

# ENSURE YOUR HEALTH

## RESTORATIVE BODYWORK SOLUTIONS, LLC

### Shifting Paradigm

*I found this study after writing the last newsletter.*

*A study in JAMA, 1998, May 20; 279(19) 1548-53 on Why patients used alternative medicine concluded:*

*“Along with being more educated and reporting poorer health status, the majority of alternative medicine users appear to be doing so, not so much as a result of being dissatisfied with conventional medicine, but largely because they find health care alternatives to be congruent with their values, beliefs and philosophical orientations toward health and life.”*

*At the same time, many established religions including Christian churches of all denominations, are witnessing an erosion of their membership. Fewer people today look to the traditional religions and churches for answers to their contemporary problems.*

*The newer shift expresses:*

- 1) *Caring more astutely for the en-*

*vironment*

- 2) *Exploration of Eastern philosophy and religions*
- 3) *Practice of Meditation*
- 4) *Social Justice Concerns*
- 5) *New balance of Male and Female*
- 6) *Employing peaceful negotiations as a counter balance to warfare.*

*There appears to be a consensus that our established cultural, political and economic system is failing to align with values, beliefs and philosophical orientations.*

*The choices seem of two extremes:*

- A) *Fundamentalism to include Western Medicine*
- B) *Personal Experience and Alternative Medicine*

*The struggle seems to be the pruning away of man-made dogma, cultural beliefs and rules.*

*From what I can tell Western Medicine is set on usurping CAM therapies while pushing the experienced practitioners out*

*with the additional goal of ensuring allopathic existence through implementation of a National Health Care which is tugging at your deeply held beliefs and creating an authoritatively divined future.*

*Medicare as it exists right now from the inside is a system in which the choice is to either adhere to paying more for add-ons or being penalized severely in the future for not buying into possibly unnecessary coverage now. This is the system in place that has been created by Western Medicine and honed by the insurance and pharmaceutical industry.*

*I urge you to recognize these as alternative medicine users and realize the ramifications of what is in store for you if you do not speak out for what fits into your basic values and beliefs rather than sitting complacently by allowing the system to decide your future and create socialized, dictated medicine that could ensure the death of your idea of freedom and free choice.*



### Keys to Successful Living

- *Be The Best You Can Be*
- *Create an Action Plan for Your Future*
- *Enjoy Life as It is Now*
- *Anticipate Less*

## **AntennaHead**



**The structure and composition of our heads make them fine receptors and emitters of vibration.**

**Did you know that placing your remote keyless vehicle device to your chin can actually increase the range of transmission from the device to your vehicle?**

**Did you know that the receptivity of your cell phone is greater if it is placed near your head?**

**These facts along with many others is an interesting foray into other arenas including how ESP may not be such an elusive field of study through scientific research,**

**or.....**

**There may be some reality to the idea of large headed science fiction aliens having mental telepathy, etc. as being closer to truth than you may have imagined.**

**Hmmmmmm, now I wonder what this says about Neanderthal man ..... and Elephants!!!!!**

## **Mattress Quality Affects Back Pain**

**Bodywork clients who present with chronic back pain and stiffness can practice self-care by ensuring they sleep on a good-quality mattress, according to new research.**

**The study by Oklahoma State University found that subjects who suffered from persistent back pain found immediate and significant relief by switching to a new mattress, and that the improvements persisted past the initial switch to the new mattress. It also found that subjects who were sleeping on mattresses five years or older were significantly more likely to suffer from back pain and stiffness.**

**Researchers studied a control group of 59 healthy participants (30 women and 29 men) who slept on their own at-least-five-years-old mattresses for four weeks and then slept on a new bedding system**

**for the same time period. The study analyzed the difference in low-back discomfort, spine stiffness, sleep quality, comfort and efficiency.**

**Subjects with high back pain reported a 63 percent improvement in back discomfort after switching to a new mattress, regardless of their age or weight.**

