



Walking For Health

Exercise, including walking at least 30 minutes a day, decreases the risk of heart attacks, stroke, hypertension, some cancers, osteoporosis, depression and obesity.

REIKI CLASSES NOW AVAILABLE Call Now For Details and Schedule

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. The word Reiki is made of two Japanese words - Rei which means "God's Wisdom or the Higher Power" and Ki which is "life force energy". So Reiki is actually "spiritually guided life force energy." A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person including body, emotions, mind and spirit creating many beneficial effects that include relaxation and feelings of peace, security and wellbeing.

The New do's and don'ts for protecting your heart



The right decisions about your heart is a complex task made even harder by the rapidly evolving advice from medical research. But there are some simple Do's and Do's that can make protecting your heart easier:

DON'T overlook omega-3s. Fatty acids—supplied by fatty fish and certain vegetable oils— can reduce heart-attack risk, prevent blood clots, abnormal heart rhythms. Fatty acids can also lower blood pressure and triglycerides, an artery-clogging fat. Two small, weekly servings of fatty fish should provide the needed amount of omega-3s you need for a healthy heart.

DO maintain good emotional health. Treating depression and curbing anger may be nearly as important for preventing heart attack and stroke as diet and exercise. And it can be as simple as laughing. Why? Laughter relaxes the blood vessels. Researchers showed two different movies to 20 volunteers—one humorous, one stressful—and tested their circulation. Average blood flow increased a healthy 22 during laughter and decreased 35 percent during stress. In theory, any heart-warming emotion may be heart shielding, too.

Do consume good carbs. Bad carbs—from sugar, white potatoes and white flour—tend to trigger spikes in blood glucose. That may increase your risk of diabetes and heart disease. Good carbs—from fruits, vegetables, and whole grains—are slowly digested. They keep your blood sugar levels even and may help reduce the risk of heart problems.

Service and Products Offered...

- Reflexology
- Chair Massage
- Reiki
- Juice Plus+ Dietary Products
- Reiki training Classes



The Sunshine Vitamin

Vitamin D is a fat-soluble vitamin that helps the body absorb calcium. Fat-soluble vitamins are stored in the body's fatty tissue. The best way to get the daily requirement of essential vitamins is to eat a balanced diet that contains a variety of foods from the food guide pyramid. Vitamin D is also known as the "sunshine vitamin" because the body manufactures the vitamin after being exposed to sunshine. Ten to 15 minutes of sunshine 3 times weekly is enough to produce the body's requirement of vitamin D. Specific recommendations for each vitamin depend on age, gender, and other factors (such as pregnancy). In general, those over age 50 need slightly higher amounts of vitamin D than younger persons.

Don't forget to schedule your weekly appointment by calling 937-671-7478 or by email at Margie@mdreflexology.com. Now Serving Tipp City and West Chester (Cincinnati).

Issue 8
Summer

Juice PLUS⁺

Today, good nutrition is universally accepted as essential to good health. Fruits and vegetables, in particular, have been shown to help reduce the risk of degenerative diseases such as heart disease, stroke, and cancer. Many health professionals have seen how Juice Plus+® can help men, women, and children alike to improve their nutrition and achieve better health.

"Eat more fruits and vegetables."

It's the one recommendation in almost every diet plan, every guide to nutrition, every fitness book. Even organizations such as the U.S. Department of Agriculture, the World Health Organization, the National Center for Chronic Disease Prevention and Health Promotion, the American Heart Association, and the American Cancer Society agree. But as much as it's preached, most people still don't eat enough fruits and vegetables every day.

That's why there's Juice Plus+®.

Would you like to get Juice Plus+ for free?

Just contact me and I'll tell you two simple and easy ways to get Juice Plus+ free.



NEGATIVE THOUGHTS?

In order to stop negative thoughts, just plant good thoughts! Deliberately plant good thoughts. You plant good thoughts by making it a daily practice to appreciate all the things in your day. Appreciate your health, your car, you're your home, your family, your job, your friends, your surroundings, your meals, your pets and the magnificent beauty of the day. Compliment, praise, and give thanks to all things. Every time you say "Thank you" it is a good thought! As you plant more and more good thoughts, the negative thoughts will be wiped out. Why? Because your focus is on good thoughts, and what you focus on you attract.

RECOGNIZING A STROKE

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

S * Ask the individual to SMILE.

T * Ask the person to TALK and SPEAK A SIMPLE SENTENCE (Coherently)

(i.e. It is sunny out today)

R * Ask him or her to RAISE BOTH ARMS.

NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue.. If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

If he or she has trouble with ANY ONE of these tasks, call 911 immediately and describe the symptoms to the dispatcher.



For more information on any of the Nutritional Supplements or services mentioned please contact Margie DeHays at 937-671-7478 or by e-mail at margie@mdreflexology.com. Juice Plus+ and Pharmanex are registered trademarks of their respective companies.