



# Hands of Health Newsletter

September/October 2011

Hello, again:

Wow; better way late than never, huh? I've just been in a major transition and the newsletter just got away from me. The big news is I have enrolled in a yearlong online course to become a Health Care Coach; a nutrition coach. It only made sense since it's been an interest of mine since I was 15 and it goes right along with my massage practice. I'll keep you informed. So this year has flown by faster than a speeding bullet. And I hope everyone has kept pace with it. Most important is you have stayed current with keeping yourself healthy. The holidays are a blink away and the reality is when the holidays come around we tend to get lax with our workout routines, our eating habits, and our massage routines. I always emphasize and will continue to remind you how important it is to stay on track year round with your massage appointments. The quality of your life will be better and will stay on keel and allow you to enjoy your life when you feel great about yourself, when you are pain and stress-free. Personally, I walk out of every massage I get feeling like I can conquer the world. This is an investment you can make; an investment in YOU; your health. The best investment you could ever make. I can never understand why some people have to think twice about making an investment in their health such as having a massage regularly just like exercising. It costs a lot more to get sick than it does to stay and be healthy. Nobody ever went bankrupt from being healthy but they sure have from being sick. Preventive maintenance is the key. So be sure and keep up with all you do for your health: massage, diet, and exercise and get into the holidays feeling like a super star.

Here is a list of ingredients that ALWAYS contain MSG:

- Autolyzed Yeast
- Calcium Caseinate
- Gelatin
- Glutamate
- Glutamic Acid
- Hydrolyzed Protein
- Monopotassium Glutamate
- Monosodium Glutamate
- Sodium Caseinate
- Textured Protein
- Yeast Extract
- Yeast food
- Yeast Nutrient

These ingredients OFTEN contain MSG or create MSG during processing:

- Flavors and Flavorings
- Seasonings
- Natural Flavors and Flavorings
- Natural Pork Flavoring
- Natural Beef Flavoring
- Natural Chicken Flavoring
- Soy Sauce
- Soy Protein Isolate
- Soy Protein
- Bouillon Stock Broth
- Malt Extract
- Malt Flavoring
- Barley Malt
- Anything Enzyme Modified
- Carrageenan
- Maltodextrin
- Pectin Enzymes
- Protease
- Corn Starch
- Citric Acid

The rule of thumb is always read the ingredient list on anything packaged that you buy and if you can't read it and /or you don't know what it is, DON'T EAT IT! Not until you find out otherwise.

Here's another health tip you may not know: I'm sure you've all heard of EMFs or Electromagnetic Fields. If you use a cell phone or other electronic devices you should; you're being exposed to EMFs which it has been suggested through research may cause various forms of cancer. I did an exhaustive newsletter on EMFs many years ago in 2002. I don't think it's on my website but I do have hard copies and will be more than happy to mail you one. Another source of EMFs are the electrical sockets in your home or office. If you have an electrical socket at the head of your bed you want to unplug anything you have plugged in there and close it up with those plastic protectors you install to protect babies from being electrocuted. You also shouldn't have anything like a radio or other electrical devices like your cell phone at the head of your bed especially when you're sleeping. A lamp is about the extent of it. Connect that to an extension cord and plug it in at the foot of your bed or somewhere away from your head. I even plugged up the sockets behind my desk that I'm not using; the others just can't be avoided; my fax machine and my credit card terminal. So take heed and protect yourself from EMFs. Oh, BTW, there are units you can buy to attach to your cell phone to protect you from the EMFs they emit. Go to [www.emfnews.org](http://www.emfnews.org) for other devices you can get to protect you from EMFs. [www.energypolarit.com](http://www.energypolarit.com) is another site to investigate. They have diodes you can stick on your computer and all the appliances in your house that emit EMFs. Go ahead and do your homework!

Hope you found this information informative and educational. With the change in season it's important to take extra precautions to maintain your health because we get used to the warm weather and then continue to do the same routines we do in the warm weather that we can't for the colder weather. We need to make sure we take care of our immune system which isn't as necessary for the warm as it is for the cold yet it's always necessary. So just keep that in mind.

Until next time,

Stay healthy, stay well



*"If women ruled the world and we all got massages, there would be no war." - Carrie Snow, comedian*



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