



The Natural Way to a Healthy & Energetic Life
News Flash # 8: October 2010

General Stretches for Flexibility – Suitable for Everyone, from beginners to professional sportsmen/women and Teens

Why do I need to Stretch?

Sitting in front of a desk 5 – 6 days a week, running after the kids and daily home chores, light and heavy physical labor – all in their own way can wreak havoc on your body.

This is even more especially so because the majority of us do not have and are not particularly careful or knowledgeable about our posture.

<http://tinyurl.com/2dnundt>

Your Posture Awareness can change your life for the Better

The Institute of Health explains that 90 percent of all back problems are due to poor posture, and back pain is the second most common cause of work days missed due to illness.

It is extremely worthwhile to be aware of your posture when you are seated at your desk, in the car, on the couch, or even walking down the street. You will be surprised at how much you will be able to improve your posture by being aware.

Your posture has a major effect on how you feel and look on a daily basis. When your spine is out of line, your back muscles and tendons are under extra stress and strain. The result can have a costly effect on your daily work routine and mood.

Pain and discomfort in the back and shoulders from poor posture – the rounding result of slouching and slumping – or lack of flexibility and inactivity can easily and quickly effect mental alertness.

There are ways to improve your posture while at work, in the car, or at home.

- Hold your head up high – Think Tall.
- Get up and move. If your job requires you to sit at a desk all day, make a habit of getting up for a few minutes every 30 minutes.
- When seated keep your soles on the ground. Doing this helps bring your posture to an upright position.
- Use some support. Adjust your chair and / or use a lumbar pillow to help.
- Practice in the car. While driving, lean your shoulder blades to the back of your car seat. Keep them there for the duration of your drive.
- Ladies, try to avoid high-heels as they alter your body's center of gravity producing poor posture.
- When climbing stairs, place your foot fully on the step, not only the ball of your foot. This will help prevent the knee from over-riding the toe which weakens the knee in dealing with your weight.

<http://tinyurl.com/2bsw7to>

<http://tinyurl.com/24qed6l>

The Infallible “Pill” syndrome. What about a few basic Lifestyle changes instead?

Prescription drugs are not infallible and many have been pulled from the market or slapped with a warning by the FDA, due to health-threatening side effects. Have you thought of a few life-saving, moderate and highly successful alternatives?

“But I have become so used to popping the pill with all its failings,” you may respond. “It is so convenient”.

So are you turning a deaf ear to the reams of research that shows the effectiveness of correct eating habits and regular activity against many chronic diseases? There are more findings about preventing diseases with so-called lifestyle changes than there are about treating them with pills.

What about glancing through a few ideas about Lifestyle changes? It could change your life.

<http://tinyurl.com/24gexmb>

A few basic ideas for Healthy Living

Reduce or eliminate your arthritis

Research results published several years ago showed that combining some weight (fat) loss with moderate stretching and specific exercise will result in less pain

and improved mobility for heavy people with arthritic knees.

Even for those who aren't heavy, stretching and mild exercise works to reduce pain. Activities like walking, swimming and bicycle riding have proven their worth. A knee support may be worth trying in extreme cases.

Activity that targets certain muscle groups is a proven pain reliever; beleaguered knees respond well to stronger quadriceps, for example.

Eating for healthier cholesterol

Your LDL level may drop by 5% or so if you keep foods high in saturated fat (namely, meat and full-fat dairy products) off the menu. Every additional gram of soluble fiber per day—the sort of fiber found in oatmeal, beans, nuts, and fruit—will reduce LDL levels. Low-fat, "plant-based" diets that are very heavy on the vegetables (10 servings a day) and legumes and nuts (four servings a day) have dialed down LDL levels by almost 10%.

Exercise is probably the best way to boost HDL, the "good" cholesterol levels. Inactive people who start to exercise regularly have seen their HDL levels increase by as much as 20%. Moderate alcohol consumption (one or two drinks a day) is another HDL booster. Excess weight, smoking, and diets heavy in easy-to-digest carbohydrates depress HDL levels, so changes in those areas can give your HDL a lift.

Mental—and physical—exercise to avoid cognitive decline

Evidence for the mental benefits of physical exercise may be stronger and more consistent than the evidence for mental gymnastics. A study published in 2007 is typical. It showed that even a simple, moderate exercise program twice a week had a positive effect on the ability of Alzheimer's patients in nursing homes to perform daily activities.

Physical activity to relieve depression

Many studies have found that persevering with a regular physical activity seems to have an antidepressant effect. The particulars of the program seem less important than sticking with it.

It may not be just the physical activity alone that improves mood. Consider everything that can come with it: camaraderie if you exercise with others, the psychological boost from adhering to a challenging routine, the relief of focusing on something besides your problems. Finding the motivation to exercise may be the most difficult hurdle.

Lifestyle changes to lower high blood pressure

If there's one condition that you can change without a pill, it's high blood pressure or, as doctors call it, hypertension. Take your pick: lose some weight (fat), get more exercise, eat less sodium and change your diet. They all work. Regular exercise can even lower your blood pressure if you don't lose weight.

