



Hands of Health Newsletter

March/April 2009

Hello, again:

Your health! It's imperative to take care of your health. When it comes to massage there are two approaches. There is the health care side which includes medical massage, massage for injuries and specific conditions in particular, and of course for overall wellness and maintenance. On the other hand, there is the personal care side that you have at spas, salons, resorts, and cruises. That's where you go to get pampered. I worked at resorts for many years and even though I only saw these clients one or two times during their visit I still treated them from the health care aspect as most of them wanted anyway. And it was greatly appreciated. My approach will ALWAYS be health care when you come to receive therapy from me. That's why I have such a thorough comprehensive Intake form. Some clients wonder why they have to fill this form out because after all, it's "just a massage." Well, it ISN'T just a massage. Someone may have contraindications that stop them from receiving massage or restrict just how much massage they can receive. If I don't have a full health history, I could hurt you. And that's NOT what massage is all about. This is the health care approach to massage. And if you want me to hurt you or as one client many years ago requested "I want you to make me cry" then I'll send you to the S & M shop! LOL. Therefore, when I tell you you will need more than one or two or six massages to BEGIN to have any long lasting results it's for a reason. It takes time for your body to respond favorably. It's the difference between "health care" and "personal care." Enjoy the articles!

REPORT TIES MEAT, BODY FAT TO CANCER

By Emily Brown, Bloomberg News, November 1, 2007

WASHINGTON - Excess body fat and red meat are linked to an increased risk of common cancers and should be avoided, the World Cancer Research Fund and the American Institute for Cancer Research said.

About 40 percent of all cancers are linked to food, lack of exercise, and body weight, the organizations said in a 571-page report. A panel of 21 researchers who compiled the report said it was the most comprehensive evaluation ever of evidence linking personal habits to cancer risk.

The findings are meant to guide future scientific research, cancer prevention education programs, and health policy around the world, panelists said.

"Part of the purpose of the report was to show that prevention of cancer by means of food, nutrition, and associated factors is as feasible and crucial as prevention of coronary heart disease," the researchers wrote. "The evidence that high body fatness and also physical inactivity are causes of a number of cancers, including common cancers, is particularly strong."

Hundreds of specialists evaluated more than 7,000 studies over five years to compile the report. Panelists found "convincing evidence" that carrying extra weight, particularly around the waist, may lead to cancer of the esophagus, pancreas, colon, kidney, and uterus, as well as postmenopausal breast cancer.

The panelists recommended keeping extra weight off, exercising at least 30 minutes a day, and limiting consumption of alcohol and high-fat foods, such as burgers, french fries, milk shakes, pastries, and sugary drinks. The guidelines also apply to cancer survivors, the report said.

Researchers said men should limit their alcohol intake to two drinks a day, and women one.

Red meat, such as beef, pork, and lamb, which are linked to colorectal cancer, should be replaced with poultry, fish, and eggs. Processed meats that include bacon and lunchmeat should also be avoided, researchers said.

Release of the report spurred some objections.

The causes of cancer are "extremely complex and involve factors like genetics, the environment, lifestyle, and a host of other issues," said Randy Huffman, vice president of scientific affairs at the Washington-based American Medical Association, in a statement.

For more information, go to dietandcancerreport.org. ©Copyright 2007 The New York Times Company.

ANOTHER REASON TO EAT YOUR VEGGIES!

Remember when your mother used to tell you to eat your vegetables because they were good for you? You might not have liked it, but increasing research shows just how right she was. The latest example: A study suggests that eating a healthy dose of vegetables each day is good for you by helping to prevent atherosclerosis, which in turn can reduce your risk of heart disease, stroke and other disorders.

In this study, researchers looked at the relationship between vegetables and atherosclerosis in a group of genetically altered mice. For 16 weeks, half of the mice were fed a diet in which 30 percent of the calories came from a mixture of broccoli, green beans, peas, corn and carrots. The rest of the mice consumed a diet free of vegetables. At the end of the study period, researchers found that, compared to the mice that didn't eat any vegetables, the buildup of atherosclerosis was 38 percent less in the group of mice that ate the vegetable diet. In addition, blood cholesterol levels were 32 percent lower, and the mice in the vegetable diet group weighed an average of 7 percent less.

continued

Another Reason to Eat Your Veggies - continued

If you're at risk of developing atherosclerosis, now might be the time to consider changing your diet to include more vegetables like the ones included in this study.

Adams MR, Golden DL, Chen H, et al. A diet rich in green and yellow vegetables inhibits atherosclerosis in mice. *Journal of Nutrition* July 2006;136:1996-1889.

Just remember, not sick is not the same as healthy. You may not have a cold or some other illness but that doesn't mean you're in good health. You can't be on the go all the time, working long hours, taking care of your family or significant other, eating junk/fast "food", not exercising and not getting regular massage and be healthy even though you feel "alright." So make health your number one priority as my 91 year old father says and make any changes you need to get on the right road to health and wellness. You don't have to do it all at once which wouldn't be good anyway; take small steps, one by one, but get on it and DO IT! Any questions? You know how to get in touch with me.

Until next time,

Stay healthy, stay well,



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

“Of all God’s creatures there is only one that cannot be made the slave of the leash. That one is the cat. If man could be crossed with the cat, it would improve man, but it would deteriorate the cat.”

-Mark Twain

With proper care the human body will last a lifetime.

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