



The Natural Way to a Healthy & Energetic Life
News Flash # 7: September 2010

Prevention *IS BETTER* than Cure & makes “Cents”

- “An ounce of prevention is worth a pound of cure;”
- “Eat to Live” rather than “Live to Eat” and “You are what you Eat” are well known expressions that encapsulate everything we need to know about better health. But sadly, we’ve failed to listen.

People are fat and getting fatter. The toll of this trend — diabetes, hypertension, heart disease, digestive disorders, poor posture related ailments and some cancers — is needless loss of life and a financial impact of trillions a year in health care. An estimated 75 percent of those health care costs go to treat chronic conditions, including heart disease, diabetes, prostate cancer, breast cancer and obesity, which are all largely preventable by changes in nutrition, physical activity and lifestyle.

Yet for all this spending, the quality of our care is often lower because we are always playing “catch-up” and we certainly aren’t getting any healthier.

In a nutshell, the problem with most health care systems is that they are built on the concept of providing disease care, not wellness care. They reward fixing what’s gone wrong, rather than rewarding behaviors that prevent things from going wrong in the first place. Study after study shows that preventive measures like better eating habits, regular exercise and programs to reduce stress can

have a positive effect on health and even reduce and reverse the progress of chronic disease.

Those positive results aren’t news to those who believe in the benefits of preventative medicine. Back in 1870 for example, the founder of Osteopathy, Dr. Andrew Still, promoted the idea that physicians should focus on treating the whole patient, rather than just the disease. He recognized the body’s ability to heal itself and stressed the need for preventive medicine, eating properly and keeping fit. The increasing awareness in certain professions for prevention is proving that what’s good for the medical profession is also good for the patient.

The idea of wellness as an investment makes sense. After all, sick employees cost employers in terms of sick days and lower productivity. Conversely, by preventing preventable diseases, we could save billions ... plus save lives.

Physicians must do their part by telling patients about risk factors to avoid and what preventive measures to pursue. Employers can do their part by creating wellness programs that reward workers for taking better care of their health while reducing health care costs in the process. Communities can do their part by building bike paths and walking trails and getting junk food out of schools. Education and promotions to increase the amounts of physical activity our children get, is a must.

Everyone, from the very young to the elderly, must be educated about the needs of the Human Body, which will direct and assist them to do their part by taking better care of themselves and being better informed. In this way, we will be able to head off health issues before they become expensive and debilitating problems.

How can we help? Surf through the various articles by clicking on <http://tinyurl.com/22oq8tr> where you should find important information on a topic that relates to your particular interest and/or need/s. Using the variety of information that we have posted on the website, you should be in a position to pass on these ideas to all those around you. Imagine if everyone took up the challenge. May I be so brazen as to throw out an added challenge to you - seize the opportunity to become the much needed educator and example to you and yours NOW!

What *Stress* Does to Your Body

The human body is well adapted to deal with short-term stress, but if it remains on orange alert for an extended period of time, you can grow vulnerable to some serious health problems. Here's how major systems respond to your worries.

NERVOUS

The "fight or flight" response begins here: When you're stressed, the brain's sympathetic nerves signal the adrenal glands to release a chemical variety pack. Persistently high levels may impair memory, learning, and up your odds for depression.

ENDOCRINE

Stress hormones trigger the liver to produce more blood sugar, to give you that kick of energy in the moment of perceived danger. But if the "danger" you're concerned with is a long-term dilemma and you're already at risk for type 2 diabetes, bad news: Elevated glucose levels may turn you into a card-carrying diabetic.

RESPIRATORY

At high-stress moments, you may find yourself breathing faster, feeling short of breath, or even hyperventilating. Over the long term, this strain on the system can make you more susceptible to upper-respiratory infections.

CARDIOVASCULAR

Momentary, acute stress, like, say, before making a presentation or the start of a sports game, will make your heart beat faster and blood pressure rise. Long-term stress can cause narrowing of the arteries and elevate cholesterol levels, upping your chances of heart disease, heart attack, and stroke.

REPRODUCTIVE

Stress can lengthen or shorten your menstrual cycle, stop it altogether, or make your periods more painful. During pregnancy you should consider participating in a controlled activity like prenatal yoga.

IMMUNE

Short-term stress can actually boost the immune system, helping your body fight infection. Ongoing stress, however, turns things in the other direction, possibly slowing wound healing, leaving you more susceptible to infection, and worsening skin conditions such as eczema and yes — acne.

