



Hands of Health Newsletter

November/December 2009

Hello, again:

It's about quality of life; NOT quantity. You could live until you're 100 but if you're in pain, your mental faculties are compromised, and someone else makes all your decisions for you that's not living; that's not life. However, if you live into your 80's, have a sharp mind, have little to no aches and pains, and enjoy your life; that's quality. Now which is it that you want? You can have the best quality of life, and I've said it many times, through diet-and as Dr. Andrew Weil says, eliminate all processed, refined, and manufactured "foods", focus on fresh vegetables, fruits, whole grains, nuts and seeds - exercise at least 30 minutes/day/5 days per week, get enough sleep, and get MASSAGE regularly! Bob Hope got a massage every day for many years, had the same massage therapist for 30+ years and who knows how many years his therapist worked with him. I'm not saying get one everyday like Bob Hope did; I'm sure schedules and finances may not allow you to do so but every two weeks will work wonders to enhance the quality of your life and maybe prolong and extend it. It will work wonders on your mood, your disposition, and help you learn to breathe better, relax, de-stress, and even SLEEP better. All these are variables related to the quality of your life. So what's it going to be? It's your call so in your best interest, CALL ME! Here are a few articles to whet your brain cells. The first article was sent to me a few years ago but nonetheless, it's valid and accurate for today. The second one came from Dr. Palmer and the third one may have also or I found it while researching on the net. Enjoy.

F.Y.I...WATER OR COKE

From: Acu Dr. (acudr12@yahoo.com)

WATER OR COKE - This is really an eye opener...Water or Coke? We all know that water is important, but I've never seen it written down like this before.

WATER:

1. 75% of Americans are chronically dehydrated.
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water, the #1 trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
8. Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.

And now for the properties of COKE:

1. In many states (in the USA) the highway patrol carries two gallons of coke in the truck to remove blood from the highway after a car accident.
2. You can put a T-bone steak in a bowl of coke it will be gone in two days.
3. To clean a toilet: Pour a can of Coca-Cola into the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.
4. To remove rust spots from chrome car bumpers: Rub the bumper with a crumpled-up piece of Reynolds Wrap aluminum foil dipped in Coca-Cola.
5. To clean corrosion from car battery terminals: Pour a can of Coca-Cola over the terminals to bubble away corrosion.
6. To loosen a rusted bolt: Applying a cloth soaked in Coca-Cola to the rusted bolt for several minutes.
7. To bake a moist ham: Empty a can of Coca-Cola into the baking pan, wrap the ham in aluminum foil, and bake. Thirty minutes before the ham is finished, remove the foil, allowing the drippings to mix with the Coke for a sumptuous brown gravy.
8. To remove grease from clothes: Empty a can of coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coca-Cola will help loosen grease stains.
9. It will also clean road haze from your windshield..

FOR YOUR INFO:

1. The active ingredient in Coke is phosphoric acid. Its pH is 2.8. It will dissolve a nail in about 4 days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.
2. To carry Coke-Cola syrup (the concentrate) the commercial truck must use the Hazardous material placards reserved for highly corrosive materials.
3. The distributors of Coke have been using it to clean the engines of their trucks for about 20 years.

NOW THE QUESTION IS, WOULD YOU LIKE A COKE OR A GLASS OF WATER?

MUSIC TO SOOTHE THE ACHING BACK

Just think about the power of music. It can bring an isolated person out of their shell, make a sad person feel happy, and provide inspiration and support in time of need. For people who are in chronic pain, a new study shows that music can make a big difference in the way people feel about themselves and their ability to deal with the pain.

In the study, 60 people suffering from chronic back pain, neck pain and other conditions were recruited from pain and chiropractic clinics, and divided into two groups. One group listened to music on headsets for one hour per day for seven consecutive days, while a control group did not listen to music at all. Among those who listened to music, half could choose the music themselves, while the other half selected from five relaxation recordings provided by the researchers.

After one week, people who listened to music reported that their pain had decreased by between 12 percent and 21 percent; in the group of patients who didn't listen to music, however, their pain levels actually increased 2 percent. People who listened to music also reported feeling less depressed and less disabled, and felt that they had more power over their pain, than people in the control group.

Siedlecki SI, Good M. Effect of music on power, pain, depression and disability. Journal of Advanced Nursing June 2006;54(5)553-562.

WHERE THE GERMS HIDE

E.T., phone home - and ask for some disinfecting wipes, pronto.

That device you use to reach out and touch someone - your phone - may be touching you back with dirt, germs, and other baddies. In a study of household surfaces in kitchens and bathrooms, scientists discovered that phone handsets and mouthpieces were two of the most contaminated. So grab a cleaning wipe and give yours a rubdown regularly.

High levels of amylase, an enzyme that warns of contamination from saliva, sweat, urine, or other bodily fluids, were found on the handsets and mouthpieces of phones that researchers recently tested in 17 households. Phones tended to have even more amylase than baby gear, including baby changing mats.

If that's not bad enough, researchers speculate that contaminated phones might be a culprit in nasty cold and flu infections. Viruses can survive on certain surfaces for hours, or even days, depending on the room's humidity and temperature. And once you touch a contaminated surface with your hands, it's mad-deningly likely that the virus will be transferred to your nose or mouth - and bingo, the bug's in your body. So clean your phone, and don't forget to wash your hands afterwards!

Remember, you only get one body so practice preventive maintenance through massage therapy. You can neglect your automobile and trash it and go out and buy a new(er) one. But if you neglect and trash your body and wear IT out, where are you going to live? You only get one body; for a reason. The holidays are upon us and what greater gift can you give someone than the gift of health and a gift certificate for massages are as good as gold. Have a great holiday season and I'll be back in touch in the new year! Oh, and FYI, I'm probably going to be in a new location at that time.

Until next time,

Stay healthy, stay well,



With proper care the human body will last a lifetime.

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