

# Ensure Your Health

## Restorative Bodywork Solutions, LLC

### Chaos Melody

*Hundreds of TV channels. Millions of products. Billion ideas. This is our world.*

*We are slammed with all kinds of short messages and our minds have become what we are exposed to—ADDd (attention deficit disorder). Information overloaded.*

*We even have names for some of this—multi-tasking, channel surfing—buzz*

*words for chaos ad-  
dictions.*

*Do you have any idea that this chaos becomes your body as well? Have you ever noticed that you are just physically responding to the outward environment you choose?*

*Peace is not found in complexity, your truth cannot exist either—you have the simplify to find these—thoughts, needs and desires.*

*Ask yourself: What choice brings me joy? How deeply do you want to live?*

*Living deeply and simply brings the body the ability to breathe deeper—shallow living brings short breaths. Which feels better?*

*It takes courage to move away from complexity, violence and bigger.*

*Are you touched by genius or just the intelligent fool?*

#### Keys to Successful Living

- *Exercise*
- *Well balanced, nutritious meals*
- *Maintain Ideal Body Weight*
- *Avoid Nicotine, Caffeine & Other Stimulants*
- *Mix Leisure with Work*

### Stress

*Stress is the mind and body's response to pressure or demands. The body launches into a physiological fight for survival which can include physical symptoms such as a racing heart, rise in blood pressure, and*

*faster breathing. It can give a burst of energy—which can be used to meet deadlines—but has adverse effects when this energy runs out. This is when exhaustion kicks in. If stress goes unrelieved, there are myriads*

*of complications. Relationships, emotional well-being and physical health are all at risk of being damaged. Highly stressed people often turn to substances such as alcohol in hopes of relieving stress.*

**“Stressed”  
Spelled  
Backward  
Is  
“Desserts”**

## Movement of Breathing

*Breathe is so essential to life that it's easy to overlook the fact that breathing involves movement. Like all other movements, breathing can be graceful and efficient or poor and painful. Breathing can be shallow or full, labored or free.*

*The basic movements of breathing are the successive expansion and contraction of the rib cage. The expanding or*

*inhalation, creates a vacuum within the lungs that draws the air inside. During inhalation the spine subtly extends, lifting the trunk and helping the raise the ribs. Exhalation occurs when the spine and ribs reverse motion.*

*Numerous muscles contribute to this movement expanding the rib cage to a greater or lesser degree depending on the demand for oxy-*

*gen. If the muscles are tense around the rib cage or along the spine, you won't be able to inhale fully.*

*This is why when you receive massage or bodywork, you will find yourself breathing more freely. And the more freely your ribs and spine move when breathing, the more erect and open your posture can be.*



*“The hand has the richest articulation of space.”  
---Eduardo Chillida*

## Posture As Perception

*Good posture is not an idealized stance, but rather an expression of responsiveness to life. Posture is an holistic activity of perceiving and orienting ourselves in relation to situations that occur in our lives.*

*Even though the details of what we perceive as quite varied, the perceptions seem to fall into two categories. One is that we locate ourselves through our relationship with gravity by sensing the ground. We know where we are in*

*reference to where down is. Second, we orient ourselves in relationship to other objects, people or events. Environment in this sense means both physical and the overlapping personal, social, and energetic spaces.*

## Perceiving Spaciousness and Weight

*Our perceptions, in subtle measure, organize our nervous system to activate muscles that produce and maintain posture.*

*Our perception of space evoke alertness and an actual physical lift. We orient in space through our sense of touch, smell, hearing and*

*sight. The stimulation of these sense cause a subtle or sometimes dramatic lift in our bodies. There is a natural correspondence between inhalation and spatial relationships. Do we not use metaphors of breathing space or breathing room?*

*When we have balance*

*between ground and space, our muscular tone is balanced and adaptable. In this is also efficient coordination, a graceful posture and a freeness in breathing.*



## Body/Mind Practice

**You know what it is like. You wake up each morning assuming that like gets to make the decision about your day. While the circumstances do play a role in how you emotionally react, you still have the choice as to what that reaction will be. How you view what is going on depends on what is happening in your mind, AND, what is happening in your mind will feed your body.**

**Your mind is constantly feeding your body, yet people ask questions like: Why am I so tired? Why am I sad or angry? Why is my body betraying me? In reality your body is doing exactly what it's being told. You body and mind work together—that is all**

**they know—the two cannot be separated. This is a given. Once you can figure this out you have knowledge of the connection.**

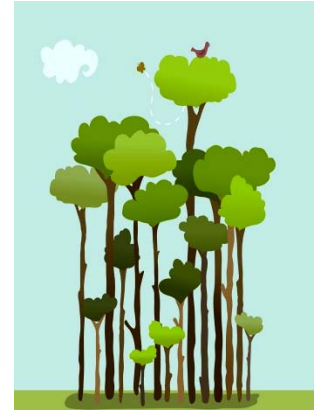
**Most people don't access their subconscious, it holds onto history and attached to the history is an emotional reaction. That is why people don't always understand their own reactions. When something goes on the mind accesses and plays the tape and to get a new tape it must be applied to the subconscious. The body will follow will follow the emotional reaction with a physical reaction.**

**Consider learning visualization. It is one way to make a new tape. Run**

**the episode and establish the reaction hard-wiring the new tape. It has to be more than a wish, the visualization has to be believed, however, it must be self centered———your reactions, not visualizing that someone else changes. It is to better yourself and your own situation. Only when someone else wants to do the same in an interaction will the eventual outcome change. Sometimes not getting what you want is a blessing in disguise.**

**Learn to think and act for yourself, it will build self-confidence and actually relax your body.**

**We are patterned beings, use that knowledge for your benefit.**



**“The world is a prison for the Faithful, But a Paradise for unbelievers.”  
--Muhammed**

## Happy Prisoners

**When one builds a wall to keep another out, one encloses oneself in a prison.**

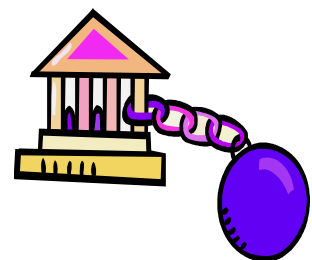
**The human race has chosen to be in many different prisons. Not only is a town a prison; but, a state, and our country is one, too.**

**We have religious prisons, media prisons, work prisons; and, even home and family prisons.**

**We seemed focused on what we don't want rather than realizing in the process we imprison ourselves and limit our**

**interaction with the world at large———relinquishing the power of freedom and growth to not only ourselves, but others as well.**

**To be continued next month———**



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**WE'RE ON THE WEB!**

**[WWW.RESTOREBODYWORK.COM](http://WWW.RESTOREBODYWORK.COM)**

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## **How Much Caffeine Is In That?**

**The following list is based on 12 oz:**

- **A&W Products-28.6**
- **Mr. Pibb-31.2**
- **Coca Cola Products-33.3**
- **Chocolate Milk-7.56**
- **Tab-48.1**
- **Big Red-34**
- **Lipton Tea Bags-30**
- **Red Bull-106.68**
- **Pepsi Products-38.9**
- **7-Up-0**
- **Mountain Dew-54.8**
- **Sunkist-40.6**
- **Dr. Pepper-42.6**
- **Mello Yello-49.5**
- **Shasta Products-42.9**
- **Coffee (Brewed)-151.28**  
**(Instant)-85.56**
- **Coffee, Decaf—**  
**(Brewed)- 8.4**  
**(Instant)-3.72**