

# NATURAL BALANCE NEWSLETTER

FALL 2005

Helping bring balance back into your life!

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## THE SCOOP ON STRETCHING

What's the first thing a cat does when it wakes up? It stretches out as far as it can.

Cats instinctively stretch all the time, and for good reason. By keeping muscles loose and limber, a cat is ready to jump at any moment.

Stretching is frequently overlooked, but is critical to remain loose and limber. Flexibility exercises are designed to elongate the soft tissue of the body. Benefits include: injury prevention, improved joint range of motion, and decreased muscle soreness.

Stretching should always be performed slowly with control. If a stretch is instituted too rapidly the muscles protective mechanism kicks in and the muscle tissue actually tightens and can tear. This is why quick, jerky movements are discouraged during stretching exercises.

Stretching should always be performed after warming up or after activity. After ten minutes of activity, the core temperature has been

sufficiently raised to facilitate stretching. Raising the core temperature causes the muscle tissue to become more pliable, enhancing proper stretching.

Here are some tips on proper stretching techniques:

- Hold each stretch for at least 30 -60 seconds and repeat 2 times on each side.
- Slowly ease into stretch until a light tension is felt in the muscle. All stretching should be pain free. If you feel pain or severe pulling, then release the stretch slightly.
- Relax and breathe normally while stretching
- In order to see benefits from stretching it needs to be incorporated into a daily routine.

Contact me today at 262-893-3246 or [amy@naturalbalancetherapy.com](mailto:amy@naturalbalancetherapy.com) and receive a stretching program that can be done daily to enhance your overall muscular and joint health.

## Natural Balance Therapy Discounts

**Testimonial Discount:** Send a testimonial and receive 10% off your next visit. (Limited to one discount per person). Testimonials will be used on promotional information and on my updated website. Only first names will be used when using your testimonials.

**Referral Program:** Every time you refer a new client, receive \$5 off your next session. Just have your friend mention your name when they get their massage and I will take \$5 off your next visit.

**Volume Session Discounts:** Purchase 3, 5, or 10 massages and get a discounted rate.

## WATER TO IMPROVE YOUR HEALTH



We've all heard it before: make sure you drink at least eight 8-ounce glasses of water per day. The key words are "at least," because, unless you are a child or the size of a child, you need more water than that. The rule of thumb is, for every 2 pounds of body weight you should drink 1 oz of water. So, if you weigh 150 lbs then you should be drinking at least 75 ounces of water per day. If you drink caffeinated beverages (coffee, tea, soda) then you need to drink more than the normal guideline. For example, if you drink an 8 ounce soda then you should be drinking at least 12 ounces of water in addition to your normal guideline. Athletes should drink even more due to the loss of fluids during their workouts. Follow these guidelines and you've adopted one of the most crucial health habits.

Our bodies are mostly water, and so this ongoing intake of water is essential for normal organ function. Drink the appropriate amounts, and everything is much more likely to function at optimal levels. If you don't drink enough water, over the short term you will experience routine fatigue, dry skin, headaches and constipation; over the longer term, every body function will degrade more quickly.

Things get a bit more complicated in what type of water to drink. Bottled spring water and filtered water are both good options. Do not drink tap water or distilled water.

The spring (not "drinking") water should be bottled in clear polyethylene or glass containers, not the one-gallon plastic (PVC) containers that transfer far too many chemicals into the water. Filtered water can be obtained through low-cost filters, such as those provided by [Brita](#) or [PUR](#) brands. Another recommendation is the GE Smart Water, which was top rated in Consumer

Reports December 2002.

Tap water contains chlorine and may contain fluoride, toxic substances that, with ongoing consumption, can have dire consequences for the body so it should be avoided. Distilled water should also be avoided because it has the wrong ionization, pH, polarization and oxidation potentials, and can drain your body of necessary minerals. It has been tied to hair loss, which is often associated with certain mineral deficiencies.

Finally, drink water at room temperature if possible, as ice-cold water can harm your stomach lining.

Add the following book to your reading collection: [Your Body's Many Cries for Water](#) by F. Batmangheli.

Drink at least 64 ounces of water per day, but strive to drink enough water in ounces to equal ½ of your body weight.

Info taken from [www.mercola.com](http://www.mercola.com)

### Try T'ai Chi

#### Benefits:

1. Improves balance & concentration
2. Strengthens muscles
3. Raises your energy level
4. Lowers stress
5. Improves posture

An ancient Chinese martial art that uses continuous, gentle, slow movement, t'ai chi is beneficial for all ages, especially the older population. T'ai Chi has been shown to reduce the risk of falls in the elderly.

