



Hands of Health Newsletter

May/June 2008

Hello; again:

If your car breaks down and can't be fixed you can buy a new one. But if your body breaks down, where are you going to live? Massage is preventive maintenance for your body as tune-ups and oil changes are preventative maintenance for your car (truck, SUV), so be sure and get in to see for your 3000 mile body maintenance which when translated would be every week or two. The longer you wait between the therapies the less effective the therapy because eventually you will always be starting from square one and you won't progress. The idea is to achieve a level of health where you're coming in to see me to feel good not because you have specific problems or conditions.

SETTING THE RECORD STRAIGHT ON FITNESS MYTHS

Submitted by Greg Arnold, March 23, 2004, Abstracted from "Busting Health and Fitness Myths on MSN.com

With the advent of the internet, infomercial and 24-hour news channels, the public is flooded with (mis)information regarding any topic you can think of, especially exercise, dieting, and weight loss.

Here are some of the most common fitness myths being dispelled:

Women who lift weights will get bulky. Strength training will not cause women to build massive amounts of muscle but will instead cause toning of muscles, giving the smooth, fit look to their body. It is the hormone testosterone, which women do not have a lot of, that is responsible for muscle building. In fact, women have only 10% of the circulating testosterone levels compared to men.¹

No pain no gain. Exercising through pain can be damaging to your body, causing injury and preventing you from exercising at all. Your best bet is to monitor your heart rate. Your optimal heart rate is 50-75 percent of your maximal heart rate, which the American Heart Association states is your age subtracted from 220. For more information, you can visit the AHA website.²

Exercising allows you to eat whatever you want. When it's all said and done, you must burn more calories than you consume. You must burn 3,500 more calories when you consume to lose just one pound. This is why a weight loss of two pounds per week is recommended. If you're losing more than that, you're most likely losing valuable muscle and water as well as fat.

Exercise requires a hefty time commitment. With our increasing sloth, the National Institute of Medicine has recommended 60 minutes of exercise per day to either maintain or lose weight.³ This is where

your nutrition becomes such a big factor. The better you eat, the less you will have to exercise if you want to lose weight because the calories you burn will go farther for you.

Exercising at low intensity burns more fat. The "no pain no gain" advocates state that higher intensity workouts burn more calories, but research has shown that most of the calories come from carbohydrates, since fewer fatty acids are mobilized in the mitochondrion, the energy-burning structure in each cell, during high-intensity exercise.⁴

On the other hand, high-intensity exercise increases the level of growth hormone in the blood,⁵ causing an increase in metabolism and even fat burning after exercise has ceased. Fat cells have growth hormone receptors, and growth hormone stimulates them to break down triglyceride and suppresses their ability to take up and accumulate circulating lipids. A sensible solution to this two-side argument is to incorporate both high- and low-intensity aerobic exercise into your workout program.

REFERENCES:

¹ Evans NA. Current Concepts in Anabolic-Androgenic Steroids. *American Journal of Sports Medicine* 2004; 32: 534-542.

² [American Heart Association website](http://AmericanHeartAssociation.com), "Target Heart Rates"

³ American College of Sports Medicine Website: "ACSM Applauds Recognition of Physical Activity in New Institute of Medicine Dietary Guidelines, But Warns of Confusion and Misunderstanding about ICM Specifics"

⁴ Sidoosis L.S. Regulation of plasma fatty acid oxidation during low- and high-intensity exercise. *American Journal of Physiology* 1997, 272(6 Pt 1): E1065-70.

HOME IS WHERE YOUR HEALTH IS

Did you know that when you "clean" your house with many of those commercial cleaners, you are actually filling your home with thousands of toxic chemicals? According to the U.S. EPA, amounts of pollutants indoors can be two to more than 100 times higher than outdoors.

Volatile organic compounds (VOCs) are found in cleaning products and evaporate into the air when used. VOCs are extremely harmful to our health and can trigger skin, eye, and respiratory reactions. In the year 2000, ten percent of all toxic exposures reported to the U.S. poison control centers were because of cleaning products. Over half of these exposures were in children under the age of six.

Want to eliminate dirt without sacrificing your health or the health of guests? Here are a few tips for health-friendly cleaning.

DETERGENTS

Problem: Those freshly washed dinner napkins. The fragrances in detergents and fabric softeners can contain phthalates. These chemicals cause asthma and allergic reactions, with symptoms of skin and respiratory irritation, headaches, and watery eyes.

Tip: In place of these detergents, use soaps labeled "fragrance-free." Soften fabrics by adding one-quarter cup of baking soda to the wash cycle.

ANTIBACTERIAL SOAPS AND DISINFECTANTS

Problem: Turkey, Cookies, Fruit Cakes...now you have to clean up! According to the 2000 World Health Organization Report, antibacterial soaps and disinfectants are causing the growth of resistant bacteria. Other disinfectants that contain chlorine bleach are also danger-

ous because they can burn the skin and eyes, and if swallowed, can be fatal.

Tip: Instead of using antibiotic cleaners, wash hands using plain soap with water. Clean your kitchen and other areas with registered herbal disinfectants and baking soda.

AIR FRESHENERS

Problem: Giving the house that holiday scent. Air fresheners are dangerous because they contain flammable and nerve-damaging ingredients. According to a study published in *New Scientist* in 1999, mothers who used aerosol sprays and air fresheners experienced 25 percent more headaches and were 19 percent more likely to suffer from depression. Infants under six months of age experienced 30 percent more ear infections.

Tip: Instead of the air fresheners, the best and most natural alternative is to open windows. However, depending on climate, that may not be possible during cold holiday months. Utilize the sweet smells of the season, real Christmas trees and poinsettias will give your house a wonderful aroma. Also, dried flowers and herbs create gentle scents.

When looking for natural, less toxic cleaners it is important to make sure to read labels carefully. "Just because a product says it's natural doesn't mean it's nontoxic," said Jeffrey Hollender, CEO of Seventh Generation, a company that produces eco-friendly and health friendly products. "The word 'natural' is undefined and unregulated by the government and can be applied to just about anything under the sun including plastic, which comes from naturally occurring petroleum."

The bottom line is you must, yes must, take care of your health; actively. You can't wait until the last minute. My parents used to have a saying: "Now that the horse got out, you decide to lock the barn door;" Well my door is open to help you achieve better health and to get rid of those aches, pain, stress, recovery and what ails you. And remember Mother's Day and Father's Day is coming up fast and a gift certificate for massage is one of the greatest gifts you can give. And keep on your exercise routine as we head into the "warmer" months.

Until next time,

Stay healthy, stay well,



*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.

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