



Hands of Health Newsletter

September/October 2006

Hello, again:

OK it's September. FALL!!! Not here in AZ! Maybe mid October, beginning of November, Regardless we MUST continue to take care of our health. There's NO way around it. My same philosophy applies year 'round: diet, exercise, regular massage! Pure and simple. Onto the news. I came across quite a few articles in a publication called "Hippocrates" and one from the MSN Home Page. I may spread out the articles from Hippocrates over a couple of newsletters or I may just use the ones I chose for this issue and use what I found while researching for the next issue and use what I find while researching for the next issue. Anyway these are very informative articles, as usual, so happy reading.

COFFEE MIGHT TRIGGER FIRST HEART ATTACK IN SOME

By Leslie Sabbagh, HealthDay Reporter, HealthDay

An occasional cup of coffee might trigger first heart attacks in some people, a new study suggests.

"One cup or less of coffee per day may set off heart attacks in people with a sedentary lifestyle or with three or more risk factors for heart disease," said study author Ana Baylin, an assistant professor in the Department of Community Health at Brown University, in Rhode Island.

This latest finding will most likely keep the coffee debate percolating among health experts. Previous research has suggested that coffee does not raise heart risks, and might even protect against high blood pressure and diabetes. As a matter of fact, only decaffeinated coffee has been shown to possibly boost the chances of cardiovascular trouble.

Baylin and her colleagues from Harvard's School of Public Health looked at 503 nonfatal heart attack cases that occurred between 1994 and 1998 in Costa Rica. Their study, expected to be published in the September issue of *Epidemiology*, found light (one cup daily) and moderate (two to three cups daily) coffee consumption was linked to a higher incidence of first, nonfatal heart attacks when compared with heavy (four cups or more daily) coffee consumption. Most people in the study reported drinking two to three of coffee per day.

"We don't know, but think it may be caffeine, because that is the active component in coffee that we know increases sympathetic nerve activity, which raises blood pressure," Bayline speculated.

She stressed the study focused only on the short-term effects of coffee; the researchers only looked at the first hour after coffee was consumed. "The

acute effect of coffee as a trigger for heart attack is modified by habitual consumption. People who drink it regularly are still at risk. Only heavy drinkers are not at risk," she said.

And, she cautioned, the findings don't apply to the general population, only for people who are already at risk for heart attacks. Some risk factors include high blood pressure, high cholesterol, obesity, diabetes and smoking. "People who don't have these risk factors don't need to limit their coffee intake," she said.

Dr. Robert Eckel, immediate past president of the American Heart Association, said he is "unconvinced" about the coffee-heart attack link. "Most heart attacks occur in the morning, a time that might coincide with coffee consumption for the once-a-day drinker," he noted, adding that the small size of the study and low number of cardiac events reported also pointed out the need for further research.

"There were only nine cases of heart attack in the one-cup-a-day group. Like any other study, it's observation and association, although [the study] might give rise to further research," he said.

Also, it's unclear why heavy coffee drinkers would be immune from the effect, Eckel added.

Like most of the research on coffee, "this is all opinion and theory, [there's] nothing one could say that would be convincing here," Eckel said.

It may be "people with more heart disease are more at risk for the occasional cup of coffee, but this study doesn't prove that. There may be an effect, but there's no validation or reproducibility," he said.

REBOUNding - The Exercise for the Modern World

By Raymond Francis

Our ancestors never had a problem getting enough exercise. They hunted, fished, farmed and gathered their food, staying fit through their daily activities. Today's more sedentary lifestyles mean that to be healthy we must commit to making time for exercise. So isn't it wonderful to know that there is a way to get the physical activity we need in just a few easy minutes a day, in the comfort of our own homes, and with a minimum of effort and expense?

The daily exercise solution is called rebounding -- bouncing up and down on a mini-trampoline. Rebounding is surprisingly easy, safe, effective and, most of all, a lot of fun! Rebounding tones, conditions, strengthens and heals the entire body in less time than many other forms of exercise. And the great news is that anyone of any size, shape, age or physical condition can rebound.

Why is rebounding so good for you?

Rebounding exercises every one of our body's more than 70 trillion cells at once, from blood cells to cells in our skin, organs, muscle fibers and bones. This concentrated exercise uses movement and the force of gravity to squeeze and stretch the cells, while elevating oxygen levels, supplying essential nutrients and eliminating toxins.

Visualize for a moment a balloon filled with water. Hold the balloon by its knot and observe how gravity pulls on the water, slightly stretching the balloon. Now pull the balloon rapidly up and down and observe how the extra gravitational force causes the balloon to significantly stretch and distort. This is what happens to your cells during rebounding.

According to research presented at an American Thoracic Society meeting, stretching and exercising cells profoundly affects their health and performance. Both blood circulation and lymphatic drainage are vastly improved. This enhances the activity of your immune system, your first line of defense against any disease. Your entire body becomes stronger, more flexible and resilient.

The benefits of rebounding.

