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REFLEXOLOGY

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The five most unhealthful Value Meal items

1. Junior Bacon Cheeseburger-Jack in the Box
2. Cheesy Double Beef Burrito-Taco Bell
3. Breakfast Sausage Biscuit-Burger King
4. McDouble-McDonald's
5. Junior Bacon Cheeseburger-Wendy's

CALCULATE YOUR RESTING HEART RATE

Before rising from bed in the morning take your pulse. (Place the tips of your index finger and middle finger on your wrist, and count the beats for a minute.) Do this for 3 days and figure the average. A typical man's rate is about 70 bpm, but an athlete's are lower. If an exercise program refers to maximum heart rate, find yours by subtracting your age from 220.

Your Heart-Attack Prevention Plan

LOWER YOUR HEART RATE AND EXTEND YOUR EXPIRATION DATE

Attack Your Cardio– Run Hard, Don't jog. "Exercise increases your heart's efficiency, reducing the number of heartbeats you need to achieve blood flow" says John Elefteriades, MD., the Chief of Cardiothoracic Surgery at Yale University. Interval training can increase your heart's stroke volume (the amount of blood it pumps with each heartbeat) by about 10%, but slower, sustained running has no effect on it, according to an American College of Sports Medicine study.

Massages- Regular massages may soothe a rapid heartbeat. Relaxation techniques reduce your body's production of adrenaline, norepinephrine, and epinephrine, stress hormones that rev up your heart in the face of danger. **A 2007 British study found that people who received and hour of reflexology treatment (a type of foot or hand massage)** had rates that averaged almost 8 bpm lower than when they went without reflexology treatment.

Sleep More Soundly– The neighbor's barking dog can wreak havoc on your heart rate. A 2007 Australian study used sound to wake people multiple times. After each noise-induced arousal, heart rates spiked an average of 13 bpm. Try ear plugs.

Don't Try To Hold It– If you gotta go, you really should go. The stress of having a full bladder steps up the heart rate by an average of 9 bpm. When your bladder expands, it increases activity in your sympathetic nervous system. This may cause your coronary vessels to constrict, forcing your heart to beat more often, all of which might boost your heart-attack risk.

Savor Some Snapper– In a 2007 UCLA study, people who took a 1-gram fish-oil capsule every day reduced their resting heart rates by an average of 6 bpm after just 2 weeks. Fish oil may help your heart respond better to your vagus nerve, which controls heart rate. The result is a slower resting heart rate and better heart-rate responsiveness. Men's Health, June 2008, page 80.

What Can a Coach or Parent Do to Optimize Athletic Performance?

"I suggest that you look at a Nutrition program called "Nutripoints" by Dr. Roy Vartabedian, Dr. P.H., M.P.H. (www.nutripoints.com) and Co-Author of my new book *"The Winning Edge: Fueling & Training The Body For Peak Performance."*

"I **do not** recommend vitamin /mineral supplements because they are fragmented and rarely get into the system to do any good. If you want to reach optimum nutrition at the cellular level you should take a serious look at **Juice Plus+,** The Most Scientifically Documented Whole Food Based Nutritional Concentrate in History."

REFLEXOLOGY CHAIR MASSAGE REIKI
AUTHORIZED JUICE PLUS+ WELLNESS COORDINATOR

Alternative Medicine Goes Mainstream- U.S. News & World Report, January 21, 2008

DOES IT REALLY WORK? WHAT PATIENTS NEED TO KNOW.

REIKI—What is it? One of many traditional Asian energy therapies based on re-balancing the life force known as *qi* after illness, surgery, or other disruption. The therapist's hands are placed at each of 12 to 15 specified points for a few minutes to read and re-channel the patient's *qi*.

SUPPORTERS SAY: Reiki can treat pain and myriad other health conditions. In a small 2003 study, reiki plus standard pain drugs relieved pain and improved quality of life in one group of cancer patients more than drugs and the rest in the other group. Other evidence indicates it may reduce symptoms of psychological distress.

REFLEXOLOGY. Reflexologists believe that specific spots on the bottom of the feet are linked to other parts of the body, and massage or applying pressure to a part of the foot addresses problems in the associated organ.

Pro: Reflexology has been shown in preliminary studies to ease headache pain, severity of premenstrual symptoms, and in cancer patients, anxiety. Lindsay Lyon and January W. Payne

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How To Keep Your Memory Sharp

- "As age goes up, memory goes down"
- Alzheimer's is expected to strike 34 million people by 2025 globally, 14 million in the U.S..
- Half of all the people who reach age 85 will exhibit symptoms of the disease.
- Average U.S. life expectancy is 80.4 for women and 75.2 for men so most people will not be troubled by Alzheimer's when they reach their 85th birthday. Time Magazine, May 19, 2008, Sue Halpern,

What Can You Do?

EXERCISE

Staying active can raise cerebral blood volume, which means that new brain cells are being produced. Exercise also boosts a protein that stimulates re-growth of neurons. Time Magazine, May 19, 2008, Sue Halpern,

BLUEBERRIES

They taste good but blueberries may also improve memory by battling highly reactive atoms that damage brain tissue. "What blueberries do is what simply can be called strengthening the brain by taking advantages of the brain's tremendous redundancy," said Joseph. "Blueberries have compounds that boost neuron signals and help turn back on systems in the brain that can lead to using other proteins to help with memory or other cognitive skills." Eating blueberries and a diet rich in deep pigment from fruits and vegetables can preserve the brain machinery and boost the potency of neuron signals. Blueberries are a whole food ingredient found in Juice Plus+ Vineyard Blend. Living Well: Blueberries trigger neurons that keep the brain sharp By BOB CONDOR, SPECIAL TO THE POST-INTELLIGENCER

DIET

No matter what you eat, if you want to keep your memory sharp, you should strive for a diet that keeps your belly fat down. One study showed that people who were overweight and had a large belly were 2.3 times as likely to develop Dementia as those with normal weight and belly size., while those who were obese and had a large belly were 3.6 times as likely. As scientists have long known, as belly fat-which disrupts body chemistry more than less reactive fat elsewhere on the body-increases, blood glucose rises along with it. Studies suggest that rising levels of glucose can disrupt the function of the dentate gyrus which is responsible for the generation of new neurons suggesting a relationship between waist and memory. Time Magazine, May 19, 2008, Sue Halpern,

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