



Hands of Health Newsletter

October 2013

Hello, again:

October, already! Jeasle Pete this year has just disintegrated. Anyway, this issue of my newsletter addresses some current health issues and these two articles are connected. Detox is a big topic when it comes to health and I'm a strong advocate of detox in various and sundry ways and I'm big on liver flushes. There are so many theories and so many protocols by so many professionals and experts. So I found another angle regarding detox and it's a very simple approach, kind of obvious. So chalk this one up to the ever expanding library of detox. In addition and directly connected is the topic of drinking water, something I'm big on in my massage practice as well as my holistic health and nutrition coaching. And in this day and age it's a rare occasion to find someone who ISN'T walking around with some kind of water bottle or jug. The question is are they DRINKING that water? So read and enjoy and call me with any questions or concerns with your health and wellness. Have you scheduled your FREE health history consultation so you can have someone to talk to in a relaxed, no pressure setting? Are you addressing your health issues or sweeping them under the rug or hiding them in the closet? Be honest with yourself.

Lately it seems as though everyone is doing a juice cleanse, experimenting with fasting, or living off raw food. If you're like me, and have a history of disordered eating, battles with countless diets, or struggles with body image, a typical "detox" may do more harm than good.

This doesn't mean that you can't reap all the positive benefits of detoxing your body, mind, and spirit. Here are my top eight tips to detox, free of fasting, juicing or restricting.

1. Consume whole foods as close to their natural state as possible. Detoxifying the body doesn't have to mean a crazy restrictive diet. By choosing whole foods, your body will be able to digest and metabolize them with ease, leaving more time for natural detoxifying to take place. Think fresh fruits and vegetables that are in season, organic free-range chicken or turkey, wild-caught fish, cage-free and organic eggs, naturally gluten-free whole grains, beans, nuts and seeds.

2. Eliminate trigger foods such as caffeine, sugar and gluten. Foods like these can wreak havoc on your digestive system, zap your body of energy, and become addictive over time. By easing up on these choices, your body will naturally improve digestion and energy levels, and will learn to crave natural whole foods instead.

3. Hydrate. Drink up pure filtered water, green tea and hot lemon water first thing in the morning. Staying hydrated can help cleanse your body of toxins, boost metabolism, clean up your skin, and do so much more. Hot lemon water can help to release toxins as well as bacteria from your skin.

4. Sleep well and often. Getting enough sleep — and getting enough quality sleep — is crucial to a healthy body. Detox baths with Epsom salt and lavender can improve quality sleep and help you stay asleep. Turning off technology and using earplugs and eye masks can also aid proper sleep.

5. Practice slow eating and eating without distractions. Eating slowly and without distractions will give your body time to register that you're eating, will prepare you for proper digestion, and will allow your body to hone its natural hunger cues. This will teach you to eat what your body needs, and to stop when you're full. Put the fork down between bites, savor your food, and limit distractions when you're eating.

6. Move your body in ways that are restorative. Be sure to move your body daily. This doesn't always mean an intense workout. Sometimes your body will crave relaxing movement, such as a walk, jog, hike, yoga, or a dance class. By moving in such ways, you're able to release tension and improve recovery and repair of your body.

7. Diminish stress. When you're stressed, your body kicks in with a fight-or-flight response. This means that any crucial actions within your body are halted as you fight your stress. This leaves little time for detoxing, cleansing, digesting, or pretty much anything other than combating the stress of the moment. Practice activities to diminish stress, whether it's yoga, meditation, or watching a funny movie; whatever works best to manage your stress.

8. Eat three square meals a day and minimize snacking. When your body is constantly metabolizing food, you leave little time to do anything else, including detoxifying, cleansing, and repairing. By eating three meals a day without snacking in between, you allow yourself time to fully digest your food. Plus you leave time to detox and heal your body.

Drink More Water

- Drinking 2 glasses of water in the morning helps activate internal organs.
- Drinking 1 glass of water before a meal will help with digestion.
- Drinking 1 glass of water before taking a shower helps prevent high blood pressure.
- Drinking a glass of water before bed helps prevent strokes or heart attacks.

Recipes of the Month: Miracle Cure Juice

Ingredients:

2 large beets
4 long carrots
2 apples
6 stalks celery
2 limes
2" ginger

PREVENTS: Acne, Heart Attacks, Cancer, High Blood Pressure, and Constipation

STRENGTHENS: Immunity, Eyes, Liver, Spleen Kidney, Pancreas, and Digestive tract

Forward to a Friend

It's such a pleasure to help those closest to us become happier and healthier. Please forward this newsletter to friends, family members or colleagues who might be interested and inspired by it.

Very interesting. Happy Halloween and think gift certificates! Again, call me with ANY questions: (480)423-0578 Also, there will likely be a rate increase in January for my massage services for NEW clients. I haven't raised rates since 2007 and my expenses have increased some time ago so it's time. More details in the November-December newsletter or call me and I'll fill you in.

Until next time,

Stay healthy, stay well,



*"If it's important to you, you'll find a way.
If it's not, you will find an excuse."*

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