

Keeping In Touch

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High Anxiety: Learning to Conquer Stress

Turn off and tune out. Sometimes it seems as though it's the only way to get through a day stress-free. If anxiety on the home front weren't enough, news headlines exacerbate everyday tensions: terrorism, the economy, crime and dire health warnings. Dwell on gloom and doom and it can overwhelm us.

Is stress getting the better of you? Psychologist Rachna D. Jain, PhD., of Columbia, Maryland, says if you generally maintain a positive outlook and deal with "life changes," you can relax. Your stress level is probably low to normal. If, however, you feel "frazzled, angry or depressed, and if you have physical symptoms of stress," she says, "you've entered the danger zone."

Poor skin, bad circulation, insomnia, hair loss, rocky relationships and weight gain are some high-risk indicators of mounting stress. Left unchecked, the physical and emotional consequences can spiral into a general decrease in quality of life. Fred Miller, author of *How to Calm Down* (Warner Books, 2003), cautions, "We each must learn our own early warning signs [of stress]." Ignoring them, he warns, is "tantamount to slow suicide."

The right attitude starts with shifting your perspective from pessimistic thoughts, says Lynn A. Robinson, author of *Compass of the Soul* (Andrews McNeel, 2003). "During times of crisis it often feels like everything is going wrong, but that's seldom true. Staying constantly focused on what makes you feel bad will only worsen an already difficult situation," she says.

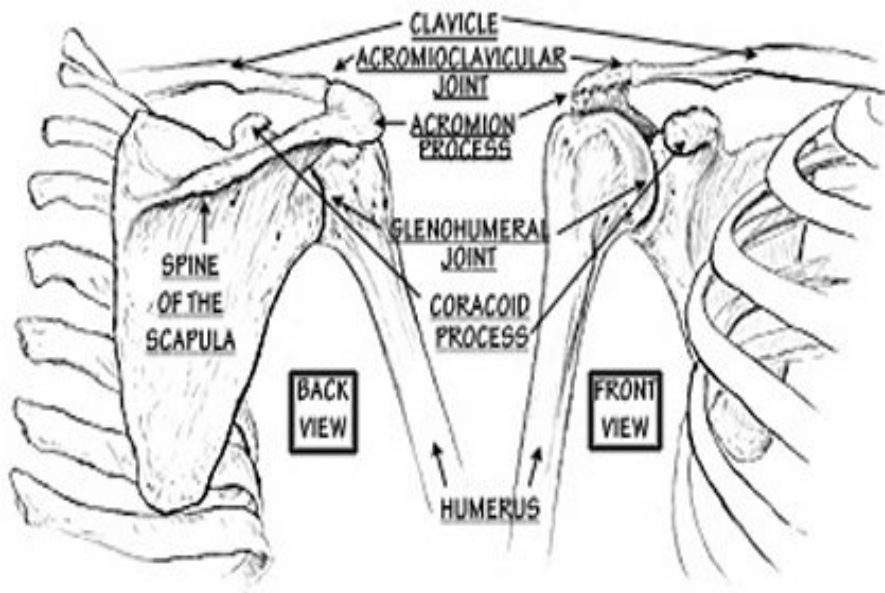
Instead of dwelling on the negative, pay attention to what's working, and trust your intuition, Robinson says. "Your intuition is connected to a higher wisdom that always knows what you need. It will always lead you to peace, love, forgiveness, gratitude and faith."



De-stress for success

- Let go. Take responsibility only for what's yours and let go of things out of your control. When we waste time worrying about things that haven't happened and that may never happen, we put our bodies through unnecessary stress.
- Get your Zzzs. Never underestimate the restorative power of a good night's sleep. Seek consistency by going to bed and waking up at the same time every day.
- Breathe deeply. Shallow breathing affects the amount of oxygen that reaches the cells and can create a multitude of conditions not directly attributed to stress. Daily breathing exercises will do your mind and body more good than all the vitamins you can swallow.
- Go for a long walk, look up at the sky and smile. You simply can't think negative thoughts while you are doing something positive. The smiling will prevent the negative thinking.

How Does the Shoulder Work?



