



Hands of Health Newsletter

November/December 2008

Hello, again:

STRESS! Yes, we ARE living in stressful times and the stress won't simply go away by wishing, hoping, and ignoring it. The "maybe it will go away" approach doesn't work. Massage WILL! Bottom line: do the best you can to get in for your massage and your stress will be diminished considerably and will be easier to manage. And that will make every other aspect of your life more joyful. You will be able to think more clearly, move more easily and enjoy better health. It will have a positive rippling effect on your health on all levels: body, mind, and spirit. Remember, good health is NOT a luxury, it's a necessity for a better quality of life. Budget for massage if you have to, cut back or eliminate the lattes, eat out less, bring your lunch to work, keep a "massage fund" jar that you toss your change in everyday and maybe a dollar or two and don't touch it. Before you know it you will have more than enough to invest in a massage. Be creative and think of other ways to save for your massage. It will be so worth it. It always is when it comes to your health. As usual, in my surfing I came across some fantastic articles for your education. And away we go.

LOUD NOISES THAT DRIVE YOU BATTY MAY BE BAD FOR YOUR HEART, TOO

Screaming children, honking traffic, the construction site next door - being constantly assaulted by the high-decibel sounds of modern-day life can make stress levels soar and heart health plummet. The simplest solution may be to block out some of it. Tote a set of earplugs to deal with relentless noise or, in a pinch, just stick your fingers in your ears. Your heart will slow and your ears will feel better, too.

How loud is too loud? It depends on whether you're concerned about your heart or your hearing. For your ears, anything around 70 or 80 decibels - a noisy office, a loud vacuum - can damage your hearing if you're exposed to it for several hours. (And, yes, a rock concert is off the hearing charts - worse than a jackhammer.) But for your heart, it can take less noise pollution to create cardiac stress. Just living near high-traffic roads made people more prone to a heart attack, research shows. It's a good reason to seek out quiet time every day, whether that means taking a warm soak after work or a peaceful walk with a friend, your dog, or just your inner thoughts. Or **GET A MASSAGE!**

PREVENT KIDNEY STONES WITH LEMONADE?

If life gives you lemons, make lemonade. But what if life gives you kidney stones? For most people, a drug called potassium citrate is prescribed, but for those who can't tolerate potassium citrate's side effects or are allergic to certain medications, the results of a small study published at the American Urological Association's annual meeting indicate that lemonade may work just as well.

Kidney stones develop when minerals in the urine crystallize and build up inside the kidney. In most people, urine contains a chemical called citrate, which breaks down the minerals and prevents the stones from forming. In this study, researchers followed 12 people who suffered from hypocitrauria, a condition that causes a person to produce low levels of urinary citrate. Patients in the group drank lemonade made from 120 milliliters of lemon juice mixed with 2 liters of water throughout the day; small amounts of sugar or sugar substitute were added for taste.

Results showed that 11 of the 12 patients had increased urinary citrate levels during lemonade therapy. The kidney stones of the people taking lemonade therapy also decreased in size and number during the course of treatment.

While lemonade may help reduce the incidence of kidney stones. It's only part of a larger program. Lowering the amount of salt in the diet, eating smaller portions of red meat, and increasing fluid intake can all help slow the formation of existing stones and prevent new ones from developing. For more information, visit <http://www.chiroweb.com/find/archives/nutrition/foods/index.html>.

Kang D, et al. Lemonade-based dietary manipulation in patients with hypocitraturic nephrolithiasis. Abstract @1038. Presented at the 101st Annual Scientific Meeting of the American Urological Association, Atlanta, GA, May 23, 2006.

FIGHTING TYPE II DIABETES THE HERBAL WAY

Almost three-fourths of all adults with type II diabetes suffer from hypertension, which not only increases the risk of heart disease and stroke, but may cause damage to the eyes, kidneys and nervous system. While many diabetics are prescribed drugs to help control their high blood pressure, the results of a recent trial suggests there may be a safe, natural alternative to these types of prescription medications.

In this randomized, controlled trial, 79 patients with type II diabetes who were already taking blood pressure medication were allocated into two groups. Thirty-nine patients received a daily extract of hawthorn, an herb that has been shown to reduce blood pressure levels without causing any adverse side effects. The remaining patients took a placebo extract. Blood pressure levels were then measured for 16 weeks to determine any changes between groups. Patients taking the hawthorn extract showed an average decrease of 2.6 points in diastolic blood pressure, which the authors of the study termed a "significant reduction." They added that hawthorn could be used with other natural ways to lower one's blood pressure, such as regular exercise and changes in diet and lifestyle.

Hawthorn is considered extremely safe. It has received a class 1 rating from the American Herbal Products Association, which means that it can be used safely when taken at the appropriate levels. Nevertheless, make sure to consult with a licensed health care provider before taking hawthorn or any other herbal remedy or dietary supplement. For more information about hawthorn and other herbal produces, visit <http://www.chiroweb.com/find/tellmeabout/herbs.html>.

Walker AF, Marakis G, Simpson E, et al. Hypotensive effects of hawthorn for patients with diabetes taking prescription drugs: a randomized controlled trial. *British Journal of General Practice* June 2006;56:437-443.

I don't recall where I found this information so I don't recall the source.

The dental community concedes that fluoride is largely ineffective at preventing the most common type of cavity - Pit & Fissure Decay - which accounts for upwards of 85% of dental decay now experienced in the US.

Good stuff. I can't believe how fast this year has gone. Famous last words. But here we are at the holiday season. Remember to count your blessings and do your best to celebrate as fully as possible. Also, remember gift certificates for massages at my office, at your or someone else's office, and in the home. Have a safe and Happy New Year and you will be hearing from me again in January.

Until next time,

Stay healthy, stay well,



*People don't stop playing because they get old.
They get old because they stop playing!*
-Unknown

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