

Integrated Bodyworks Weekly Newsletter

Week of January 5, 2020

What's Happening: One of the new modalities being used in our massages, when needed, is myofascial cupping. Loosening the fascia is as important as loosening the muscle. Click on this link to learn more: <https://www.nhpcanada.org/for-the-public/holistic-health-guide/index.html?char=M&id=76>

Fun Holidays this Week:

January 8: Bubble Bath Day – Here's a perfect excuse to treat yourself to a relaxing bath.

January 10: Peculiar People Day – Today is a day to honor anyone who is extraordinary, unusual, intriguing, and quirky. Give some recognition and appreciation to your quirky friends and family.

January 13: Make Your Dream Come True Day - On this day do something, no matter how small, to move in the direction of achieving your dreams.

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:

Cucumber Herb Water

Ingredients:

- ½ cucumber
- 2 sprigs rosemary
- 1 handful thyme
- 1 handful mint

Instructions:

- Wash and thinly slice ½ cucumber.
- Fill a pitcher with water. Add cucumber slices and herbs.
- Refrigerate for 1 hour before serving.

Get Some...Sleep

The importance of sleep and your physical well-being is astronomical. Most of your former bad habits or prolonged issues can be linked to a lack of sleep.

The risk of obesity rises with those with a sleep deficit. A study in teenagers showed with every hour of sleep lost, the risk for obesity rose. But it's not just teenagers, so you can't blame it on the hormones, but wait, yes, you can, sleep affects those too!

A healthy amount of sleep balances the levels of ghrelin, the hormones that make you feel hungry, and leptin, the hormones that make you feel full. If you wake up in the morning starving, blame it on a not so good night sleep. When you're restless the levels of ghrelin increase and the leptin levels decrease. Sleep can also affect insulin, the hormone that regulates blood sugar levels. Higher blood sugar levels can increase the threat of diabetes.

When you sleep your heart and blood vessels are repairing themselves, and sleep releases a hormone to boost muscle mass. Continued unrest increases your risk for a host of issues including, heart disease, kidney disease, high blood pressure, and stroke.

The good news is physical activity and your nutrition can aid in a good night's sleep. Activity during the day, not close to bedtime, helps you fall asleep faster and stay asleep longer. Making sure you don't go to sleep hungry or too full and avoiding alcohol and caffeine eases you into a restful slumber.