It seldom occurs to us, if we knew it at all, that the arm and shoulder structure is attached to the rest of the body skeletally at **only one joint**: the sternoclavicular joint. This is the joint of the clavicle (collarbone) with the sternum (breastbone). That's those two knobby protrusions on the upper chest just under the throat. The only other connections of the arm and shoulder are by means of

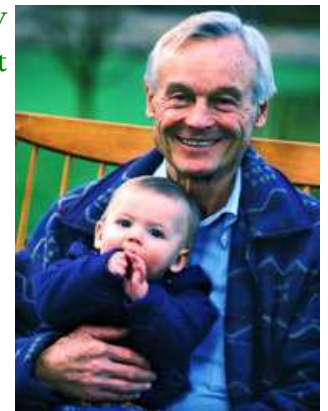
soft tissue -- muscles, tendons, ligaments and fascia. This design gives us tremendous freedom and range of motion in our arms and shoulders, but it also presents challenges and dangers for the soft tissues involved.

NEW Service Offered For Seniors (65 years and older)

Golden Touch For Seniors (65 +) More and more older adults are turning to massage to relieve the pain of arthritis, help recover from surgeries or injuries, and maintain flexibility and fitness. Swedish massage with appropriate additional techniques added will customize every session to your special concerns. A relaxing atmosphere, added cushions and adjustable heat ensure you are comfortable at all times. Not only

is massage enjoyable, it is beneficial and healthful, especially when received on a regular basis! A package deal makes it even more affordable.

30 minutes	\$ 20
1 hour	\$ 40
1 1/2 hours	\$ 60
2 hours	\$ 90
2 1/2 hours	\$ 130



Get The Best Massage You Can

Adapting the sessions for you

Massage therapists like to enter into a partnership with their clients. They want you to have the best massage you can. And that depends on hearing from you about your needs. Almost everything about a massage can be adjusted, such as your position on the table. Dress is also optional. You can undress completely or partially.

Talk With Your Therapist

Pressure can be an issue. Your massage therapist can use light to deep pressure, it just depends on what you like and your body needs. Here's the rub, however — your massage therapist **can't read your mind!!** That includes music selection. If you don't like the music that is playing, just ask your therapist to change to a new album.

If you are sore or extra tired after a massage, tell your therapist at the next session. Maybe you would do better with shorter, more frequent massage for instance. If you have arthritis or some other painful condition, your therapist can also talk with you about coping strategies between sessions.

BODY N SOUL's New Appt Hours:

Tuesday	10 am - 6 pm
Wednesday	10 am - 5 pm
Thursday	2 pm - 8 pm
Friday	10 am - 5 pm

CLOSED Sat, Sun & Mon

Gift certificates may now be purchased next door at HealthQuest Nutrition Center for your convenience if I am unavailable.

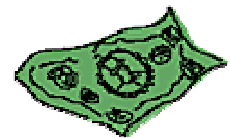
Health Quest's hours of operation are:

Tues - Fri 11 am - 6 pm
Sat 10 am - 5 pm
CLOSED Sun & Mon



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Cleaners

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Special coupons sent by email!**

Build Better Bones

There are many diet and lifestyle habits you can implement now to help prevent osteoporosis.

Get enough calcium. This mineral found in food—dairy products, broccoli, kale, sardines, and calcium-fortified products are all good choices; as well as in supplements. Women need between 1,000—1,500 mg a day; men should limit their intake to 1,000—1,200 mg, as more than that could increase prostate-cancer risk.

- **Eat citrus fruits.** These are high in vitamin C, which helps in bone formation.
- **Add soy to your diet.** Soy increases bone-mineral density in women.
- **Don't smoke.** Smoking disrupts the body's use of calcium.

- **Cut down on caffeine and salt.** Calcium loss through urination is increased by consumption of both caffeine and salt.
- **Eat plenty of leafy green vegetables.** These are high in both calcium and vitamin K, which forms and repairs bones.
- **Take extra vitamin D.** This vitamin helps your body absorb and use calcium. Good sources: oily fish, fortified milk and cereals.
- **Don't drink too much.** Alcohol inhibits osteoblasts, the cells that rebuild bones.
- **Exercise.** Physical activity helps build bone health.
- **Decrease protein consumption.** Too much protein can cause bone loss; protein from animal flesh may increase the amount of calcium lost during urination.