DIGESTIVE

Extreme stress can cause dry mouth, indigestion, nausea, and gas, and it stimulates the muscles of the intestines, possibly causing diarrhea or constipation. Having these symptoms chronically, you may increase your risk for irritable bowel syndrome, severe heartburn, and ulcers.

MUSCULOSKELETAL

Muscles tense to deal with what your body perceives as danger. Constantly tight muscles can cause headaches and neck, shoulder, and back pain. Chronic stress may also increase your likelihood of developing osteoporosis.

Are You *Dieting* to Lose Weight? Beware the Consequences

Simple diet mistakes can derail your best efforts. What are the possible blunders?

<http://tinyurl.com/2d64bc6>

Relying on Crash Diets to lose 10 pounds fast? You may slash your daily calories to fewer than 1,000 – and sure enough, the pounds melt away. But when you eat so few calories, your metabolism slows down. Once the diet is over, you have a body that burns calories more slowly and weight gain is quicker than ever – with less muscle to boot.

Skipping Breakfast seems like a simple way to cut calories, but the result can be insatiable hunger the rest of the day. This may lead to unplanned snacking and a huge lunch. Studies show people who eat breakfast every morning are more likely to maintain a healthy weight.

Don't Lose Track of Your Snacks. All of this mindless munching adds up and could sabotage an otherwise well-planned diet.

Thoughtful Snacking may do just the opposite. People who eat several small meals and healthy snacks a day are more likely to control hunger and lose weight.

Loading up on Low-Fat products can play an important role in your diet. Just remember that low-fat isn't the same as low-calorie and it's not a license to take second and third helpings.

When counting calories, many of us tend to overlook **what's in our drinks**. This is a big mistake when you consider that some fancy coffees and alcoholic beverages contain more than 500 calories. Even the calories in fruit juice and soda can add up quickly. What's worse is that liquid calories don't curb hunger. You're not going to eat any less after a high-calorie drink.

Drinking Too Little Water is one of the simplest diet blunders to fix. Water is essential for burning calories. If you let yourself get dehydrated, your metabolism drags – and that means slower weight loss. Research suggests adults who drink eight or more glasses of water per day burn more calories than those who drink less. <http://tinyurl.com/24d9cc2>

Ditching Dairy like milk, cheese, and ice cream are taboo for many dieters, but ditching dairy foods may be counterproductive. Some research suggests the body burns more fat when it gets enough calcium and produces more fat when it's calcium-deprived.

Fast Foods can become habit forming. According to one long-term study, people who ate fast food more than twice a week gained 10 more pounds than those who had it less than once a week.

Weighing Yourself daily is a recipe for frustration and doesn't yield useful information. Check yourself once a week and use of a tape measure will provide better and more useful information.

Setting Unrealistic Goals is critical. Looking at the end target instead of a slow but sure – and safe – plan leads to disaster. A realistic goal is vital to successful dieting.

Avoiding Exercise will place the entire burden of weight loss on your diet. In addition, you will be losing muscle and fat. How are you going to replace the lost muscle? More activity means you can eat more of the things you like – and still lose weight. The key is finding an exercise you enjoy. Always try for a variety of activities or exercise.

<http://tinyurl.com/268gvpu>

Reducing Preschoolers' Body Fat, Improves Fitness

"Even young children have high rates of obesity today." In the United States, over 14 percent of

children ages 2 to 5 years are obese.

A study that encouraged children to increase their physical activity, improve nutrition, get more sleep and reduce audiovisual media use, especially TV watching, produced very conclusive results.

Excessive media use can contribute to lack of physical activity, and insufficient sleep in early life may play a role in childhood obesity.

Included were the children, their parents and their preschool teachers.

The program included information materials for teachers and parents as well as two informative discussion evenings for parents. Children received structured lessons from the regular teachers about physical activity, nutrition, media use and sleep.

Before and after completion of the program, the researchers evaluated numerous measures, including overall fitness on an obstacle course and aerobic fitness.

The children who participated in the activity program had significantly improved overall and aerobic fitness, as well as greater reductions in total and percent of body fat, waist size and media use. They also improved in some aspects of nutritional behavior.

Posture for the Elderly

What should I know about Posture?

What stabilizes the spine?

How does Poor Posture happen and what are the consequences?

What does good Posture look like?

What are the benefits of good posture?

What function does the CORE have?

What are the basic requirements for good posture?

What contributes to bad posture?

Click on any of the above or on the main article at

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

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