



Hands of Health Newsletter

July/August 2008

Hello, again:

We've been spared somewhat with our temperatures here in Arizona a little longer than usual. Not as hot as usual or so it seems in my memory. Then we got slammed. But do remember to stick with your massage and exercise schedule. Massage and exercise is preventive maintenance for your body. You only get ONE body so take the best of care because you can't replace it like you can your car/truck/SUV. For this issue of my newsletter is an article from Massage Magazine on the benefits of massage; one of many aspects. And, I came across an article online on health and genetics; what you may be predisposed to because of your DNA. It has been my OPINION for years that you don't necessarily inherit an illness/disease from your genes as much as you inherit a lifestyle that exposes you to them. This article suggests just that.

HEALTHY LIFESTYLE TRIGGERS GENETIC CHANGES: STUDY

Proper Diet, Exercise May Affect Cancer Gene Experience

By Will Dunham - Reuters - WASHINGTON

Comprehensive lifestyle changes including a better diet and more exercise can lead not only to a better physique but also to swift and dramatic changes at the genetic level U.S. researchers said.

In a small study, the researchers tracked 30 men with low-risk prostate cancer who decided against conventional medical treatment such as surgery and radiation or hormone therapy.

The men underwent three months of major lifestyle changes, including eating a diet rich in fruits, vegetables, whole grains, legumes and soy products, moderate exercise such as walking for half an hour a day and an hour of daily stress management methods such as meditation.

As expected, they lost weight, lowered their blood pressure and saw other health improvements. But the researchers found more profound changes when they compared prostate biopsies taken before and after the lifestyle changes.

After the three months, the men had changes in activity in about 500 genes - including 48 that were turned on and 453 genes that were turned off.

The activity of disease-preventing genes increased while a number of disease-promoting genes, including those involved in prostate cancer and breast cancer, shut down according to the study published in the

journal Proceedings of the National Academy of Science.

The research was led by Dr. Dean Ornish, head of the Preventive Medicine Research Institute in Sausalito, California, and a well-known author advocating lifestyle changes to improve health.

"It's an exciting finding because so often people say, 'Oh, it's all in my genes, what can I do?' Well, it turns out you may be able to do a lot." Ornish, who is also affiliated with the University of California, San Francisco, said in a telephone interview.

"In just three months, I can change hundreds of my genes simply by changing what I eat and how I live." That's pretty exciting," Ornish said. "The implications of our study are not limited to men and prostate cancer."

Ornish said the men avoided conventional medical treatment for prostate cancer for reasons separate from the study. But in making that decision, they allowed the researchers to look at biopsies in people with cancer before and after lifestyle changes.

"It gave us the opportunity to have an ethical reason for doing repeat biopsies in just a three-month period because they needed that anyway to look at their clinical changes (in their prostate cancer)," Ornish said.

RESEARCH:

Deep-Tissue Massage Shown to reduce Blood Pressure and Heart Rate

Source: Health Sciences Center, Louisiana State University, Department of Anesthesiology, New Orleans, Louisiana; and Lindsay's Day Salon and Day Spa, Lubbock, Texas.

Deep-tissue massage was found to reduce blood pressure and heart rate, according to a recent study.

In the study "The Effect of Deep-Tissue Massage Therapy on Blood Pressure and Heart Rate," 263 participants volunteered to receive deep-tissue massage to examine its effect on diastolic, systolic and mean arterial blood pressure and heart rate.

The participants were comprised of 12-percent males and 88-percent females, and their average age was 48. All participants had significant pain prior to the study and experienced moderate or severe overall muscle spasm/strain. Participants who never received massage therapy before the study were excluded.

The massages were performed at a day spa in Lubbock, Texas, between November 2004 and March 2006. The therapist providing the deep-tissue massage had 22 years of experience.

Prior to the massage, baseline diastolic, systolic and mean arterial blood pressure and heart rate were measured via an automatic blood-pressure cuff. The blood-pressure and heart-rate data was stored electronically using a HEM-704C blood-pressure monitor. Each participant then received a deep-tissue massage between 45 and 60 minutes in duration. During the massage session, 21 different CDs of soothing music

were played at barely audible levels.

Following the massage sessions, blood pressure and heart rate were measured again and compared with the baseline measures. The subsequent data was analyzed using analysis of variance with post-hoc Scheffe's F-test.

Data collected from the completion of the study showed an average systolic pressure reduction of 10.4 millimeters of mercury, a diastolic pressure reduction of 5.3 millimeters of mercury and a mean arterial pressure reduction of 7.0 millimeters of mercury. Results of the heart-rate data showed an average heart-rate reduction of 10.8 beats per minute.

The authors of the study reported the varied selection of music CDs played in the background was not correlated with the reductions in either blood pressure or heart rate. However, it was noted the music was unlikely to alter hemodynamics, as the music was barely audible in the background.

"The present study demonstrates a high correlation between deep-tissue massage and reduction in blood pressure and heart rate," the study's authors said. "These data are encouraging and positive, representing optimism and a hopeful outlook for future research in this area."

- Eating Fruits and Vegetables Decreases Heart Attack Risk
- Vitamin B6 Lowers Heart Attack Risk
- Selenium Supplementation Decreases Anxiety and Depression
- Vitamins C and E Decrease Oxidation
- Garlic Decreases Cholesterol and Oxidation
- Omega 3 Fatty Acids Improves Mental Focus in Children

Hope you enjoyed these articles. Now go enjoy the summer as best you can and remember, we may have a few months of extreme heat and please do keep hydrated, then comes the winter - remember, we never have to shovel sunshine off our driveways and walkways. And be sure and keep consistent with your massages. It's in the best interest of your health.

Until next time,

Stay healthy, stay well,



A handwritten signature in cursive script that reads "Paul".