Eliminating about three-quarters of a teaspoon of salt (1.8 grams of sodium) from your diet each day; trials of vegetarian diets have shown that they can reduce systolic blood pressure; fruits and vegetables (seven to nine servings a day) and low-fat dairy products (two to three servings a day), plus whole grains, nuts, poultry, and fish, all while keeping saturated fat, red meat, and sweets to a minimum. If you've got the discipline to follow the latter and keep your salt intake low, the decrease in blood pressure is comparable to that seen with high blood pressure medications. *Surely the choice is obvious.*

Any of these lifestyle strategies will also make blood pressure-lowering medication more effective. Whether they can replace the pills depends on how high your blood pressure is. Weight (fat) loss, exercise, and diet can make lower dosages possible and even eliminate the need for medication altogether.

New Data Shows Strong Support for Prevention

Americans expressed overwhelming support for community prevention efforts in a public opinion poll released recently by Trust for America's Health. According to the poll, 73 percent of the American public supports allocating resources towards community prevention initiatives. Even more support was shown for prevention initiatives aimed at young people, with 89 percent of respondents favoring strategies aimed at youth. Also, 79 percent of respondents indicated that linking community prevention to solving multiple problems is effective, given the current economy and fewer resources being available.

Nutritious & Delicious home cooking – It is more than possible. It's the Best!

Research shows that people who eat a plant-based diet — mainly fruits, vegetables, whole grains, and legumes — live longer and enjoy better health than people whose diets consist of animal-based foods like meat.

Mediterranean, Latin American, and Asian cultures are known for pairing healthy plant foods with lean protein

(fish, chicken) and monounsaturated fat (olive oils, nuts).

These diets can have substantial health benefits. For example, a Mediterranean-style diet has been found to be responsible for:

- longer life expectancy
- reduced heart disease
- relief from rheumatoid arthritis
- lower rates of Parkinson's disease
- lower rates of Alzheimer's disease.

Add a few Spices

Despite the lack of research on their health benefits, spices, herbs, and aromatics (any plant, herb, or spice that adds lively scent to a beverage or food) make other plant foods mouth-watering treats. And they are definitely a healthier option than piling on the salt. Unlike salt, spices have not been linked to high blood pressure, heart disease, or stroke.

Here are four ways to ensure the quality and flavor of your spices:

- Buy them in small quantities and in their whole form to ensure freshness.
- Store them in a cool, dry space.
- Grind them right before use.
- Toast them dry in a hot skillet or stir-fry them in oil over medium-high heat (both for just 10-20 seconds).

Get excited about whole grains

Rich in fiber, vitamin E, and magnesium, whole grains (such as whole-wheat bread or pasta, or brown rice) are far better nutritionally than refined grains (such as white bread or white rice). They also make you feel fuller longer. Because the starch inside of them is absorbed more slowly, they're less likely than refined grains to quickly be stored as fat. Regular consumption of whole grains also reduces the risk of:

- diabetes
- cancer
- heart disease
- stroke
- diet-related depression (usually associated with very low-carbohydrate diets)

Here are five ways to incorporate different types of whole grains into your diet:

- Use whole-grain bread, pasta, and brown or wild rice.

- Try grains from around the world such as teff, spelt, farro, kamut, and amaranth.
- Blend whole grains with colorful vegetables, spices, and olive oil.
- Eat whole-grain cold or hot cereals, adding fruit, low-fat milk, or nuts.
- Season whole grains with sweet spices like nutmeg, allspice, cardamom, and masala spice.

Time to go "Nuts"

In a large trial of men and women, eating nuts five times a week or more lowered diabetes risk by 27%. In another large study, women who ate nuts just about every day lowered their risk of heart disease by 32%.

However, since a one-ounce portion of nuts can pack 160 calories or more, eat them in moderation to help prevent weight gain. Two tasty suggestions: toasted pine nuts sprinkled over whole-grain pasta, or almonds on cereal.

Following the above advice will not only make your meals nutritious, but will also allow you to enjoy some of the most delicious food you've ever eaten.

Situations where we may be able to help.....

I do not have the spare time for Exercise?

I do not have the incentive 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 and what?

I want to control my eating habits. But how?

My persistent headaches are pulling me down.

I cannot get out of my fast-food habit.

I never thought that at the ripe old age of 60, I would not be able to play with my grandchildren.

Do you fall in to any of these categories? It should not be that way and there is a way out. Contact us at

Email: www.health@meandmybody.com

Introduce a friend or family member to Me & My Body
www.meandmybody.com

Are you getting any benefit from the information on the website? If so, introduce a friend. If not, contact us with your comments. health@meandmybody.com

Your Body is your greatest asset. Provide for its Needs.
www.meandmybody.com

Thanks to those of you who have given me valuable feedback. Regards, Lionel Phillips