



Hands of Health Newsletter

July/August 2017

Hello, again:

The long hot Summer is upon us. Should last until, what; November??? I've said it before and maybe I'm crazy but the heat doesn't bother me. Maybe I've been here so long that I've figured out how to minimize its impact. Still I stay active, workout 4-5 times/week, and keep hydrated! Should go without saying but sometimes we get lax about it. And nothing substitutes for water. And stay away from soda; FOREVER! As we begin the second half of the year where are you on your health goals? Have you achieved them, fallen short, or have you not set any at all? If not, why not? Have past experiences discouraged you? Wanna talk? Then let's! Call me to set up an appointment for a discovery and strategy session: (480)423-0578 (office) or (602)505-0578 (cell). Hurry; I'm only giving away a few of these this time around.

As always I've found some good information to impart to you. I'm trying to reduce the amount of articles and maybe have one longer one so I can have larger fonts so it's easier for you to read but so far I just haven't been able to accomplish that. I just want you to have the best information, the best words, but it's hard to downsize. So here we go.

HOW WHAT YOU'RE THINKING RIGHT NOW IS AGING YOUR BODY

You know about the power of positive thinking, but did you know that negative thoughts are powerful as well?

By Chhaya Nene

Depression - Dealing with depression is fundamental to living a satisfying life, and that's reason enough to pursue mood-boosting solutions. But a recent study provides even more motivation: Researchers have found that negative thoughts can lead to premature cell death—and that equals aging. How does that happen? The lifespan of a cell is dictated in part by a cellular structure called a telomere, which protects genetic data and helps cells divide. Each time a cell divides, however, the telomere shortens; eventually it becomes too short and the cell dies. In an analysis of studies involving more than 7,000 people, researchers discovered that telomeres were significantly shorter in people suffering from depression compared to their happier counterparts.

Hostility - Taming your response to the person who just cut you off in traffic or the telemarketer who just interrupted dinner isn't easy. In fact, it's kind of fun to imagine horrible payback for their transgressions. But avoiding hostility will add years to your life, suggests research from the University College London in the U.K. Again, telomeres are responsible: Hostile thoughts seem to shorten these cellular structures, leading to premature aging of cells—and you.

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Cynicism - Doubting and mistrusting people's motives, being skeptical of any new idea—is that an inevitable part of aging? It doesn't have to be—and letting cynicism get the best of you will shorten the amount of your twilight years. A study published this year in the Journal of Behavioral Medicine found that cynical men had a much higher risk of heart attack and stroke compared to less skeptical guys. The combination of cynicism and hostility is a double whammy that negatively impacts your telomeres. Those who have high levels of cynical hostility will suffer from depression, have higher levels of cardiovascular disease, metabolic disease, and die at younger ages.

Pessimism - Expecting the worst is really just the worst—for those around you and for your own health. In research from 2014, investigators measured pessimism and telomere length in 490 men. Sure enough, the more pessimistic the man, the shorter his telomeres. In another study on pessimism and telomere length, researchers found that pessimism in both men and women was linked to poor health and shorter telomeres; when pessimists developed cancer or heart disease, the sickness progressed faster ending in an earlier death.

Rumination - Getting stuck in a rut is different from reflection: If you're analyzing a situation that went sour to find a better response—that's reflection, and it's healthy. If you're analyzing that same situation over and over, and it happened 14 years ago, that's rumination and it's linked to anxiety and depression, according to research. That miserable and purposeless agonizing leads to high levels of the stress hormone cortisol and elevated heart rate, which along with depression can shorten telomeres.

Suppression - Try not to dwell on it, but yes—burying your feelings will shorten your telomeres. A small study suggests that suppressing thoughts and negative emotions can also shorten telomeres. So how do you navigate the territory between avoiding negativity and embracing your bad feelings? Check out some of the advice from these self-help books for people who can't stand self-help.

You're a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life

*UnFu*k Yourself: Get Out of Your Head and Into Your Life*

*The Subtle Art of Not Giving a F*ck: A Counterintuitive Approach to Living A Good Life*

*F*ck Feelings: One Shrink's Practical Advice for Managing All Life's Impossible Problems*

*Get Your Sh*t Together: How to Stop Worrying About What You Should Do So You Can Finish What You Need to Do and Start Doing What You Want to Do*

Boss Bitch: A Simple 12-Step Plan to Take Charge of Your Career

*Hardcore Self Help: F**k Anxiety*

Hey; I didn't write or name them; I'm just the messenger.