Look in your community today for T'ai Chi classes that are being offered.

## Meditation - A Simple Practice with Profound Benefits

People who meditate regularly appear internally and externally five to 10 years younger than their non-meditating peers, according to author Deepak Chopra. That's good news for the estimated 10 million people who practice meditation on an ongoing basis and experience the resulting calm it cultivates.

The rich benefits come from doing something that looks like nothing: Sitting still, being quiet, and breathing deeply. Meditation works simply but profoundly by defusing the onslaughts of life -- a racing mind, busyness, deadlines, commutes, all of which have physiological effects on well-being. Meditation calms the nervous system, decreases metabolic rate, heart rate, and blood pressure, and lowers levels of cholesterol, stress hormones, and free radicals. It also has a direct effect on breathing, slowing and deepening respiration so more oxygen circulates throughout the body. Not only that, meditation is said to lessen feelings of anxiety and depression and improve memory and concentration. And all of this culminates in slowing the aging process, as Chopra notes.

There are many meditation techniques, including focusing on a mantra, a sacred word or phrase, or your breath. But the basic intent of all meditation is focus and attention. And it doesn't take hours a day in an ashram to meditate effectively. Benefits kick in with even a short period of devoted time.

How to begin? Wear comfortable, unrestrictive clothes, sit on a cushion or chair with your back straight (think once again, comfort), rest your hands on your legs, let your eyes go soft and out of focus or close them, breathe slowly and deeply, and -- the hardest part -- attempt to empty your mind of thoughts and quiet the internal dialogue. When thoughts flit through your mind, let them pass without judging them and come back to your focus (your mantra, counting, etc.) and breathing.

Start with this sitting meditation technique for five minutes a day, and add on time as you get more at ease with the process. For more information on techniques and benefits, check out [www.abc-of-meditation.com](http://www.abc-of-meditation.com).

Info taken from [abmp.com](http://abmp.com)

## RECIPE CORNER

### Edamame and Bean Salad with Shrimp and Fresh Salsa

Serves 3

¾ C Frozen green soybeans (edamame)	3 tsp minced jalapeno pepper
1 ½ C cooked small shrimp	3 Tbsp chopped, fresh cilantro
1 ½ C canned cannelloni beans, rinsed and drained	6 Tbsp lime juice
1 ½ C halved cherry tomatoes	4 tsp olive oil
¼ C chopped red onion	¼ tsp cracked pepper

1. Thaw green soybeans
2. Combine soybeans, shrimp, cannelloni beans, cherry tomatoes, onion and jalapeno pepper.
3. Combine cilantro and remaining ingredients, stirring with a whisk. Drizzle over salad mixture and toss gently to combine. Cover and chill.

*Per Serving: 314 calories, 10g fat (1g sat, 5g mono); 28g carbohydrates, 28g protein, 503g sodium, 8g fiber*

## Teatime Remedies

Herbal teas are very effective for alleviating many common ailments and are nice home remedies, but shouldn't be used to replace conventional care. Drink two to four cups daily to get the full healing effect. Here are some common ailments and the herbal tea that can help:

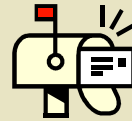
- \* **Sore throat** caused by a cold or flu, find relief with *ginger tea*. Ginger tea can also alleviate motion sickness and indigestion.
- \* **Irritable bowel syndrome**, like a bloated belly can be relieved and prevented with *fennel tea*.
- \* **Menstrual cramps**: lessen by drinking *chamomile*.
- \* **Emotional stress** can be soothed by drinking the ayurvedic herb *gotu kola* which eases tension and restores energy, while *lemon balm* reduces stress and anxiety.
- \* Those nasty **cold** that has you sniffing and sneezing, *lemongrass* can act as a tonic to the mucous membranes. Sip *Echinacea* to give your immune system a boost.
- \* *Eucalyptus* acts as a anti-spasmodic and antiseptic to help your respiratory system.

Info taken from Natural Health magazine, Sept. 2005

## Want a discount on your next session?

Just refer friends, family, or co-workers for a session and receive **\$5 off for each referral** when they mention your name.

If you have been happy with your treatments and noticed symptom relief please tell others so they can receive the same benefits that you have received.



### FEEDBACK!

Do you have questions or suggestions? I would like to hear from you. Send me your questions, suggestions, recipes, ideas, or anything that you would like.

Call or write to:

Phone: 262.893.3246

E-mail: [amy@naturalbalancetherapy.com](mailto:amy@naturalbalancetherapy.com)

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