



**The Natural Way to a Healthy & Energetic Life**

Newsletter # 12:

February 2011

## **Breathing and Exercise Programs for COPD**

(chronic obstructive pulmonary disease)

If you have trouble breathing, exercise may be the last thing you feel like doing. But exercises for COPD can help your breathing, allowing you to stay as active as possible and improving your quality of life. Because correct Breathing is so important, everyone can benefit from the information.

<http://tinyurl.com/48gdalw>

## **Seniors' Heart Health Can Be Improved with Exercise**

Good news for seniors: heart health can be improved even at a late age.

A study conducted at the University of British Columbia showed that seniors with high blood cholesterol, type 2 diabetes, and high cholesterol were able to improve the stiffness in their arteries by 20 percent after three months. They were between the ages of 65 and 83 were broken into two groups, one did no exercise and the other rode stationary bicycles and performed exercise on treadmills three days a week. The latter group reported feeling better and cutting back on medication.

*Madden, KM et al. (2009). Short-term aerobic exercise reduces arterial stiffness in older adults with type 2 diabetes, hypertension, and hypercholesterolemia. Diabetes Care, Aug;32(8):1531-5.*

## **Can a Healthy Snack Fight Cancer?**

Eating a variety of natural, unprocessed vegetables can do wonders for your health, but choosing super-nutritious Kale on a regular basis may provide significant health benefits, including cancer protection and lowered cholesterol.

The state of physical good health is dependent on what *FOOD* you put in to your body.

Set aside the pre-packaged processed “food” and go for the nutrient valued fresh choices to preserve your health.

Gaining in popularity, Kale is an amazing vegetable being recognized for its exceptional nutrient richness, health benefits, and delicious flavor.

<http://tinyurl.com/4lmoxfz>

## Osteoporosis - Questions and Answers

### Can I prevent osteoporosis before it starts?

Experts believe that osteoporosis is a largely preventable disease. But prevention must be started early. Receiving enough calcium as a child and teenager can dramatically cut your risks of developing osteoporosis later in life. As an adult, eating a good diet, getting enough calcium and vitamin D, exercising, and avoiding lifestyle habits such as smoking and excessive drinking, can help prevent osteoporosis.

<http://tinyurl.com/4pnjy4s>

## Cholesterol – Can be Controlled

Cholesterol is a type of fat that is part of all animal cells. It is essential for many of the body’s metabolic processes, including hormone and bile production, and to help the body use vitamin D. However, there’s no need to eat foods high in cholesterol. The body is very good at making its own cholesterol; you don’t need to help it along. In fact, too much cholesterol in your diet can lead to heart disease. <http://tinyurl.com/4pb2tfz>

## Headaches in General

*Nearly 50 million Americans suffer from chronic, recurring headaches, of which over half suffer from migraines. Over 20% of children and adolescents are also headache sufferers.*

*The most sensible route to travel is to establish the type of headache and its most probable cause. Once this is done, the advice for the treatment will be more specific and effective.* <http://tinyurl.com/49zh8yf>

**Do you have any of the undermentioned or other issues that may be delaying necessary lifestyle changes? If so, contact us now. All inquiries and replies are held in the strictest of confidence.**

**Your Body is your greatest asset. Learn about it and Provide for its Needs.**

**For attention: Lionel**

**Email address: [health@meandmybody.com](mailto:health@meandmybody.com)**

### **Situations where we may be able to offer advice and help.....**

- \* I don't have time or the incentive for Exercise or to join a health club.*
- \* How do I start an Exercise program?*
- \* Is Stretching enough without Exercise?*
- \* I have to become more active. But how?*
- \* I want to control my eating habits. But how?*
- \* My persistent headaches are killing me.*
- \* I cannot get out of my fast-food habit.*
- \* I never thought that at the ripe age of 60, I would not be able to play with my grandchildren.*

**Introduce a friend or family member to our website - [www.meandmybody.com](http://www.meandmybody.com)**

**Lionel H. Phillips D. O.** A Member of the IHRSA (International Health, Racquet & Sportsclub Association) Panel of Experts for the "Ask the Industry Leader Program".



***A special note to all Fitness & Health professionals, Health Club owners and Instructors, Fitness Equipment manufacturers and those serving the Fitness Industry –***



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**Also available on our website – Link <http://www.meandmybody.com/browse.php>**

Posture – Fat Loss – Importance of correct Chewing – Why is Water so important? - Stress – Digestive health and needs - Stretching for Everyone – Exercise at Home or a Fitness Club – A quick educational tour of the Human Body – Cholesterol – The Liver – Metabolism - Cancer – Diabetes – Back Care – Back and Neck Pain – Natural Breathing – Parkinson’s Disease - Special items of interest for the Elderly – Posture & Teens – Think Slim – Nutrition - and so much more, including the facility to “Ask a Question” available to Registered Members.