



Hands of Health Newsletter

January/February 2017

Hello, again:

Happy New Year! Hope the holidays treated you well. We're off and running for the upcoming challenges. What are those for you? I sure have mine in order. I've said this before so I'll say it again: I don't make resolutions for the new year; I set goals. I think there's a big difference. There's a lot more to setting goals than there is to making resolutions. And if you've been reading my newsletters for a while you know I always make health my #1 priority. That would be a great idea for all of us. Did you make any health goals for last year that you didn't achieve? Why not? Where did you fall short? Care to talk about it with someone in a relaxed, no pressure, setting? Call me and let's schedule a discovery and strategy session and talk about some ideas. As a New Year's gift I'm offering 6 complimentary sessions (\$197 value) first come first served. Call me: (480)423-0578

As usual my newsletter will be diverse, eye opening, and educational. Read it and smile and call me with any questions.

What Happens to Your Body, 4 Hours After Eating 5 Walnuts?

Recent research has revealed that eating a handful of nuts daily is an excellent way to help protect yourself against heart disease. After just 4 hours of eating nuts or consuming nut oil, doctors have observed an immense improvement in cholesterol levels and blood vessel flexibility.

Study

Regular intake is important in harnessing the benefits of the nuts, according to Dr. Penny Kris Etherton, who says that:

"Only by consuming a handful of walnuts or walnut oil for 4 days in a week, you can significantly reduce the risk of heart disease.

This study is the first one to identify the part of walnuts that provides the greatest health benefits. By consuming three tablespoons (51 g) of walnut oil, you can vastly improve the condition of your blood vessels in just 4 hours.

Walnut oil has proven to be good for the integrity of endothelial cells. Endothelial cells are the cells that line the blood vessels and play an integral part in their flexibility.

Benefits of Walnuts:

But, this study is not the earliest documented research of walnuts being believed to be a superfood, that is highly beneficial to the body. The ancient Romans believed walnuts were a sex enhancer, even going as far as scattering them on newlywed couples.

The ancient British on the other hand, used walnuts to treat mental illness, attributing its benefit to the brain shape of its kernels.

What Makes Walnuts So Healthy?

Walnuts help in stimulating the production of the enzymes chymotrypsin and trypsin, which are some of the most powerful digestive enzymes the body produces. As long as a handful or even less of walnuts is consumed, the body typically overproduces these enzymes, which are then absorbed into the bloodstream and helps in cleaning the blood and lymphatic system.

How to Add More Walnuts Into Your Diet?

Aside from eating the walnuts as is, some alternate ways to eat walnuts are by adding them in your smoothies, sprinkling on oatmeal, salad dressings and adding on your homemade walnut muffins. This gives your food added vitamin E, melatonin, folate, omega 3 fats and antioxidants.

Giving Up Beef Will Reduce Carbon Footprint More than Cars, Says Expert

Study shows red meat dwarfs others for environmental impact, using 28 times more land and 11 times water for pork or chicken

Beef's environmental impact dwarfs that of other meat including chicken and pork, new research reveals, with one expert saying that eating less red meat would be a better way for people to cut carbon emissions than giving up their cars.

The heavy impact on the environment of meat production was known but the research shows a new scale and scope of damage, particularly for beef. The popular red meat requires 28 times more land to produce than pork or chicken, 11 times more water and results in five times more climate-warming emissions. When compared to staples like potatoes, wheat, and rice, the impact of beef per calorie is even more extreme, requiring 160 times more land and producing 11 times more greenhouse gases.

Agriculture is a significant driver of global warming and causes 15% of all emissions, half of which are from livestock. Furthermore, the huge amounts of grain and water needed to raise cattle is a concern to experts worried about feeding an extra 2 billion people by 2050. But previous calls for people to eat less meat in order to help the environment, or preserve grain stocks, have been highly controversial.

"The big story is just how dramatically impactful beef is compared to all the others," said Prof Gidon Eshel, at Bard College in New York state and who led the research on beef's impact. He said cutting subsidies for meat production would be the least controversial way to reduce its consumption.

"I would strongly hope that governments stay out of people's diet, but at the same time there are many government policies that favour of the current diet in which animals feature too prominently," he said. "Remove the artificial support given to the livestock industry and rising prices will do the rest. In that way you are having less government intervention in people's diet and not more."

Eshel's team analysed how much land, water and nitrogen fertiliser was needed to raise beef and compared this with poultry, pork, eggs and dairy produce. Beef had a far greater impact than all the others because as ruminants, cattle make far less efficient use of their feed. "Only a minute fraction of the food consumed by cattle goes into the bloodstream, so the bulk of the energy is lost," said Eshel. Feeding cattle on grain rather than grass exacerbates this inefficiency, although Eshel noted that even grass-fed cattle still have greater environmental footprints than other animal produce. The footprint of lamb, relatively rarely eaten in the US, was not considered in the study published in the journal Proceedings of the National Academy of Sciences.

Prof Tim Benton, at the University of Leeds, said the new work is based on national US data, rather than farm-level studies, and provides a useful overview. "It captures the big picture," he said, adding that livestock is the key to the sustainability of global agriculture.

