



Hands of Health Newsletter

May/June 2007

Hello; again;

Late again. Sorry! But be sure and be on time for your massage! You aren't fooling anyone except yourself when you miss or skip your massage. Keep on schedule just like you would for your job, your business appointment, or your other health appointments. And of course keep up with regular exercise and healthy eating. So if it's been a month since your last massage, you are more than overdue for the next massage. Call me right away and get on the schedule.

CELLULITE MASSAGE AND ESSENTIAL OIL

We all know how great massage is for the many reasons we get them be it for stress and relaxation, an acute injury such as an automobile accident, a sports injury, and to maintain good health. There are hundreds of different massage techniques to choose from ranging from Swedish Massage to Deep Tissue Massage to Thai Massage and everything in between. One specialized form of massage that is probably a lesser known therapy is Cellulite Massage.

Cellulite is fatty deposits that are stored in your thighs, hips, buttocks, and upper arms. They take on the appearance of a lumpy orange peel like skin. It is one of the hardest problems to get rid of since cellulite attracts the extra water and waste materials to these particular areas. We are always striving to stay slim, fit and trim which can be achieved with a proper healthy diet, exercise, and massage but in this case Cellulite Massage. The aromatherapy oils which are specific to cellulite help break down the fatty deposits, tone the skin, and put you in an uplifted mood. Cellulite Massage helps remove the cellulite from the tissue, relaxes tense nerves and makes you feel energized.

Cellulite may be caused for the following reasons:

- Water retention due to excess salt intake in the diet or inability to eliminate fluids from the body.
- Fatty tissue due to wrong foods consumed which are processed and contain sugar, salt, dairy and dairy products, chemicals and preservatives, and hydrogenated oils.

• Excessive accumulation of lymphatic which hinders and elimination of waste materials in the body. This causes swelling in the digestive and intestinal tracts and poisoning of the blood. It is composed of water and waste products. Your nodes purify and cleanse the lymph keeping the blood waste free. Your lymphatic system is your immune system and needs to be kept clean to help ward off illness, sickness, and disease. Lymphatic occurs when the body becomes too toxic, overburdening the lymph nodes and causing the lymphatic waste to back up and be stored as CELLULITE!

Our own activity of moving our bodies keeps the lymphatic moving. There is no "pump" to move lymphatic fluid like we have our hearts to move our blood. Living a sedentary life for long periods of time and by eating refined foods, fried foods, junk "foods", meat, and so on the lymphatic stops moving freely. Exhaustion may result in addition to achy muscles, obesity, swollen glands, and skin problems. The Cellulite Massage with essential or aromatherapy oils can help get the lymph flowing again and help eliminate cellulite.

The oils that are best used for cellulite are Geranium, Juniper, and Cubeb for water retention; Lavender, Rosemary, Thyme, Sage, Birch, and Bladderwrack (Seaweed) for fatty tissue; and Lemon, Lavender, and Bay for draining lymphatic.

CAN CINNAMON LOWER BLOOD SUGAR

From Prevention Magazine

What It Is - Cinnamon cassia is the dried bark of evergreen trees cultivated throughout Asia, though we know it best as the powder that flavors apple pie and other goodies.

What Traditional Medicine Says - As early as 2700 BC, Chinese herbalists treated diarrhea and kidney disorders with cinnamon. Later, Greek healers and practitioners of Indian Ayurvedic medicine valued it as a remedy for digestive problems.

What We Know - Cinnamon may help lower cholesterol and triglycerides. Pakistani researchers gave 60 type 2 diabetics with borderline-high lipid levels a daily placebo pill or one with 1 to 6 g of cinnamon. After 40 days, those in the cinnamon group saw their cholesterol levels fall by at least 13 % and their triglyceride levels by at least 23%. The placebo had no effect.

What New Research Shows - Cinnamon can help rein in blood sugar. German researchers collected blood from 65 adults with type 2 diabetes who then took a capsule containing the equivalent of 1 g of cinnamon powder or a placebo three times a day for 4 months. By the end, cinnamon reduced blood sugar by about 10%; the placebo users improved by only 4%. Compounds in cinnamon may activate enzymes that stimulate insulin receptors.

What To Take - The extract used in the study is sold only in Europe, but Envita Lab's CinnaBeticII is similar. (Stick with the extract, which is water soluble; large amounts of the actual spice can be dangerous.) Cost: \$25 for 60 capsules, available at vitamin retailers.

Dose: Follow label instructions.

ANOTHER REASON TO GET MOVING

From PsychologyToday.com

Most of us can think of dozens of reasons not to exercise. You're already tired; how can you summon the energy to move more? It takes time out of a busy day. It's cold out. Your knee hurts.

Researchers have found a few more reasons why we should do it.

Some of the most impressive evidence concerns the ability of exercise to keep our moods stable. Study after study shows that exercise combats depression. It lifts your mood, restores your energy, realigns your brain chemistry - and the price is unbeatable. It costs nothing. Physical activity works at least as well against mild to moderate depression as any other treatment.

Exercise also changes your perception of yourself. It provides a sense of personal mastery and positive self-regard.

We're not talking here about Olympian levels of activity. When it comes to alleviating depression, it's not at all necessary to go for the burn. All it takes is 30 minutes of aerobic exercise three times a week. That means walking. Researchers at Duke University have found that 50 minutes of exercise a week

brings about a 50% decrease in the likelihood of being depressed.

Now comes new news of what exercise can do. It boosts blood flow to the brain, which allows you to be more mentally engaged. Exercise not only gives you physical energy, it boosts your mental energy. It makes you more alert. These benefits, which need to be pointed out, are aside from the ability of exercise to protect the heart and balance body weight.

The most recent studies were performed on a few dozen monkeys that were put on a treadmill for five days a week over 30 weeks. They were compared with animals who remained sedentary.

On tests of mental performance - the animals had to find a treat placed under toys - the exercisers shone. "Tests showed that animals in the exercise group were more aroused, alert and engaged than animals in the control group," the researchers reported recently. What's more, the exercisers learned how to navigate tests of mental performance at a much faster rate

So do yourself and your brain a favor, go out for a walk.

That should give you something to ponder. Not as intense as prior articles yet still informative. Mother's Day and Father's Day is right around the corner and what better gift can you give than the gift of health and I'm very sure a gift certificate for a relaxing, therapeutic massage would be greatly appreciated. Also keep in mind I do offer corporate chair massage for your office or for massage parties. Call me for rates.

Until next time,

Stay healthy, stay well,



With proper care the human body will last a lifetime.

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