



Hands of Health Newsletter

January/February 2009

Hello, again:

Another new year. Welcome, all! I can't stress enough how important it is to take care of your health. And with stress running rampant in this day and age massage is probably THE best action you can take to deal with your stress. It won't go away on its own just like the check engine light on your dashboard. It takes effort on your part to remedy the problem. Unless you have that light checked out it can lead to further costly problems. The same goes with your stress: you must be proactive and take care of it otherwise it can have dire consequences on your health physically AND emotionally. If you neglect the car/truck and it gets totaled you can replace it. It's going to cost you but you can get a new one. You only get one body! If you total it you have to live with a broken down body and that isn't easy and is very costly on all levels. You can't have emotional trauma without physical trauma and vice versa. So be sure and get in for your massage REGULARLY. It's called *preventive maintenance!* It's easier to stay healthy than it is to get healthy. You have to start somewhere in order to get healthy and it's going to take time but as long as you stick with it, it will happen and then you can achieve the level of preventive maintenance. It's like the old Fram oil filter commercial: "You can pay me now or pay me later." So call me NOW!

HIGH FRUCTOSE CORN SYRUP (HFCS)

You may or may not be familiar with this product but if you're not you better learn about it. If you've heard of it but don't know what it is, YOU better also learn about it. And if you know what it is good for you. I hope you're taking steps to avoid it by all means. There is an ad with 2 moms at a kid's birthday party with one mom offering the other a juice-like drink and the other passing on it because it contains HFCS. The first mom says it's just like sugar and is fine in moderation. The ad wants you to believe it's all good and safe, but it's not! Guess where this ad comes from? The Corn Refiners Association! How about that! The reason they are running the ad is because of the negative publicity HFCS has been given lately and how much less is being consumed. Of course they want you to believe it's OK because profits have been declining and the public has been getting educated about the evils of HFCS and has switched to healthy and healthier foods. This is an INDUSTRIAL product; it's manufactured. Statistics show consumption of about 40 pounds per person yearly in 2007 down from 45 pounds in 1999. This is still an outrageous amount. Furthermore HFCS has been shown to be the number one source of calories in the US mainly from soda. This sweetener can also be found in many packaged and baked foods. So your best bet is to read labels; know what you're eating. And even though HFCS and sugar have the same caloric count they are processed differently in the body. Sugar is a simple carbohydrate and turned into glucose which is the first energy store used by the body. But again it's still a simple carbohydrate and we need complex carbohydrates rather than sugary foods for our energy sources. On the other hand HFCS is turned into body fat, the last source of energy our bodies use and therefore we end up with excessive body fat and that has all sorts of detrimental implications. HFCS causes a rise in triglyceride and LDL (bad cholesterol) levels. It has also been shown to contribute to heart disease, type 2 diabetes, obesity and other severe illnesses. So avoid this product and all the products that contain it. Read labels! You may be surprised which products contain HFCS.

(Source: AZ Net News)

EXERCISE!

Show of hands: how many of you exercise between 3 and 5 times a week? Mmn. hmmm. Yeah, I see a bunch of you do and I see a lot of you who don't. Why not? We need to exercise all our lives. My 90 year old father is at the gym 5 times per week on the treadmill, weight training, and boxing with the big bag that hangs from the ceiling. My 85 year old mother does the same sans the boxing. Dad also race walks in the morning, plays tennis as does mom, ice skates, roller blades, swims, dances and plays bridge. So if these two can do it you can too! But it may not necessarily be the exercise in and of itself as we age that causes a dwindling in our exercise routine but imbalances of our hormones and nutrients. So it comes down to two points: We need exercise and we must eat properly. The results of exercise may not be obvious in our older years but that doesn't mean it isn't effective. It may be helping by keeping diseases such as cancer, type 2 diabetes, high blood pressure, and depression away. Being fit may also contribute to proper bowel function, better circulation, and a sense of achievement and well-being. And diet is most certainly a factor. As noted in my previous article you must watch what you eat. Keep those toxins and poisons out of your body. Massage helps with that too! Eating healthy assists in maintaining good health, proper weight and physical appearance. Another factor to take into account is hormonal decreases which may contribute to bodily decline moreso than other factors. But an unhealthy lifestyle can contribute to the hormonal decline. That's where hormonal replacement comes into play and there is debate over this method. A book, *How To Achieve Healthy Aging* by Dr. Neal Rouzier addresses this issue of hormonal replacement and how he feels it can help. Do your research. The bottom line is to live a healthy lifestyle including healthy diet, regular exercise, stress reduction which can be through meditation, relaxation breathing, MASSAGE, and a number of other methods. But you have to make a conscious decision to adhere to this routine and stick with it. It's made all the difference in the world for me and as I noted, for my mom and dad. Maybe we could all be like them.

(Source: AZ Net News)

When it comes to health, you must educate yourself and then act on it. I'm all about health. That's why I do what I do. And I'm here to do what's within the scope of my practice for you. I publish these newsletters for your edification. It's up to you to kick it into motion. Remember, too, that Valentine's Day is coming up and gift certificates for massage make a great gift for the one(s) you love. How about a couples massage? I can accommodate you in my office or in your home (if your home has adequate space). How about a couples massage class? Learn some basic massage strokes and techniques you can use on each other in the comfort of your home between your massages with me. And by the way, couples here is defined as "two people" such as two best friends, brother and sister, cousins...

Until next time,

Stay healthy, stay well,



*People don't stop playing because they get old.
They get old because they stop playing!*

-Unknown

With proper care the human body will last a lifetime.

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