



# Hands of Health Newsletter

May/June 2012

Hello, again:

Ah, yes the warmer months have arrived! Time to get out and enjoy the great outdoors. Arizona has so much to offer and has many opportunities to get your exercise done with lots of places to hike, parks to run in, and mountains to climb. Bring lots of water, that should go without saying, sun exposure is necessary **BUT** be sure and use some sun block, and be sure and get in regularly, regularly like you would exercise, for your massage. It works the best when you keep consistent with it. Massage affects you on all levels, body, mind, and spirit, and makes the quality of your life much better. Investing in your health is the best investment and should be your #1 investment. You can be the best at what you do, the star performer and #1 in the world but if you're always recuperating from an injury or an illness, laid up in bed, or undergoing surgery what good does it do you? So get in for your massages and also be mindful of your diet. Remember, I'm also a Holistic Health and Nutrition Coach and I work with people who want to make lifestyle and dietary changes to improve their health and live better more productive lives. I offer **FREE** health history consultations to **ANYONE** who may be interested in taking the next step necessary to get on the road to better health. We'll meet for about 45-50 minutes and go over your health history and see if we can work together. Call me right away to schedule your **FREE** consultation. You may reach me at (480) 423-0578.

Many people have the goal of losing weight and with such a huge rate of obesity in our country and the other problems obesity causes of course diet is the number one solution. I think this is a great recipe to try and is tailored for more healthy eating. I wouldn't send you anything else. If you don't want to use the butter then substitute with some olive oil. We need to eat cooler foods this time of year so we don't increase our body heat so this should be a step in the right direction. Read on.

*Getting my weight under control has come from a process of treating myself as well as I treat others in every way. - Oprah Winfrey*

## WHY WEIGHT? DIETS DON'T WORK

You can't turn on the TV, drive down the road or go to a party without being confronted with America's hottest obsession: weight. Diets are a billion-dollar industry; companies spend millions and millions luring you to try the latest diet (low carb, high protein, low fat, no fat, you name it) with promises that this will (finally!) be the solution—your shortcut to a thinner body. Advertising efforts also deeply affect our children, who develop distorted body images and are often on diets as early as nine or 10 years of age.

Our culture touts diet pills, celebrity workouts, convenience foods and trendy diets to help us achieve our desired weight, but these quick-fix solutions have backfired. America's populace has reached its highest weight in history. About half of Americans are overweight; one-third are obese. Diets steer us away from our common sense and dip deeply into our pocketbooks while eliciting few, if any, lasting results. Why?

Diets don't work because each person is unique, with different needs based on gender, age, ancestry and lifestyle; how could one diet be right for everyone?

Diets don't work because they are extreme solutions. As in physics, if a pendulum swings to one extreme, it has to swing equally to the other. A diet might work for a short amount of time, but research shows that almost all diets result in a 10-pound gain once off the diet.

Diets don't work because they are too restrictive. People who fail on diet plans are not flawed or weak. Diets by nature require discipline and restriction at levels that are unsustainable by a healthy human body.

Most people are disconnected from why they gain weight and see diet as the only culprit. For example, ignoring or discounting emotions is often the first thing to cause weight imbalances.

In our fast-paced world, we have lost sight of many aspects of life that truly nourish and balance our bodies, such as slowing down, eating a home-cooked meal and spending quality time with loving people. Eating consciously and making simple lifestyle changes will create positive results and release you from the endless cycle of dieting.

Given half a chance, your body will balance out by itself, but this is only possible by getting out of the diet mentality and listening to what you truly need. Imagine taking all of the outward energy you expend on diets, fads and gimmicks and turning it inward, so that you can listen to your heart and inner wisdom. There is no such thing as a quick fix; you already have everything you need within you. With careful thought and loving reflection, you can feed yourself in a nourishing way. Working with your body rather than against it will bring you increased energy, stabilized weight and sustainable health.

## FOOD FOCUS: SPROUTS

In the spring season, seeds flaunt their vitality and energy by sprouting. Sprouts of all varieties contain the building blocks of life in the form of vitamins, enzymes, amino acids and simple sugars. In their early growth state, sprouts are very easy to digest, allowing our bodies to access many wonderful nutrients. Recent research by the American Cancer Society has backed what holistic nutrition has known for years: that sprouts contain anti-cancer properties, high levels of active antioxidants, concentrated amounts of phytochemicals and significant amounts of vitamins A, C and D.

In their raw form, sprouts have a cooling effect on the body, and therefore are best consumed in warm weather or by robust, warm body types. Those who tend to feel cool can try steaming sprouts or adding them to warm dishes such as stir-fries and soups, to reduce the cooling effect. There is a wide variety of edible and delicious sprouts, each with a different texture and flavor: alfalfa, mung bean, lentil, radish, clover, sunflower, broccoli, garbanzo and adzuki.

Here are some great ways to serve up sprouts:

- ◆ Add to salads.
- ◆ Combine with other vegetables in wraps, roll-ups or stir-fries.
- ◆ Use as garnish on top of soups, stews, omelets or scrambled eggs.
- ◆ Add to rice or whole-grain dishes.
- ◆ Use in sandwiches instead of lettuce.

*Spring has arrived! Eat sprouts and feel alive!*



PAUL ZARCHIN, L.M.T.

P.O. Box 1511

Tempe, AZ 85280-1511

(480) 423-0578 (Office)

(602) 505-0578 (Cell)

[www.hands-of-health.com](http://www.hands-of-health.com)

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