"The biggest intervention people could make towards reducing their carbon footprints would not be to abandon cars, but to eat significantly less red meat," Benton said. "Another recent study implies the single biggest intervention to free up calories that could be used to feed people would be not to use grains for beef production in the US." However, he said the subject was always controversial: "This opens a real can of worms."

Prof Mark Sutton, at the UK's Centre for Ecology and Hydrology, said: "Governments should consider these messages carefully if they want to improve overall production efficiency and reduce the environmental impacts. But the message for the consumer is even stronger. Avoiding excessive meat consumption, especially beef, is good for the environment."

He said: "The US and Europe alike are using so much of their land in highly inefficient livestock farming systems, while so much good quality cropland is being used to grow animal feeds rather than human food."

Separately, a second study of tens of thousands of British people's daily eating habits shows that meat lovers' diets cause double the climate-warming emissions of vegetarian diets.

The study of British people's diets was conducted by University of Oxford scientists and found that meat-rich diets - defined as more than 100g per day - resulted in 7.2kg of carbon dioxide emissions. In contrast, both vegetarian and fish-eating diets caused about 3.8kg of CO2 per day, while vegan diets produced only 2.9kg. The research analysed the food eaten by 30,000 meat eaters, 16,000 vegetarians, 8,000 fish eaters and 2,000 vegans. (from The Guardian)

New Alzheimer's Treatment Fully Restores Memory Function

Of the mice that received the treatment, 75 percent got their memory function back.

Australian researchers have come up with a non-invasive ultrasound technology that clears the brain of neurotoxic amyloid plaques - structures that are responsible for memory loss and a decline in cognitive function in Alzheimer's patients.

If a person has Alzheimer's disease, it's usually the result of a build-up of two types of lesions, amyloid plaques, and neurofibrillary tangles. Amyloid plaques sit between the neurons and end up as dense clusters of beta-amyloid molecules, a sticky type of protein that clumps together and forms plaques.

Neurofibrillary tangles are found inside the neurons of the brain, and they're caused by defective tau proteins that clump up into a thick, insoluble mass. This causes tiny filaments called microtubules to get all twisted, which disrupts the transportation of essential materials such as nutrients and organelles along them, just like when you twist up the vacuum cleaner tube.

As we don't have any kind of vaccine or preventative measure for Alzheimer's - a disease that affects 343,000 people in Australia, and 50 million worldwide - it's been a race to figure out how best to treat it, starting with how to clear the build-up of defective beta-amyloid and tau proteins from a patient's brain. Now a team from the Queensland Brain Institute (QBI) at the University of Queensland have come up with a pretty promising solution for removing the former.

Publishing in Science Translational Medicine, the team describes the technique as using a particular type of ultrasound called a focused therapeutic ultrasound, which non-invasively beams sound waves into the brain tissue. By oscillating super-fast, these sound waves are able to gently open up the blood-brain barrier, which is a layer that protects the brain against bacteria, and stimulate the brain's microglial cells to activate. Microglia cells are basically waste-removal cells, so they're able to clear out the toxic beta-amyloid clumps that are responsible for the worst symptoms of Alzheimer's.

The team reports fully restoring the memory function of 75 percent of the mice they tested it on, with zero damage to the surrounding brain tissue. They found that the treated mice displayed improved performance in three memory tasks - a maze, a test to get them to recognise new objects, and one to get them to remember the places they should avoid.

"We're extremely excited by this innovation of treating Alzheimer's without using drug therapeutics," one of the team, Jürgen Götz, said in a press release. "The word 'breakthrough' is often misused, but in this case I think this really does fundamentally change our understanding of how to treat this disease, and I foresee a great future for this approach."

The team says they're planning on starting trials with higher animal models, such as sheep, and hope to get their human trials underway in 2017.

Yeah, I know; intense. But this information must be disclosed and shared. And please do share my newsletters with everybody on YOUR email list. Get the word out on these important topics. So all the big holidays are behind us, no more racking our brains out shopping and wondering what to get who; it was easy for me; everybody got gift certificates for various and sundry therapeutic bodywork sessions which is truly loved and appreciated and they are always available throughout the year for birthdays, anniversaries, awards, and appreciation.

As I mentioned in the opening we must make health our #1 priority which is more than just a healthy diet; it's exercise, getting enough sleep, drinking plenty of GOOD water (if that still exists) and doing our best to maintain our stress which can be done with meditation, breathing exercises, and of course getting in regularly for therapeutic bodywork sessions. Remember: you only get one body and unlike your automobile if you neglect it and wear it out you go buy another one but if you neglect and wear out your one body WHERE ARE YOU GOING TO LIVE??? Through therapeutic bodywork sessions I provide you with preventive maintenance for your body so it will last you a lifetime!

Until next time,

Stay healthy, stay well,



"I am a marvelous housekeeper. Every time I leave a man, I keep his house."

Zsa Zsa Gabor

February 6, 1917-December 18, 2016

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