

Ensure Your Health

Restorative Bodywork Solutions, LLC

Technology's Double-Edged Sword

I think one of the hardest concepts to balance is how to make your own model of health and still address life's sporadic ills. There is no doubt that allopathic Emergency Medicine is the finest and smartest move to make when facing a crisis such as broken bones, etc. This has been honed over the years and shines as the center and really only choice to make.

However, when faced with how to perceive and address so many other varieties of problems, the whole arena seems to get muddled.

Our culture has been wrapped around allopathic/technological model as being the only choice they will accept as being smart. However, the ideology backing this seem shortsighted and the applications do leave me wondering about how it is smart to invade the body with synthesized drugs as being supportive of health and create maladaptive dependencies. The assumptions are that the body is incapable of healing, otherwise there would not be long term use of synthesized drugs. The assumption that metabolic growth from experience is nonreversible if negative consequences are seen is another. A third is that the self repair mechanism is not capable of self exis-

tence after the body is wracked into chemical seizures from the introduction of these synthesized drugs. (This belief alone is terrifying).

In reality the esteeming of technological drugs makes you the victim of this ideology and it's products. You are exposing yourself to second hand chemicals and yet have passed laws to protect yourself from second hand smoke.

This has been a common complaint of alternative practitioners for years. Unfortunately, allopathic medicine has chosen to ignore these in lieu of their thoughts of being the supreme and only source of assistance to the general public. The chasm could be bridged with a two way road if allopathic medicine would take a hard look at these types of statements and develop ways of even improving themselves. One way would be to do studies of how long it takes the body to right itself after being exposed to these products. Can the body eliminate and find balance after exposure, etc. especially after short term exposure? They only study these products as they are constantly being fed into the body.

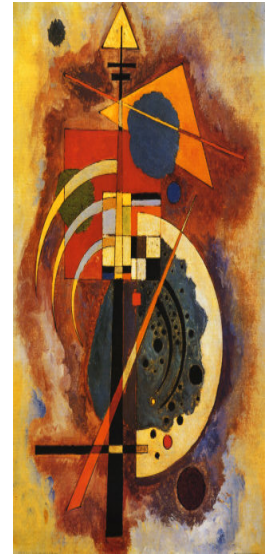
Adversity in this arena can cause growth which only goes to help the general public, however, only if allopathic supporters show

some willingness to build a bridge to a more comprehensive medical model for the future.

Alternative models have become a threat to allopathic medicine and rather than confrontational fights and condemnations, the bridge could be built through answers to issues. Alternative models would not have grown in the US if there were not problems within the Western Medicine's model. Even doing comparative studies of herbal vs. drugs utilized for the same dilemma would go a long way to understanding for the consumer—YOU.

Significant reform has been called for—Western medicine has developed these tools of metabolic study. Where are the tools for study of information not adhering to time and space which is a known in the alternative fields? Why aren't they using what they know and have expounded as viable and seeking answers to items they discounted in the past—i.e. what they call placebo effect which has been documented through quantum physics as an opening to more within the self imposed beliefs?

Are the problems more the tools or the beliefs?



Homage to Grohman-W. Kandinsky

A Few Keys to Successful Living

- **Remember the basics to survival**
- **Review your life structure often**
- **Know you have the ability to heal**
- **Take risks**

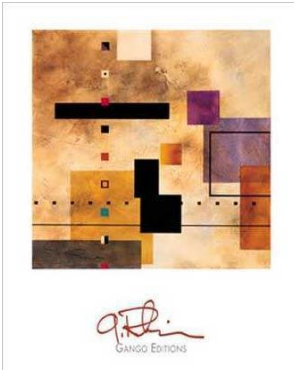
Why does it hurt so bad when you hit your “funny bone”?

Because your funny bone isn't a bone, that's why. It's actually the ulnar nerve, which runs from your shoulders to your hands and is responsible for things like being able to learn dexterity. The ulnar nerve sits rather close to the skin in the area around the elbow,

so—like contact with any exposed nerve—it hurts really bad when you hit it. It's actually one of the body's biggest design flaws because we really could have used some more padding around that nerve. Primates like orangutans and chimpanzees have the same problem. Unfor-

tunately, we find it funny—one of many nervous reactions—when we see another in pain.

Two fine examples of our nervous system in overwhelm.



Why do some people have “innie” belly-buttons and some people have “outties”?

No, it's not a conspiracy. The disappointing (i.e., boring) answer is that it's pretty random. Only seconds after you were dragged into this world, a doctor placed two clamps on your umbilical cord and cut it off a few centimeters away from your belly-button. Though this was probably your first emotionally scarring

experience, the first scarring experience of a physical kind occurs when that little piece of umbilical cord still attached to your body eventually deadens and falls off, leaving—normally—a concave scar, or an innie belly-button. People with outties simply healed differently during this process. If you're

bumped about your outtie status, I would like to remind you that things could be a lot worse: Several conditions, usually developed later in life, can cause urine, blood or, yes, even intestinal parts to leak out of the body by way of the navel.

Everyone has a photographic memory.

Some just don't have any film.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | | 9 | 2 | | | | 8 | |
| 8 | | | 9 | | 7 | 4 | | |
| | | 4 | | | 3 | 2 | | |
| | 2 | | | 7 | 1 | | | 8 |
| | 8 | | 3 | | | | 7 | |
| | 5 | | | | 2 | 9 | | |
| 6 | | | | | | | 2 | 7 |
| 7 | | | 6 | 9 | 2 | | | 3 |
| | 4 | 8 | | | | | | 6 |

Expand Your Brain

Each row, column and 3x3 box must contain the numbers “1” to “9” only once.

Exercise Reverses Aging in Human Skeletal Muscle

Massage therapists who work with a geriatric clientele are witnesses to the effect of aging on muscle tissue. New research shows that exercise—specifically, resistance training—rejuvenates muscle tissue in healthy senior citizens.

The study involved a before-and-after analysis of gene expression profiles in tissue samples taken from 25 healthy older men and women who underwent six months of twice-weekly resistance training, compared to a similar analysis of tissue samples taken from younger healthy men and women. The

results of the study appeared in the May 23 edition of the online, open access journal PLoS One.

The gene expression profiles involved age-specific mitochondrial function; mitochondria act as the “powerhouse” of cells. Multiple studies have suggested mitochondrial dysfunction is involved in the loss of muscle mass and functional impairment commonly seen in older people.

The study was the first to examine the gene expression profile, or the molecular fingerprint, of aging in healthy, disease-free humans.

Results showed that in older adults, there was a decline in mitochondrial function with age. However, exercise resulted in a reversal of the genetic fingerprint back to levels similar to those seen in the younger adults.

The study also measured muscle strength. Before exercise training, the older adults were 59 percent weaker than the younger adults, but, after training, the strength of the older adults improved by about 50 percent, such that they were only 38 percent weaker than the young adults.

—Massage Magazine, 7/07

“A line is a dot that went for a walk

—Paul Klee

Consider starting to walk your way to success!

Ensure Your Health

***15 Sam's Point Rd #103
Beaufort, SC 29907***

522-0278



We Are On the Web!

***Make a confirmed
appointment online anytime***

www.restorebodywork.com

Owning A Pet is A Healthy Choice

Dog owners 50 and older see their doctors less often, have fewer illnesses, and recover more quickly when they are sick than is the case with their critter-less counterparts. And

the benefits go beyond what you'd expect from the added exercise of regular walks. "The simple act of petting an animal has been shown to lower blood pressure by inducing an instant relaxa-

tion response', says Alan Beck, Director of Center for Human-Animal Bond at Purdue University School of Veterinary Medicine