Mind wandering - Daydreaming seems harmless enough, but according to at least one small study, mind wandering signals a lack of engagement with your life and the task in front of you. It's a measure of dissatisfaction, and weirdly it seems to be linked to shorter telomeres and premature aging. And purposeless agonizing leads to high levels of the stress hormone cortisol and elevated heart rate, which along with depression can shorten telomeres.

Dealing with negative thinking - You can start simple: Research suggests that yoga, meditation, and regular trips to the gym can do wonders for your outlook. You can also try to identify and tackle your particular negative thought patterns and take steps to addressing them—or get help solving them by signing up for therapy.

3 SIMPLE DESSERT RECIPES THAT ARE RICH IN PROTEIN

Banana Cheesecake Breakfast Pudding

Serves: 1

1 cup full-fat cottage cheese (dairy-free, if necessary)
1 medium banana, frozen
½ cup milk of choice
½ tsp. vanilla extract
1 to 2 Tbsp. of maple syrup
1 Tbsp. coconut flour or gluten-free rolled oats (optional)

1. In a high-speed blender, combine all the ingredients until a thick pudding texture remains. Transfer the mixture to a bowl and enjoy!

2. For a very thick pudding, add coconut flour or rolled oats to the blender. For an even thicker pudding, refrigerate the mixture for 30 minutes or so.

Chocolate Greek Yogurt Pancakes

Serves: 1

For the pancakes:

½ cup gluten-free oat flour (can substitute with whole wheat, all-purpose, or white flour)
1 tsp. baking soda
¼ tsp. sea salt
1 Tbsp. cocoa powder
1 large egg
¾ cup vanilla Greek yogurt (dairy-free, if necessary)
¼ tsp. vanilla extract

For the Greek yogurt chocolate sauce:

2 Tbsp. Greek yogurt
1 Tbsp. cocoa powder
1 Tbsp. pure maple syrup
Milk of choice, as needed

1. In a mixing bowl, add the oat flour, baking soda, sea salt, and cocoa powder and mix well.

2. In a separate bowl, whisk the egg, Greek yogurt, and vanilla extract until well-combined. Pour the wet mixture into the dry mixture and stir until fully combined. The batter should be very thick.

3. Heat a lightly greased frying pan on medium heat. One the pan is hot, spoon the batter onto it, making pancake shapes. When the edges start to bubble, flip the pancakes and cook until both sides are lightly golden.

4. Once all the pancakes are cooked, in a bowl, make the chocolate sauce by combining the yogurt, cocoa butter, and pure maple syrup and mixing well until fully combined. If the sauce is too thick, add a dash of milk. Layer the pancakes with the frosting and enjoy.

Raspberry Mousse With Coconut Flour Crust

Serves: 1

For the crust:

1 Tbsp. coconut flour
1 Tbsp. almond flour
1 Tbsp. nut butter of choice
1 Tbsp. pure maple syrup
Milk, as needed (dairy-free, if necessary)

For the raspberry mousse:

½ cup plain Greek yogurt
½ cup full-fat cottage cheese (dairy-free, if necessary)
¼ tsp. vanilla extract
1 to 2 Tbsp. coconut palm sugar
2 Tbsp. raspberries, divided

1. In a small bowl, add all the crust ingredients except for the milk. Mix until a crumbly texture remains. Slowly add your milk of choice until a thick batter is formed. Transfer the batter to a cereal bowl or tall glass and set it aside.

2. In a blender, add all the mousse ingredients and blend until fully immersed and smooth. Pour the blended mixture into the cereal bowl or glass, top with the rest of the raspberries and enjoy.

From CLEAN SWEETS by Arman Liew

I'm sure you've heard it in many forms; be careful of what you think because if you think it it will happen. And words are powerful. Isn't that what affirmations are for? So keep that in mind the next time you fall back on negative thoughts and words. And try a few healthy recipes. As always substitute those ingredients you may find questionable. And as always please share my newsletters with everyone on all your email lists. And be sure and schedule your massages with me especially if it's been very long, 3 months, 4 months, 6 months, a couple years, since your last therapeutic bodywork session. (480)423-0578 or (602)505-0578. Enjoy the Summer.

Until next time,

Stay healthy, stay well,



*“Be mindful of what you eat, think
and say.”*

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