

NATURAL BALANCE NEWSLETTER

WINTER 2004

Helping bring balance back into your life!

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NBT HAPPENINGS

As the seasons change so do the happenings at Natural Balance Therapy (NBT). In a recent publication of MKE, a new free magazine in the Milwaukee area, I was interviewed regarding onsite chair massage. Check out the following link to read the article.

<http://www.mkeonline.com/story.asp?id=275414>

NBT is branching out and is looking into adding a second location to provide massage services. I have reached a tentative agreement to provide part-time hours out of a chiropractic clinic in Mukwonago. Keep posted for updates on the transition.

I am currently in the process of updating my website and would like to add a testimonial page. I am asking my clients if they would like to write a few words about the treatments or service they have received. As a thank you for writing a testimonial I would like to offer 10% off of your next session. Please email or mail your testimonials to me by December 6, 2004 to receive 10% off of your next session.

Happy holidays to you and your family.

FLU SEASON

An estimated 5-20% of US residents get the flu every year. Symptoms of the flu include high fever, headache, extreme fatigue, dry cough, sore throat, runny or stuffy nose and muscle aches. The flu viruses are spread from person to person through respiratory droplets of coughs and sneezes. The flu virus can be spread among adults from one day before developing symptoms to up to seven days after getting sick. Children can spread the virus for longer than seven days.

Here are ways that you can protect yourself from getting the flu.

- ★ Avoid close contact with people that are sick.
- ★ Stay home when you are sick.
- ★ Cover your mouth and nose with a tissue when coughing and sneezing.
- ★ Wash your hands frequently.
- ★ Avoid touching your eyes, nose or mouth

Who's most at risk for flu complications?

- * Pregnant women
- * Babies and toddlers under 2
- * Children on long-term aspirin therapy
- * Anyone with asthma, diabetes, or compromised immunity
- * Adults over 65

Take precautions and keep yourself healthy during the flu season.

NBT MASSAGE INFO

Gift Certificates: Get your holiday shopping done early by giving the gift of massage. Call to purchase yours today. Get a discount when you purchase multiple gift certificates.

Massage in your home: Do you prefer the convenience of having a therapist come to your house for a massage session? Call today for pricing information.

Corporate Onsite Massage: Reward your employees with the gift of massage in the workplace. Call today for a quote.

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.

Childhood Obesity Epidemic

Childhood obesity is a nationwide epidemic and seems to be worse than it was only a short time ago. And obesity at an early age can certainly affect the future health of our children. An Arkansas study found that 40% of public schoolchildren in the United States are overweight and nearly one in four is obese. Another study found that nearly 50 percent of American eighth-graders are overweight or at risk of being overweight. Researchers from Children's Hospital in Los Angeles, reported that 40 percent of the children they studied had pre-diabetes and nearly half had low levels of HDL, the "good" cholesterol (here, higher levels are desirable). Many had blood pressure that was above normal for their ages.

A third study from England found that parents are often unaware that their kids are overweight. Parents of about one third of the obese girls and one half of the obese boys in the study said that their kids' weight was "about right." (Among those parents who themselves were overweight or obese one third of the mothers and half the fathers said that their own weight was "about right.") And some parents of kids whose weight was normal worried that the

Child health experts are extremely concerned about the potential long-term health effects of being overweight or obese as a child. These include diabetes, heart disease and other serious medical consequences later in life. They believe that by identifying and helping overweight kids is critical. For every year that a child remains overweight, his or her chances of growing into an overweight adult increases.

The following steps are ways to form healthier habits.

- **Eat meals together.** This gives you more control over the food your child eats. As a parent learn good eating habits. Minimize consumption of fast food and snack foods.
- **Consult the book "The Healthy Kitchen"** by Dr. Weil for concise information on nutrition as well as easy recipes. Take time while eating to talk to your kids about their worries so you can address any stress that might underlie emotional eating.
- **Encourage physical activity.** Schools have cut back on physical education classes and extracurricular sports programs so it's now up to parents to make sure that their kids get daily exercise. Try to make this a family activity, try a family hike
- **Curb screen time:** Limit the time your child watches television, plays video games or sits at the computer.

