



# Hands of Health Newsletter

May/June 2011

Hello, again:

Another birthday has come and gone. I don't feel any different than I did after last year's birthday or the one 10 years ago. How do I do it? It's all about health maintenance: diet, exercise and regular massage! Confession time! There are a lot of massage therapists who DON'T walk their talk. They don't get regular massage, their diets are awful, they smoke and drink and they're overweight. I don't know how they can get close enough to their clients to work on them. I don't know what current massage curriculums require their students to take regarding health and nutrition because when I went to massage school ages ago all we learned was anatomy, physiology, and massage technique. Of course way back then massage programs only offered these basics. I know they are more extensive now due to changing hours required to get licensed and programs geared more toward specialties but something must be lacking because as I noted there are a lot of very unhealthy therapists practicing now. For me it wasn't until years later when I enrolled in a program through the massage school to become a nutritionist separate of any massage program. So maybe that's something to take into consideration when you go to a massage therapist; someone who walks their talk. You can be confident that I do; no question.

With the recent disaster in Japan and the exposure to radiation we're all concerned in how to protect ourselves even thousands of miles away. We're in no way completely immune; it's going to reach us eventually. I came across a couple of articles discussing which foods you can eat to provide us with some degree of protection. Who knows how accurate the claims are but it can't hurt either and these are some very healthy foods anyway that everyone can benefit from as part of a healthy diet. Fortunately for me, these ARE foods I eat on a regular basis. So see what you think and do a little more research.

## 19 FOODS TO NATURALLY DETOX RADIATION

*By Alicia Bayer, Mankato Green Culture Examiner*

With radioactive isotopes detected in rainwater in Minnesota and other states, some people are looking into iodine supplements and other ways to protect the long-term health of their families.

While there are a lot of drawbacks to using iodine, there are plenty of foods that naturally protect our bodies from radiation.

Here's 19 of the best:

1. Brown rice
2. Seaweed
3. Kelp
4. Miso
5. Pumpkin
6. Spirulina
7. Bee pollen
8. Wheat grass
9. Rosemary
10. Blue-green algae
11. Beets
12. Garlic
13. Ginger
14. Alfalfa sprouts
15. Broccoli
16. Onions
17. Olive oil
18. Leafy greens
19. Apples and other sources of pectin

These foods protect the body from radiation in different ways. For instance, brown rice is high in fiber and phosphorous, which help remove harmful toxins from the body. Sea vegetables contain a polysaccharide that binds to radioactive strontium to help eliminate it from the body, as well as being high in natural iodine. Pectin has also been shown to bind to radioactive residues, and Cysteine (in onions) binds with and deactivates radioactive isotopes. Alfalfa sprouts and greens are high in chlorophyll, which has been shown to help protect against radiation damage, as well.

Keep in mind that you should aim for organic and be aware of the sources. For example, fresh sprouted alfalfa sprouts from your windowsill are preferable to those shipped from thousands of miles away (and possibly doused with those isotopes). For further reading and more suggestions, read this article from Live Well Naturally: Protect Yourself from the Damaging Effects of Radiation and this Facebook list from Heal Thyself with dozens of natural supplements.

I'm sure all the moms and dads out there would love a massage and with Mother's Day and Father's Day coming up, a gift certificate for massage would be greatly appreciated. This includes mothers and fathers to be. Also keep in mind I offer pregnancy massage. Pregnant moms are just a joy to work on because I also get to work on the baby; to a degree. Enjoy the warmer weather, do more outdoor exercise and keep current with your massage schedule.

Until next time,

Stay healthy, stay well,



*Paul*

*What your kids are exposed to in childhood will affect them the rest of their lives - Unknown*

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