- Here are some of the many physical benefits of rebounding:
- Burns fat and facilitates weight loss
- Eliminates toxins

- Strengthens bones and joints
- Enhances immunity
- Facilitates healing
- Improves sagging skin
- Strengthens and builds muscle
- Resolves back problems
- Lowers blood pressure
- Improves vision and hearing
- Decreases appetite and improves digestion
- Enhances brain function
- Eliminates tiredness

Most members of the 1984 U.S. Olympic team trained on rebounders. They used sandbags while bounding to accelerate the growth and development of their skeletal and muscular structure. Their trainers remarked that they had never worked with such a fit group of young athletes.

Here is what two other experts have said about rebounding:

"...the membranes around the cells strengthen as they demand more protein. These thicker membranes are better able to fight off foreign invaders like germs, toxins, poisons and other pollutants more effectively. Here everything improves: the blood, the brain, the lungs, the muscles, all the internal organs...and even more. - Dr. Gus Prosch of Biomed Health Services

"[Rebounding] is the closest thing to the Fountain of Youth that science has discovered. [It] is effective in improving the symptoms of over 80% of the patients reporting to our rehabilitation lab." - Dr. James White, University of California San Diego

Is rebounding right for you?

If you find exercise boring and want something that is fun, convenient, fast and just plain easy to do, try rebounding. It is one of the most efficient exercises available today, taking only 15 to 30 minutes per day. Even five minutes a day is beneficial. You don't need special clothing or lots of equipment and you can do it while speaking on the phone, watching TV or dancing to

(continued on back)

REBOUNDING - *continued*

music. I now do two 15-minute sessions, one in the morning and other in the evening. Rebounding is the one exercise that will give you fabulous all-around results, even improving your mental well-being, with the least amount of hassle, experience and risk.

What type of rebounder is best for me?

High-quality rebounders are a must for several reasons. Choose a rebounder with fat barrel springs and flexible spring legs that allow for smooth deceleration, bringing you to a gentle stop. Inexpensive rebounders tend to have had springs that do not absorb and cushion your weight properly, causing a bounce that is abrupt and jarring. People have actually suffered permanent nerve damage from using such units. Additionally, good rebounders have high-quality mats that provide proper support, hold their shape and do not overstretch. Cheap rebounders have poor-quality matting material that does not support the feet properly, and potentially places undue stress on ankles, knees, and back.

Other considerations for a rebounder include the strength of the frame, the height and number of legs, the quality of the sewing that attaches the

webbing to the mat, and the ease with which the unit can be folded out of the way or made portable. Stabilizing bars are also available for most rebounders for those who are not as sure footed.

Bounceback chairs are an alternative to rebounders. They are designed specifically for the individuals who do not have the use of their legs. By bounding in a chair suspended from springs, users receive benefits similar to rebounding.

Exercising on a high-quality rebounder is the safest and most risk-free exercise I can think of. Regardless of age or physical condition, almost anyone can devise a beneficial rebounding program. At Hippocrates Health Institute we use lympholines. For more information about these rebounders call 561-471-8876 ext. 124.

Raymond Francis is an M.I.T. trained scientist, a registered nutrition consultant, author of *Never Be Sick Again*, host of the *Beyond Health Show* and an internationally recognized leader in the emerging field of optimal health maintenance.

TURMERIC AND VEGETABLES FOR PROSTATE HEALTH

TURMERIC demonstrates "significant cancer-preventive qualities in laboratory mice," when combined with phenethyl isothiocyanate -- a naturally occurring substance in broccoli, Brussels sprouts, cabbage, cauliflower, kale, kohlrabi, turnips and watercress. Rutgers University researchers report that a combination of turmeric and cruciferous vegetables could be "effective in treating established prostate cancers." This is in the January 15, 2006 issue of *Cancer Research*.

Good, useful, information. Now it's up to you. I don't drink coffee; at all!!! Starbuck's wouldn't exist if many more people were like me. Obviously, they have nothing to worry about. This is just something to take into consideration. As for rebounding, I converted from running to rebounding about 1½ to 2 years ago. It's great. I don't have to leave my house, worry about the weather and it take a lot less time due to the distance I used to go to get to and from the park I ran at. And I'm still in great shape, solid and firm with a VERY healthy heart. A couple of announcements: if anyone is interested in a couples massage class I'll be offering them in September on a Saturday and there are 5 Saturdays in September. I haven't set a definite date because I'm waiting to see what kind of feedback I get on what date works best AND if I receive enough interest I'll have them in October too. So call right away and let me know what date works best. Secondly, my rates will be going up come January 2007. I haven't had any increases in 5 years and the cost of operating a business continues to rise. They won't be substantial increases but nonetheless it is necessary. I will also make this reminder closer to the holidays but it's a good reminder anytime that gift certificates are always available for birthdays, anniversaries, awards, appreciation and of course, HOLIDAYS. Get some holiday shopping done early and purchase a few gift certificates. A gift of massage is always a treasured and valuable gift,

Until next time,

Stay healthy, stay well,



I Love Referrals!!!

Ask me about earning FREE GIFTS for referrals.