



Hands of Health Newsletter

March/April 2008

Hello; again:

PAIN! Pain is the last response your body gives you that something is wrong. Just because you don't have any pain doesn't mean you don't have a problem. Getting regular massage will help minimize and even eliminate your pains and aches whether it's a result of strenuous exercise, yard work, physical exertion, an injury from an auto accident or an accident around the house or office. It won't just go away and even if it does that doesn't mean the problem has been remedied. So be sure and get in to see me for regular massage for those pains and aches, to relax, renew, and rejuvenate and just to get away from the hysteria of daily life. You deserve it!!! This issue of my newsletter is just a compendium of information bytes. Enjoy!!!

DID YOU KNOW:

Robert Cheeke is a vegan-vegetarian athlete who has demonstrated that you don't need animal foods especially meat for building muscle. (www.veganbodybuilding.com)

Organic vegan food, especially when eaten raw, helps to produce cells that promote immunity. When the vegan diet is combined with balanced aerobic workouts, the onset of many if not all forms of disease is greatly reduced (*Hippocrates Magazine 2000*)

According to my chiropractor, eggs are GOOD for you when cooked right. Hard boiled or poached.

A bulletin in *Men's Health* (November-December 2007) Ibuprofen can damage an athlete's body.

WALKING STATS:

- Roughly 2,000 steps = 1 mile
- Walking is the world's most popular exercise
- One city block = around 200 steps
- You can take about 1200 steps in only 10 minutes
- Walking uses nearly 200 muscles
- The simplest way to burn more calories is to walk MORE!

A few of the benefits you can expect from regular exercise:

- More energy and stamina
- Greater physical strength
- Increased bone density
- Improved posture
- Increased self-esteem
- More ease and grace in moving through life (Yvonne Pratt, Personal Trainer)

Hormone deficiency can cause fatigue, weight gain, muscle/joint aches, insomnia, anxiety and depression, hair loss.

According to an article in the *January/February 2008 issue of Men's Health* sit down chain restaurants food is considerably worse for you than fast food fare, containing 867 calories compared to 522 calories in the average entrée.

The *December 2005 issue of Hepatology* reported on a study indicating that 42% of acute liver failure in the US is caused by the non-prescription pain reliever acetaminophen.

Extensive research on fluoride has shown ingestion to manifest the following symptoms:

- Aches and pain in the joints
 - Non-ulcer dyspepsia such as nausea and vomiting
 - Polyuria (frequent urination) and polydipsia (excessive thirst)
 - Muscle weakness, fatigue, anemia with low hemoglobin level
 - Repeated abortions/still births
- (from Greg Arnold 1/26/2004 About.com)

Sewage treatment plants release heavy metals (cadmium, chromium, copper, mercury (like in your fillings), lead and zinc directly into lakes and rivers from which we draw drinking water (from FluorideAlert.org) January 2002.

ABOUT THESE TEN SUPER FOODS FOR BETTER HEALTH:

Cantaloupe, sweet potatoes, fat free (skim) or Soy milk (I disagree); blueberries, oranges, broccoli, whole grain bread, watermelon, beans, spinach or kale (*Nutrition Action Healthletter 2006*).

- The May-June 2005 issue of my newsletter has good information on liver health. www.hands-of-health.com.
- The November-December 2005 issue of my newsletter has information on nightshade vegetables.
- The average annual cost for healthcare in the USA per person is \$7000.
- The five most highly allergenic foods are: wheat, corn, milk, soy, and eggs.
- The relaxation and rest you get from a one hour massage is equal to 3-4 hours of sleep.
- Bob Hope had daily massage from the same massage therapist for over 30 years.
- Deepak Chopra says that even a simple touch on the shoulder releases healing hormones so imagine what massage can do for you.
- Massage affects all 11 systems of the body; not just the muscular system.
- Each one of your teeth corresponds to a different organ of the body.
- Folate keeps your mind young! (So does hard rock and heavy metal music lol) Best food sources: beans - pinto, garbanzo, black, kidney.
- Amaranth is higher in fiber than wheat and brown rice, it's loaded with vitamins and studies have shown it to lower blood pressure and cholesterol.
- Men: Researchers at Duke University found eating flaxseed may protect your sex glands from cancer.
- A study in the *Journal of Nutrition* says you can beat back colon cancer by upping your intake of Vitamin B6.
- If you have type 2 diabetes exercise can improve your blood sugar control (mayoclinic.com).
- Scientists recently found a link between antibiotic use and breast cancer - the longer antibiotics were used the greater the risk of breast cancer. Researchers caution however, that other factors such as underlying illness or weakened immune system, rather than antibiotics themselves, may account for elevated cancer (mayoclinic.com 2005).

• If all morning newspapers read around the country were recycled 41,000 trees would be saved daily and 6 million TONS of waste would NEVER end up in landfills.
• And finally, if you go to bed wearing red socks your feet will stay warm. If you wear black socks your feet will be cold!
Hope you enjoyed this. Hope it wasn't too much for you to take in. Enjoy the Spring because if you blink, the Summer will sneak in. And be sure and get in to see me for the many benefits massage can provide you for your better health.
Until next time,

Stay healthy, stay well,



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

*All physical injuries are emotional injuries.
It is not possible to be injured physically and
not also be injured emotionally.*

With proper care the human body will last a lifetime.

I Love Referrals!!!

Ask me about earning FREE GIFTS for referrals.