

Integrated Bodyworks Weekly Newsletter

Week of July 14, 2019

What's Happening: My blog for the month of July is about the power of massage in regards to healing chronic pain. Be sure to go to my website www.integratedbodyworksfbg.com to read it. I have a Client whose pain level, on a 1-10 scale (10 being intense pain), has gone from an 8 to a 2 after 4 treatments. A pain free life can happen and massage can help.

Fun Holidays this Week:

July 16: Fresh Spinach Day – Spinach is one of the healthiest foods you can eat and its nutritional value is highest when it's fresh and uncooked. So have a delicious spinach salad today.

July 17: World Emoji Day – 😎 😊

July 20: National Lollipop Day – Buy a bag of lollipops and pass them out to friends and co-workers today.

Hydration Recipe

Keeping hydrated is an important part of staying healthy. Water promotes cardiovascular health, keeps your body cool, helps muscles and joints work better and keeps skin supple. Here is this week's hydration recipe:

Pineapple Basil Water

Ingredients:

¼ small pineapple, sliced

15 leaves basil, muddled

Water

Instructions:

Add pineapple and basil to a pitcher of water. Infuse 4-6 hours and enjoy.

Tips for Summer Health

Summer is in full force. Here are some tips to help beat the heat and stay on track with your health.

1. Workout in the morning. A morning workout routine will ramp your body full of endorphins to help jump-start the day. Avoid exercising outside from the hours of 10 am to 2 pm when the sun is directly overhead. Mid-day heat can kill your energy levels and can increase the risk of heat stroke or dehydration.
2. Stay hydrated. The importance of drinking water should be a regular part of your day, but it is especially important during the summer months. (See our delicious hydration recipe above). Extreme temperatures cause our bodies to lose water faster. We should drink water even if we don't feel thirsty in the summer to prevent the risk of dehydration
3. Wear sunscreen, even if you're only outside a short time. Aging skin is an accumulation of years of sun damage. Your skin is at risk even when you're walking from your car to work. Wear at least a 30 SPF on exposed skin. If you're working or playing outside make sure to reapply every four hours.
4. Shop at the farmer's market. Clean eating is so easy when you have access to local produce and summer is a great time of year to find an abundance of fruits, vegetables and herbs. Plus you'll be supporting the community and avoiding most of the pesticides and chemicals used in grocery store produce.
5. Take advantage of the grill. BBQ's are a great way to get together and be outside. Grill any of your fruits and veggies for a delicious way to increase your antioxidants while avoiding those unhealthy compounds. If you go for meat, cut down on your grill time by using skewers. You can have a complete meal on one stick.