



Keeping Healthy and Well

What's inside...

Page 2

- NBT Happenings
- Recipe Corner - Salmon with Ginger Glaze

Page 3

- Exercise Corner - Breathing
- Fitness Corner - Snowshoeing

Page 4

- Comfort at Your Computer - Zone 4 (Eyes)
- Holiday Gift Certificates

2006 Clinic Hours

Waukesha Clinic

Monday: 8:00 AM - 5:00 PM

Thursday: 10:30 AM - 6:00 PM

Mukwonago Clinic

Tuesday: 11:00 AM - 6:00 PM

Wednesday: 6:30 AM - 5:00 PM

Friday: 7:00 AM - 11:00 AM

The following are suggestions for staying well. These suggestions are not meant as a prescription and are being presented for educational purposes only.

- 1. Get adequate sleep.** It is best for adults to get 8-10 hours of sleep per night. Our bodies naturally regenerate and heal during sleep. Most individuals get a deeper and more restful sleep before 10 PM.
- 2. Stay in a routine.** Constant change and disruption creates stress, and stress depletes our immune system. Establishing regular times for meals, bedtimes, bath time, etc, create structure that helps create a peaceful home. Children thrive on the security that healthy, loving routines provide.
- 3. Plenty of healthy foods: fresh fruits, veggies.** Suggestion during flu season: make a pot of homemade vegetable or chicken soup. Use plenty of garlic (nature's antibiotic) and organic chicken or beef.
- 4. Drink plenty of pure water.** Its easy to become dehydrated in

the winter time; water keeps the toxins flushed out of our systems. We need about 1/2 ounce for every pound of body weight. Children need more water and less juice in their diets. The #1 cause of daytime fatigue and fuzzy thinking is dehydration.

- 5. Fresh air.** The air in our homes is worse than the air outside.
- 6. Regular exercise.** Get 30 minutes of exercise, 5 days per week.
- 7. Regular hand washing.** Teach kids to keep their hands away from their eyes.
- 8. De-stress your lifestyle.** It's OK to accomplish less!!! Prioritize: what's really important? It's really OK to say NO!
- 9. Find quiet time.** Get and give a massage; take a nice long bath.
- 10. Surround yourself and your family with people you love. Do some kindness every day.**

Info taken from natural-immunity.com

P.O Box 2114, Waukesha, WI 53187

Phone: 262-893-3246

E-mail: amy@naturalbalancetherapy.com

Web: www.naturalbalancetherapy.com



tranquility

Natural Balance Therapy Happenings

2006 has been a wonderful year for me and Natural Balance Therapy. I would like to thank all of my clients for making the last year wonderful. Every session you teach me something new. I am grateful that every morning I wake up and am able to work with you.

This year I have had the great opportunity to transition from an intermediate level myofascial therapist to an advanced myofascial therapist. I am so grateful for meeting John Barnes, MFR founder, and falling in love with myofascial work. I can't even put into words how grateful I am for this work. In 2007, I plan to expand my skills further by attending additional MFR classes so I can enhance our treatment sessions and your healing.

Natural Balance Therapy would like to give back to the community each year. Each year, I will choose a different organization to make a donation. My thoughts are to accept pledges from my clients for a specific organization and then Natural Balance Therapy would match the pledges up to \$500. Watch in 2007 for flyers and help give back to our community. If you have any suggestions for organizations please let

me know. I would like to donate to organizations that mean something to all of us. **In 2007, I would like to donate to The Susan Komen Breast Cancer Foundation in October 2007.** Ideally I would like to make a **total donation of \$1000.** So, please help make this happen.

Natural Balance Therapy's hours will be changing in 2007. In Mukwonago, I will be sharing my room with a wonderful therapist. So, we have worked out a schedule that works for each of us and hopefully you. Here is my new schedule starting January 2007:

Mukwonago:

Tuesday, 10 AM - 6 PM

Wednesday, 6:30 AM - 3 PM

Thursday, 6:30 AM - 9:30 AM

Waukesha:

Monday, 10 AM - 6 PM

Thursday, 12:30 PM - 3:30 PM

Friday, 8 AM - 12:30 PM

Have a safe and happy holiday season. I can't believe that 2006 is almost over. Enjoy the rest of it and I will see you soon.

