of healthy food being expensive, spending their grocery money—or SNAP proceeds—first on meat, eggs, cereals, and baked goods, the researchers say. Flynn points out that frozen and canned produce can be a way to minimize cost while still maintaining nutrient content. In fact, Flynn says, studies show frozen and canned produce have a higher content of some of the cancer-fighting components found in fresh produce.

Andrew Schiff, CEO of Rhode Island Community Food Bank and a researcher on the study, said "Our findings with this study run counter to the general belief that a healthy diet must be expensive. Even using extra-virgin olive oil, a plant-based diet is far less expensive and features so many more fruits, vegetables and whole grains. This is really good news for individuals served by the Food Bank—showing that wholesome eating on a tight budget is possible for everyone."

Of course, if you must eat rare Japanese melons or the Lamda olive oil from Greece—purportedly the world's most expensive—all bets are off. Gwyneth might have a few recipes to share if you ask her.

YOUR TOILET PAPER IS FULL OF CANCER-CAUSING FRAGRANCE AND FORMALDEHYDE THAT'S MAKING YOUR BUTT ITCHY

If you've ever noticed a skin irritation in your most sensitive areas after a trip to the bathroom, your toilet paper may be the culprit!

Skin Irritation and Toilet Paper - Pruritus (itching of the skin) is a common problem that many people experience at some point in their lives. Skin irritation, including a rash, may accompany the itching that you experience. While skin irritation – including itching and burning – can be annoying, it can also be debilitating and decrease your quality of life, especially if it's severe.

Skin Irritation of the Anus - Some people may have skin irritation and itching around the anus. This is referred to as pruritus ani and can result in an embarrassing situation. There are many causes of pruritus ani including hemorrhoids and anal fissures, skin irritation due to fecal matter contamination, infections, contact dermatitis, reactions to foods and medications, allergic responses to clothing and laundry soap, colorectal and/or anal cancers, dermatological conditions as well as other conditions. Determining the cause of anal itching is imperative so that treatment will be successful, and you can get back to your normal routine without this embarrassing issue affecting your life.

Skin Irritation of the Vulva - Many adult women will suffer from at least one episode of vulvovaginitis discomfort. Vulvovaginitis can occur because of bacterial, viral or yeast infections as well as contact irritation or an allergic reaction. Symptoms of vulvovaginitis may include abnormal vaginal discharge, itching, burning, stinging, increased urination and the vulva is often swollen and red. Just like irritation of the anus, it's important to determine the cause of vulvovaginitis so that treatment will be successful.

Skin Irritation Caused by Toilet Paper & Treatment - It may be surprising, but skin irritation of the anus and vulva can be the result of contact dermatitis due to an allergic reaction to toilet paper dyes, fragrances and additives. Many toilet papers contain formaldehyde as well as reactive ingredients that help to give toilet paper characteristics that people value, such as increased thickness and absorbency. Toilet paper that is thick, absorptive, strong, bleached and expensive is likely to contain formaldehyde. Certain toilet papers may also contain aloe or lotion, alcohol, phosphate, chlorine, peroxides, perfumes, dyes and anti-bacterial properties. All of these additives can cause an allergic reaction resulting in skin irritation, including itching of your anus and/or vulva.

Once you have determined your skin irritation is being caused by an allergic reaction to your toilet paper, treatment with topical steroids will help to reduce the irritation. You should also discontinue using the brand of toilet paper that is causing your skin irritation. You may need to try different brands of toilet paper to determine which ones are irritating your skin. Unscented, thinner, cheaper and more greyish looking toilet papers are less likely to contain additives, so look for these if you find that you have skin irritation after using toilet paper. If you start using less processed toilet papers, the embarrassing skin irritation should ease.

(Found this article in The Hearty Soul)

REASONS WHY MOUNTAIN DEW IS TERRIBLE FOR YOU AND SHOULD NEVER BE DRUNK AGAIN

Lives of humans have not been easier since the past histories. They have faced many ups and downs at every step of their survival. Attack of diseases has been a very frequent among humans these days along with poverty and severe hunger. Such cases probably are not an addiction to them. But unfortunately, certain drinks exist within the society in reality which has eventually become an addiction to lives. This drink popularly known as Mountain Dew has been a colored drink with amounts of sugar present in it.

Today almost half of the entire population consumes the drink on a regular basis. Recognition of this drink was quite a decade ago. Surprisingly Ally and Barney have given birth to this sugary tasted drink. In the present decade, the rate of consumption of Mountain Dew has raised to a greater heights. Though people take the drink happily but yet they remain unaware of the side effects of this drink.

Negativities of Mountain Dew:

Usually, the effects of Dew have tremendously been noticed. It destroys the tooth. This happens for the excessive presence of the acidic property. Genuinely it has been suggested people to careful handle batteries as they contain acids in them. Thus, the same has been recommendable in case of a Mountain Dew. National Institute of Health has recorded a great statistical group of the infected crowd.

Usually, the bottles holding the drinks are unfit for your body as they contain amounts of BPA in them. Thus consuming such deadly drinks may inject symptom of cancer, heart diseases, thyroid issues and pancreas changes.

Advertising contribution towards the drink:

An advertisement plays a very crucial role in the marketing of a particular product. It's the catchy titles containing a phrase which probably makes a person purchase the product. Mountain Dew certainly follows its quotation of "Game Fuel" in order to attract the minds of customers. Usually, gamers spend their half of the gaming hours in drinking Mountain Dew. Thus, reports have stated it to be certainly a nonstop addiction. This addiction has been serious for player's health.

Certainly even the brand ambassador Pepsi has proved this drink to be unfit for consumption with just a small testing of mouse-dissolving. Thus, the formulation of jelly has made the reports against the drink.

Ingredients usage:

Certainly the drink uses GMO soy, corn, sodium benzoate, BPA, etc. in it. These are perfect combinational ingredients for destroying human's body internally. Though the company approves of its ingredients yet, they are unfit.

This drink has been one of the silent killing drinks that certainly cause obesity and cancer. Thus, one need's to fight against the corporation institutes to stop permitting such drinks within markets.

(From Healthy Food USA)

Hope this all rang a bell for you. I'm just the messenger but these were some good messages. And continuing the theme of health with Valentine's Day right around the corner, sooner than you think, a great way to celebrate with that most special someone is with a couples massage OR a couples massage class! Learn a few techniques to use at home after a hard day at work or as a way to connect with your loved one on a deeper more intimate level. Touch is so important to our health and wellness and what better way to connect than with therapeutic bodywork touch. Oh, and BTW, a couple can be ANY two people but usually my students are actual couples. Give at it some serious thought and I'll see you in class. Keep eating clean, no manufactured, processed, or refined foods, exercise, and get regular massage and your body will last you a lifetime.

Until next time,

Stay healthy, stay well,



"If half the world massaged the other half of the world there would be no wars."

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