



# Hands of Health Newsletter

July/August 2009

Hello, again:

Half the year already gone! And those aches and pains, stress, and personal injuries won't be gone if you try to wish them away. "Maybe it will go away" doesn't work either. Being proactive with your health is the ONLY way and massage is certainly one of the best ways to maintain better health. Your goal IS to be coming in to see me for health maintenance; to feel good, not because you're in pain. That may be your starting point but with consistent bodywork sessions you can achieve the goal of preventive maintenance. You must be consistent or you'll always be starting from square one. The idea is to always move forward, not 2 steps forward, one step back, but 2 steps forward, 3 steps forward, 2 steps forward and so on. Occasionally you may have a setback due to LIFE but otherwise you're always benefitting. Call me! No excuses! If you don't take time, time will take you. Better to take time to promote your better health than to have to take time to recuperate from an illness. As I said, preventive maintenance. Take better care of your health than you do your car. You can buy a new car; you can't buy a new body and hip, knee, and heart "replacements" aren't any fun. Hey neither is car shopping; for the most part.

Was quitting smoking one of your New Year's resolutions that lasted less time than it took to make them? Consider this: Swedish researchers found that young children exposed to secondhand smoke early in infancy may be more likely to suffer allergies to indoor allergens such as dust mites and pet dander. Furthermore, they were at a greater risk for developing food allergies. The research found that children at age two months who were exposed to cigarette smoke had a 50% more probability to have antibodies to food allergies.

Supplements to aid in rehabilitation of your body while you kick the habit.

## NATURAL SUPPORT

The following nutrients can help correct smoking-related deficiencies and damage while you kick the habit.

### SUPPLEMENT

CoQ10

VITAMIN C

VITAMIN E

VITAMIN A & CAROTENOID COMPLEX

### WHY IT'S HELPFUL

Protects heart tissue, cells and lung tissue. Also aids oxygen flow to the brain.

Smoking significantly depletes the body of C. This antioxidant protects against cell damage.

Antioxidant that protect cells and organs from damage caused by smoke.

Help heal mucous membranes and protect the lungs.

*Cited from "Prescription for Nutritional Healing" by Phyllis A. Balch, CNC.*

## FOOD AND MOOD

Bad food causes bad moods. You are what you eat; in essence and as one of my former colonic therapists would say "If you eat junk, you think junk." In a nutrition class I took from one of my doctors he demonstrated the physiological affects of what you eat and how what you eat goes right to your brain. Hence, if you eat junk, you think junk. In an article in healthtime from 2008 the author recommends the following healthy ways to eat. I may not necessarily agree 100% but he makes very valid points. For example, point #3 I'm not so sure about cooking with macadamia nut oil. This is a first for me. Points #4 and #5 are critical. In point #4 my PERSONAL belief is noncaffeine teas. My personal favorite is a combination of Cinnamon Apple Spice and Black Cherry Berry. I put 4 tea bags of each in a quart of water, purified water, and put it in the fridge overnight and let it "brew". Shake before drinking and ENJOY! Anyway, here they are!

**FEED YOUR BRAIN** - Nutrients provide the biological building blocks for brain chemicals called neurotransmitters, which affect how we think and feel. You probably know that when you work too hard to eat on time, your mood and energy levels likely suffer. When you don't eat enough high-quality neuronutrients - literally, "brain nutrients" - your body cannot make adequate amounts of mood enhancing neurotransmitters.

When it comes to feeding your emotions, the same general guidelines recommended for maintaining good health also lay the foundation for better mood management and emotional resilience. Your body needs vitamins, proteins, and other nutrients to make the brain chemicals that help you think clearly and maintain a good mood. First off, consider cooking at home an investment in your health. The following are guidelines for mood-enhancing eating habits.

1. Eat a little protein in each meal. Protein stabilizes blood sugar, protecting you from mood swings and fatigue. Protein also provides many of the molecules that your body needs to make neurotransmitters. What to choose: Fish, chicken, turkey, eggs, cheese, sugar-free yogurt, and legumes.

2. Eat a variety of high-fiber, nonstarchy vegetables and fruits. Fiber helps stabilize blood sugar, protecting you from mood swings. It helps move food through the digestive tract, which also helps moods. What to choose: Dark lettuces, spinach, tomatoes, cucumbers, mushrooms, red bell peppers, onions, asparagus, broccoli, carrots, cauliflower, kale, raspberries and blueberries, apples, kiwifruit, cantaloupe, and the occasional banana or pear.

3. Cook with olive oil or macadamia nut oil. Both are rich in oleic acid, which is an anti-inflammatory. Stress triggers a low-grade inflammatory response, which these oils can help to protect against. What to choose: Extra-virgin olive oil has the greatest nutritional value, but other types of olive oil are better for cooking at high temperatures. Macadamia nut oil has a more neutral flavor and a very high smoke point.

4. Drink water and teas. When we're thirsty, our bodies are signaling that they want water. Yet many people quench their thirst with coffee, juices, or soft drinks that contain high amounts of sugar, caffeine, or both. The artificial sweetener aspartame in diet soft drinks is closely related to a stimulating neurotransmitter, which may contribute to impulsive or hyper behavior. The caffeine in coffee (and many soft drinks) can contribute to impatience and irritability. What to choose: Water might seem a bit boring, but a wedge of lemon, lime, or orange can make it more interesting to your palate. Mineral waters have appreciable amounts of calcium and magnesium, which are good for the body and mind. Green, black, and white teas contain caffeine (less than coffee, though), but the effect of the caffeine is often neutralized by their L-theanine content.

*continued*

## Food and Mood - continued

5. Avoid fast-food and chain restaurants. With few exceptions, these restaurants serve up everything that's bad for you: foods rich in refined carbohydrates, sugars, and the unhealthiest fats. What to choose: Prepare meals at home or opt for restaurants that serve healthy, fresh foods.

6. Avoid or strictly limit your intake of sugars and grain-based carbohydrates. Eating foods that contain sugars (such as sucrose and high-fructose corn syrup) destabilizes blood sugar levels, increases the risk of diabetes, and contributes to mood and behavior problems. When grains, such as wheat and corn, are refined, food particle size is reduced through grinding, and fiber is either similarly reduced in size or removed altogether. The result is wheat- or corn-containing food that is absorbed almost as quickly as sugar. What to choose: Look for foods that do not contain these sugars, which are found in nearly all nonfruit sweets (doughnuts, desserts, pastries, muffins, and soft drinks). Refined grains are used to make bagels, breads, pastas, and pizzas.

Also, very important is to keep hydrated. It's amazing how quickly we can get dehydrated during the summer months. My favorite radio station has a project called "Operation Hydration" in conjunction with the City of Phoenix to collect half a million bottles of water for the water stations that are set up around the Phoenix area for people who need water; anyone. Didn't know they had them. This came about due to the death of some 30+ people a few years ago. Nobody should die because they don't have water to drink so the station has asked for donations from the listeners who always come through with this kind of request to meet the half a million bottles goal. We always reach the goal. And this is a big one. If you'd like to help call me and I will give you further information. See you soon.

Until next time,

Stay healthy, stay well,



*With proper care the human body will last a lifetime.*

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