

"Virtue is like health: the harmony of the whole man."

Of Special Interest

- Loving Your Body
- Aligned?
- Healthy Decisions



*"Make your own recovery the first priority in your life."
Robin Norwood*



Have you loved your body today...

Feedback, suggestions, and contributions must be in the second week of the preceding month.

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Your participation is greatly appreciated and it is my wish that you continue your support and positive feedback.

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Over 3000 copies circulating in 46 states and 15 countries abroad.

Are you wearing the right shoes?

Shoes that cause your body weight to be unevenly distributed place extra stress on your joints. In addition to avoiding obviously uncomfortable or impractical shoes that can throw your stride off and stress your joints, you also should consider a visit to a specialty store if you have special anatomical considerations. As they say, nobody's perfect; flat or rigid arches, and alignment problems. High-heeled shoes might add to the risk of osteoarthritis or other joint problems: A Harvard University study

found that women who wear high heels have stress across the part of the knee where osteoarthritis usually develops.

Lean Green Multitasking Machine

Spinach may reinforce the body on multiple fronts. First, it's got a low glycemic load, so it doesn't dramatically affect blood sugar levels when you eat it. Second, it's a good source of magnesium, a mighty mineral associated with lower type 2 diabetes risk. Third, spinach is packed with alpha-lipoic acid, a disease-shielding antioxidant. And fourth, it's low in calories and rich in fiber...we've got

the makings of a nutritional superhero on our hands!

Powerful Plant Proteins

Overweight adults with high cholesterol who followed two different types of vegetarian diets for a month experienced quite different results. Those on a low-carb, high protein diet emphasizing fruit, veggies, nuts, and soy foods and less starchy fare like bread or rice not only lost weight but also experienced significant drops in blood pressure and LDL cholesterol. The other group followed a higher-carb diet that was low in fat, and although they lost weight, too, they didn't experience such dramatic heart-health improvements.

Share the Health

Drink tap water full of chemicals? Yuk!

Be kind to yourself and family -

Filter your tap water.

- Easy to do
- Healthy
- Cost effective
- Endless supply
- Saves \$\$\$\$\$

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Live Life – Live Well – Live Long

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Make life simple – eat whole natural foods.

If you can't pronounce it – don't eat it.

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Thank You for your continued support.

PASS THIS NEWSLETTER ON TO A FRIEND.

Follow Up & Follow Through

Researchers credit the veggie-based proteins for the low-carb dieters' extra successes.

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Are you aligned?

Just as driving a car when the wheels are out of alignment causes the tires to wear irregularly, the same principle holds true for your knees. If your body is not properly aligned, your muscles, joints, and ligaments take more strain than they are able to endure healthfully. An Egoscue therapist can help you assess your biomechanics and teach you how to get aligned and then stay that way.



Airbench...

One of my favorite e-cises is the Airbench. Personally, I do the Airbench 2-3 times a day, there is so much going on with this e-cise. Airbench returns proper functions to the hips instead of the lumbar's compensating for lack of function in the supporting muscles of the hip. Airbench forces both hips to load weight equally.

Frog...

Another favorite e-cise is the Frog. This exercise promotes lumbar and pelvic extension.

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For help with the e-cises and a customized menu based on your posture conditions; call or e-mail Health & Motion today, we are here for you.



Love the body you're in

**Are you sick and tired
of being sick and tired?**



**A man too busy to take
care of his health is like
a mechanic too busy to
take care of his tools.**
Spanish Proverb

*While we may not
be able to control all
that happens to us,
we can control what
happens inside us.*

Then...give **Health &
Motion** a call...start your
journey to a great new life
free of pain.



You are the sure winner with
Health & Motion!

**If your exercise
routine is not
causing a sweat,
it's not exercise.
If you are not
reaching your
THR, it's not
exercise.**

Healthy Decisions...

Supplements...

I am often asked, "What supplements do you recommend, Frank?" The answer to that question is, "It depends on your eating habits." If you "Eat Right For Your Type" and you should be; the answer is simple – little or none. In my opinion, supplements and extra vitamins are grossly overdone. By eating right you are getting everything you need in the foods you eat. If I were to choose a couple of supplements one would be vitamin C in pretty hefty doses. Vitamin C is water soluble and leaves the body quickly. Vitamin C is good protection against colds and the flu. I take vitamin C three times a day. Next, I think Omega-3 containing EPA and DHA is a good choice, especially if you don't eat fish regularly. If you feel you must be

taking some kind of vitamins choose a quality one-a-day type. If you need this fine, otherwise you are producing expensive urine. **Always check with your physician before taking any supplements or vitamins. If you don't need them – don't waste your money.**



Health & Motion is Here for You

*True friendship
is like sound
health; the
value of it is
seldom known
until it be lost.*



Health & Motion
Frank Parmelee
Certified PAS
(419) 473-3875
parmelee9512@sbcglobal.net