Recipe Corner

Salmon with Ginger Glaze

¼ C packed brown sugar
2 Tbsp Dijon mustard
1 Tbsp grated fresh or 1 tsp ground ginger
4 6 oz wild salmon filets, 1" thick, skinned
½ tsp salt
½ tsp fresh ground black pepper

1. Coat rack of broiler pan with cooking spray. Preheat broiler.
2. In a small bowl, whisk sugar, mustard, and ginger. Season both sides of fillets with salt/pepper. Place salmon on broiler rack and brush glaze on top. Broil (6" from heat) 8-10 minutes or until fish is lightly browned and opaque.
3. Serve each fillet on top of a lightly dressed mixed green salad.

Per Serving (without salad):
340 cal, 31g pro, 14g cho, 17g fat, 3.5g sat fat, 90 mg chol, 0g fiber, 485mg sodium

Prep time: 10 minutes

Renew yourself for a day...

Exercise Corner

Diaphragmatic Breathing

Lie on your back in a comfortable position with pillows supporting your neck and knees. Place one hand on your stomach and one chest. Breathe in slowly (4 count) through your nose and allow your stomach to fill like a beach ball. Slowly (4 count) breathe out through your mouth while pushing the breath down and through your body. The hand on your chest should only move toward the end of your breath in. Perform daily for relaxation.



Fitness Scoop *Snowshoeing*

Over the past 15 years, snowshoeing has thrust into the modern fitness era. Snowshoeing is actually a better workout than most forms of outdoor exercise. It is possible to burn up to 700 calories per hour when you move steadily on hilly terrain in untracked snow. You can also use groomed trails or enjoy the woods while using

your snowshoes.

"Snowshoeing is effective, low impact and safe," says Dr. Declan Connolly, of the department of exercise physiology at the University of Vermont. "It burns up to twice the number of calories as walking at the same speed. Snowshoeing uses major muscles groups, which, when combined with a higher metabolic rate in cold weather and the added resistance of moving through snow, results in a high energy activity."

What to wear while snowshoeing:

- * **Hat:** 50% or more body heat is lost through your head.
- * **Sunglasses:** eye protection from glare and blowing snow.
- * **Neck warmer:** better than a scarf; stays close to face when it's snowing or windy.
- * **Lightly insulated gloves:** preferable to mittens if using poles.
- * **Wicking base layer:** Avoid cotton, which holds moisture against skin.
- * **Insulating layer:** take off or put on to regulate temperature.
- * **Waterproof breathable shell:** protects against wind and snow.

- * **Gaiters:** keeps snow out of boots.
- * **Insulated boots:** Gore-tex winter hikers are the best; they keep your feet warm and dry.
- * **Wool or synthetic socks:** avoid cotton; wear only one pair.

While snowshoeing, make sure to carry a small backpack for snacks, water, first aid supplies and to hold layers as you shed them. You can also use lightweight cross-country ski poles to help you feel more stable over obstacles and on steep slopes. They also raise the calorie count by putting your upper body into action.

Always check your equipment before going snowshoeing. Check to make sure everything is snug and working - no loose screws or worn straps. Never cross water or slushy spots.

Try a great winter sport that will get your heart rate up and burn a lot of calories.

Info taken from WITO magazine, Winter 2006

**I was born wild
and I intend to
stay that way!**

-Anonymous-

relaxation

rejuvenate

mind, body & soul

Comfort at Your Computer - Zone 4 (Eyes)

This will be the fourth part in a series of five discussing proper workstation set-up. This information can be used at your home or office workstations. Zone 4 will discuss the eyes.

What to look for...

Is the top of the monitor screen at eye level? The center of the viewing surface should be 15-20 degrees below the horizon.

Monitor should be approximately an arm's length away (18"-24" away).

Correction...

A lower and/or closer viewing level may be more comfortable for some people (i.e., bifocal wearers). When lowering the monitor level, you should also tilt it upward toward the eyes. An adjustable monitor platform may be helpful.

What to look for...

Are your monitor screens and work surfaces free from glare and reflections?

Correction...

Change position of screen or workstation. Reduce light from outside or overhead. Attach shading hood or anti-glare filter to monitor.

What to look for...

Is your reading/reference material close to the monitor screen and at same distance from eyes?

Correction...

An adjustable document holder will help place material at proper distance/angle.

What to look for...

Is the monitor screen clean, free from dust/film and static?

Correction...

Frequently clean with appropriate materials.

If you have any questions regarding proper workstation set-up please call 262-893-3246 . In the next newsletter watch for information on environmental concerns while working at your workstation. This will be the final discussion in a series on proper workstation set-up.



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