



Hands of Health Newsletter

September/October 2009

Hello, again:

Relaxation: do you know what it really means to relax? Well, it's NOT just sitting around doing nothing. Sitting in front of a TV or a movie screen or at a sporting event is NOT relaxation. That's more like entertainment although I know some of you will argue that watching TV has nothing beneficial. Relaxation involves deep breathing; it's yoga, meditation, and massage! Massage involves deep breathing and meditation. It may not be the typical textbook definition of meditation but the quieting of your thoughts is part of meditation and is part of massage! If you were paying attention to me when I began your first massage session and at times thereafter I instruct you to focus on your breathing. Breath is an important part of the healing process of massage. It stimulates energy flow that may be stagnant or locked up and the combination of deep breathing and massage gets the energy flowing and this helps you relax! It eliminates the stress that may be keeping you from experiencing TRUE relaxation which is what you get from massage. That's why you feel euphoric at the end of a massage and why sometimes you fall asleep during your massage. You've achieved true relaxation! So if it's been a while since your last massage and you forgot what it really means to relax give me a call and let's get you in for the best kind of relaxation you can ever experience. Your body, mind and spirit will thank you.

Why drink more water? You need to flush your system from the release of toxins from your massage. If you don't drink water, it'll go right back where it came from. Otherwise you'll be sore and possibly get a headache. Case in point, I had a client years ago who barely drank any water and sure enough a couple of hours after his massage he'd get a headache. He eventually quit coming for his weekly massages but if he'd listened to me and follow through he'd still be my client today and enjoying massage as part of his retirement. Also, the reason the recommendation to drink 8 8-ounce glasses of water per day is because that's how much water your body needs to perform all its daily functions and processes. If you don't replenish your body's water everyday you're essentially running on empty. You can't drive your automobile without its fuel source and that goes for your body as well. Water is more critical than food. You can go without food for a very long time but you can only go 3 days without water but you don't want to do that either. Keep hydrated. Here are a few articles and points of information for you to ponder.

DIABETIC PATIENTS BENEFIT FROM VEGAN DIET

From Dr. Palmer

Although it is a difficult diet to follow faithfully, veganism has many health benefits. Not only are animal products avoided (meat, fish, poultry), but animal byproducts, such as honey and milk, are also not consumed. A recent study provides evidence that a vegan diet can help sufferers of type 2 diabetes. The study sought to investigate whether a low-fat vegan diet improves glycemic control and cardiovascular risk factor.

Ninety-nine individuals with type 2 diabetes were randomly assigned to either a low-fat vegan diet or a diet following the American Diabetes Association (ADA) guidelines. The ADA suggests eating a wide variety of foods including vegetables, whole grains, fruits, nonfat dairy products, beans, and lean meats, poultry and fish. Forty-three percent of the vegan group and 26 percent of the ADA group reduced diabetes medications. Body weight decreased 14.3 pounds in the vegan group and 6.83 pounds in the ADA group. LDL cholesterol fell 21.2 percent in the vegan group and 10.7 percent in the ADA group for individuals continued taking their lipid-lowering medications.

The researchers concluded that both a low-fat vegan diet and a diet based on ADA guidelines improved glycemic and lipid control in type 2 diabetic patients, but that these improvements were greater with a low-fat vegan diet.

GINGER: MULTIPLE HEALTH BENEFITS

From Dr. Palmer

Already used as a pain reliever for arthritis and migraines, and an effective remedy for nausea, ginger is ready to battle even more health foes. Researchers from the University of Michigan Comprehensive Cancer Center believe ginger not only kills cancer cells, but also prevents them from becoming resilient to chemotherapy.

Scientists combined a solution of ginger powder and water with ovarian cancer cells; in every one of their tests, the cancer cells died from being in contact with the ginger. The cancer cells either committed "suicide" (apoptosis) or attacked themselves.

With the number of American women to be diagnosed with ovarian cancer close to 20,000 this year, a common root like ginger has found itself back in the scientific spotlight. Researchers are pushing for further studies of its attributes. Other advantages to the use of ginger are that it's already available in a pill and there are hardly any reports of side effect.

Would you like to learn more about the benefits of adding ginger to your daily diet? Head on over to <http://www.chiroweb.com/tyh/ginger.html> to find out more about this 4000-year-old root.

A COLORFUL WAY TO REDUCE THE RISK OF ALZHEIMER'S

From Dr. Palmer

Alzheimer's disease, a common form of dementia that currently affects 13 million people across the globe, may start losing the battle because of a new enemy - fruit and vegetable juice. The results of a new study published in the September 2006 edition of The Journal of American Medicine suggest that the antioxidant polyphenols found naturally in fruits and vegetables can reduce the risk of the onset of Alzheimer's.

A group of 1,836 dementia-free Japanese-Americans in the Seattle area were chosen for the study. Information was collected on their consumption of fruit and vegetable juice with the use of a questionnaire and was assessed every two years for up to 10 years. The results showed that individuals who drank juice three or more times a week were 76 percent less likely to develop the symptoms of Alzheimer's compared to those who drank less than one serving a week.

The only limitation of the study was that specific juices were not found to be more effective than others. This may lead to a more precise study of individual vegetable and fruit juices. To find out more about the benefits of antioxidants and other compounds found in fruits and vegetables, talk to your chiropractor and visit <http://www.chiroweb.com/find/tellmeabout/nutrients.html>.

Dai Q, Borenstein, A, Wu Y, et al. Fruit and vegetable juices and Alzheimer's disease: the Kame project. The American Journal of Medicine, September 2006;119(9):751-759.

A RealAge Tip - Ah, a Breath of Lemon-Fresh Air.

Does a flight of stairs leave you winded and a little worried about your lungs? Try squeezing a lemon.

A cold glass of lemonade may protect your lungs against a potentially serious condition: adult asthma. In fact, adding all things citrus - grapefruit, oranges, lemons, limes - to your shopping list may help reduce your risk of developing this respiratory bane, regardless of how active or how old you are.

Like most fruit, citrus is packed with nutrients that can help keep you healthy in general. And the ample amount of vitamin C in citrus fruit may have a particular benefit: reduced risk of asthma. In a recent study, adults who ate little or no fruit and shunned citrus were significantly more likely to have the wheezing, gasping symptoms of asthma. So don't skip your morning OJ.

FACTS

- There are more than 1000 chemicals in a cup of coffee; of these, only 26 have been tested, and half of them caused cancer in rats.
- Americans spend more annually on cat food than on baby food.

Some very interesting articles but I think they always are; I do my best to stimulate your mind and hope you always learn something. As the summer ends I still implore you to keep current with good diet, exercise, and massage. Something else to keep in mind: October 16th is National Boss Day so maybe a gift certificate for massage would be a great way to show your appreciation for your boss especially if they have allowed you to keep your job. It can be a full therapeutic bodywork session or a chair massage right there in the office which may result in your boss scheduling me to come in regularly to give EVERYBODY chair massages. What a great perk for all the employees for a job well done. And if YOU are the boss, you may want to consider having me do just that; come in to give your staff a health-promoting chair massage. Go to my website and click on the link for chair massage.

Until next time,

Stay healthy, stay well,



Be mindful of what you put on and in your body.

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