Getting control of the childhood obesity epidemic is a national priority. For the sake of your child's future please address childhood obesity immediately. Help prevent the number of obese children from rising any further.

Information taken from Dr. Weil.

Massage can help...

- Lower back and neck pain
- Chronic and acute pain
- Whiplash
- Jaw pain
- Headaches
- Stress
- Gastrointestinal disorders
- Fibromyalgia
- Circulatory disorders
- Arthritis
- Myofascial pain

Are you giving your back a good night's sleep?

A good night's sleep can and should do wonders for your mind and body. Restful sleep allows your muscles and joints some quality down time. Unfortunately, the wrong kind of sleep can do more harm than good.

From an ergonomics perspective, proper sleeping position is extremely important. Sleeping eight hours a night is not helping at all if you are sleeping in a way that places unnecessary stress and strain on your body.

To start with, take a look at your mattress. For proper posture while sleeping, it is important that the mattress be firm. If your mattress is too soft, consider using a bed board – generally a much less expensive alternative than buying a new mattress. Bed boards are sold commercially. However, it is quite simple to create a homemade version. Take a ¾" piece of plywood and place it under your mattress.

Now, here are some dos and don'ts about sleeping:

- **Do** lie on your side with knees bent. Use a flat pillow to support the neck. You can also use a pillow between your legs to take strain off of the back and hips.
- **Don't** lie flat on your back unless you have your knees properly supported with a pillow.
- **Do** use a pillow that allows your neck to remain in a neutral position. The neck should not be bent up or down (this can happen with a too high or low of pillow)
- **Don't** sleep on your stomach. This position causes strain on the low back, neck and shoulders.

Keep these simple nighttime tips in mind to help ensure that your body has adequate time and the appropriate conditions to recuperate and prepare for another day of work or play.



RECIPE CORNER

Winter Chili

1 lb lean, ground hamburger
 24 oz can Mexican tomatoes
 1 8oz can tomato juice
 1 envelope chili seasoning
 2 ½ C chopped celery
 1 16oz can kidney beans – drained
 Minced dried onion or raw onion
 Salt and pepper to taste

Season hamburger with chili seasoning, salt, pepper, and dried onion then brown hamburger. Drain grease. Add remaining ingredients and cook for 1-2 hours.

Turkey Wrap

3 oz deli turkey or meat of choice
 3 slices of tomato
 lettuce leaves
 1 slice low-fat Swiss cheese (deli style)
 Mustard (optional)
 Alfalfa sprouts
 1 tortilla wrap

Place ingredients onto tortilla, fold like a burrito and enjoy!

SCRAPBOOKING/CRAFTY CORNER

Over the past two months I have started up my hobby of scrapbooking. I decided this year to make a family scrapbook calendar as well as give card making a try. I am very excited about how the calendar is coming together and I know that everyone will love the end result. By creating this calendar I am able to take my family photographs and create pages that keep our memories alive.

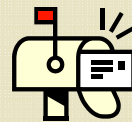
Scrapbooking is a great way that you can cherish your memories for the rest of your life and lives to come. By creating a scrapbook anyone will be able to look through it and understand what the pictures are saying.

I would love to share and teach others this wonderful hobby. If you are interested in learning more about scrapbooking or would like to have a mini scrapbook session please email me at amy@naturalbalancetherapy.com or call me at 262-893-3246.

Cherish your memories forever with scrapbooking.

Maintaining exercise goals

- Keep exercise records in a journal and track improvements over time. Journaling will increase the likelihood of reaching your individual goals.
- Set realistic goals and reward yourself for meeting those goals. Set short and long term goals. Utilize healthy rewards when you have met your goal.



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:

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