**The study results are published in the current issue of the Journal of Chiropractic Medicine. The study was commissioned by the International Sleep Products Association and The Better Sleep Council Canada in order to determine if a scientific link existed between sleep products' age and quality and people's back pain, discomfort and sleep quantity.**

**The Better Sleep Council Canada recommends consumers perform a bi-annual bed check to evaluate the state of**

**their mattress and foundation. Look for these simple ABC'S:**

- (A) Age: has your mattress had more than eight to 10 years of nightly use?**
- (B) Beauty: would you be embarrassed to show your uncovered mattress in public? Does it have stains, soils or tears? Does it sag?**
- (C) Comfort: over time you become desensitized to the dwindling comfort and support of your mattress—just like you would to an old pair of sneakers. When you lie down and concentrate on the comfort of your mattress, does it feel the same as it did when you first tried it at the store?**
- (S) Support check - when you lie flat on your back, and place your hand under the small of your back, how much space is there? You should be able to move your hand around.**



## Stress

**Mind-body medicine focuses on the interactions among the brain, mind, body, and behavior, and on the powerful ways in which emotional, mental, social, spiritual, and behavioral factors can directly affect health. It regards as fundamental an approach that respects and enhances each person's capacity for self-knowledge and self-care, and it emphasizes techniques that are grounded in this approach.**

**One of the basic ideas is learning**

**everything one can about stress.**

**This intervention strategy starts with awareness.**

**You really need to know what is causing stress and how it is being processed not only in mind but in your body as well. One can learn from bodywork the signs of stress already in physical existence and then utilize this to enhance and protect your health.**

**The second is healthy coping. One needs to be aware of how we reach for habitual crutches in**

**order to deal with stress and discover there is a large array of alternative methods available.**

**When life gets stressful, you jump into overwhelm without really knowing that is what you are feeling. The difference is managing stress or having stress manage you—proactive vs. reactive. Knowing your strengths is of great assistance and gives you resiliency to not focus on your shortcomings—**

**“Direct your eye inward, and you’ll find a thousand regions undiscovered. Travel them and be an expert in home-cosmography.”**

**—Thoreau**

## Feeding Stress

**Stress is a whole body experience. It has a set of hormones, neurotransmitters, steroids, and other chemicals processes that create the reality of it throughout your being. For the average person, these happen below conscious radar.**

**One of the things stress does is affect your appetite—and not in a healthy way!**

**People chose foods high in fat and sugars and more of it. People who aren’t stressed when offered food will choose healthier foods and less.**

**The hormones that instigate stress also are poised to send excess calories directing to the fat in your belly. And when you are stressed this fat dumps triglycerides into your blood**

**which are plaque enhancers.**

**Even when stressed if you can slow down the flight or fight, you can actually digest these comfort foods better and the fat will be better distributed to other parts of your body.**

**Your heart is valuable!!**



**Ensure Your Health**

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

**522-0278**

**Make a confirmed  
appointment  
online:**

[www.restorebodywork.com](http://www.restorebodywork.com)

## **Conscious Eating**

**Eckhardt Tolle wrote a book called "The Power of Now" many years ago. It captures the essence of how people can learn to modulate and have conscious control over individual stress.**

**We tend to view the flight or fight—fear response as a negative quality in our lives and work hard at disowning this. It seems to emanate from the idea of animalistic responses and the thought that we are**

**somehow better than everything else that exists. It is the "greater" concept that affords us the true opportunity to learn rather than to respond to it also with fear and negativity—one of many double jeopardizes in our lives.**

**Conscious eating is a less threatening way to approach this in our daily lives which can be the start of an amazing journey into other realms of fear and stress.**

**Taking time to actually perceive the texture, feel of food in your mouth, etc.—everything that has become automatic—will bring you out of stress and into the present moment allowing your body to reduce or stop its physical response to your thoughts.**

**It takes times to change our habits of response and doing this consecutively will assist in getting you toward a more purposeful, happy life.**

