

"Healthy people are invalids who don't know it." Jules Romain

Of Special Interest

- Featured E-cises
- Feedback
- Healthy Decisions



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



Featured E-cises

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 2000 copies circulating in 46 states and 15 countries abroad.

Featured e-cises

How long has it been since you raised your hands over your head, reached behind your back to get something, or reached further than your mouse?

The fact is most people's arms and shoulders are locked into to a very small window extending from slightly above the head to the waste by the length of the forearm to the right and left of the body. The results of this limited range of motion are seen, for example, in awkward back swings and incomplete follow-throughs during the golf swing and weak serves and shots on the

tennis court. Give the featured e-cises a try.

Standing Overhead Extension:

Stand with your feet pointed straight ahead. Interlace your fingers together, press them overhead, and look up. Your elbows should remain locked straight. Do not lean back. Try to keep your arms directly over your head, not in front of your head. Hold this position and relax your stomach muscles. Hold for 1 minute.

Static Back Pullovers:

While in Static Back (leg propped and knees bent at 90 degrees), clasp hands tightly and keep elbows

straight up over the chest.

Keeping both arms straight bring arms back behind your head, and back up to starting position. Abdominals are relaxed. Do 3 sets of 10

Static Back Unilateral Arm Glides:

While in Static Back (legs propped and knees bent at 90 degrees), Place your elbows straight out from your shoulders and bent 90 degrees. One at a time, slowly glide your arms along the floor reaching up over your head. Keep alternating your arms for the number of repetitions given on your menu. It is very important for you to try to keep your elbows and wrists/hands

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

flush to the floor as you glide. It is also very important to keep the 90-degree angle at your elbows the entire exercise. Repeat and remember to relax the rest of your body. Do 3 sets of 10

Follow Up & Follow Through:

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



Are you sick and tired of being sick and tired?



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



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

Spanish Proverb

To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life. –

William Londen

If your exercise routine is not causing a sweat, it's not exercise.

If you are not reaching your THR, it's not exercise.

My wife and I are glad you came into our lives...



You are the sure winner with **Health & Motion!**

Feedback:

Hey Frank, have you seen the latest on bottled water? Sure glad I installed a filtering system...Judy H., Sacramento

...I feel great, never would have believed I could feel this great, the discectomy and shoulder surgeries have been cancelled... Len W., Sylvania, Ohio

Being a born skeptic, I must admit that at first [I thought] you were selling snake oil. Now that I am following your system of nutrition, doing Egoscue and cardio workouts I have so much energy and feel so great I can't say enough about you. Tony V., Toledo, Ohio

Tony, you are doing all the work; you deserve all the credit for your healthy breakthroughs. I am glad you chose Health & Motion, Thank You!

My wife and I are glad you came into our lives at a time we both needed help. We cannot say enough about Health & Motion. Thanks Frank. Ginny and Bill L. East Rochester, NY

Healthy Decisions...

Health Benefits of Cantaloupe Nutrients

Cantaloupe is an excellent source of Vitamins B6 and C, and potassium. It's also a very good source of dietary fiber, folic acid, niacin, pantothenic acid, and thiamine.

Diabetes

Oxidative stress is implicated as an important factor in diabetic nephropathy (progressive kidney disease). In a preliminary study it was found that oxykine, a cantaloupe extract, **reduced the diabetes-induced oxidative stress and kidney cell damage**. Although further studies are needed, oxykine might be a safe and cheap approach for the prevention of diabetic nephropathy.

Cardiovascular

Cantaloupe contains the compound **adenosine**, which is used in patients with heart disease as a blood-thinning agent, and also as a relief from angina.

Antioxidant

Free radicals in the body cause cellular damage and antioxidants are the body's defense system against these free radicals. **Superoxide dismutase (SOD)** is one of the most important elements in this defense system. The cantaloupe extract oxykine is rich in superoxide dismutase, and studies have concluded that cantaloupe SOD extract **promotes cellular antioxidant activity** and protects against oxidative stress-induced cell death.

Anti-Inflammatory

Preliminary studies have indicated the effectiveness of cantaloupe as an anti-inflammatory due to its **high superoxide dismutase activity**. Further studies are required to determine the validity of these results.

Health & Motion is Here for You

"Water is the only drink for a wise man."

- Henry David Thoreau



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