

# HEALTHLINES



B O D Y  
symmetry

## Spring 2007

### Chad's Corner

Change is in the air once again at Body Symmetry. In June, we plan to complete a build-out of the space next door to us, which is currently occupied by American Family Insurance. The new studio space will add approximately 1,000 square feet to our facility. You may have noticed at times how crowded our existing space gets. The new addition should help with the overflow, plus allow us an opportunity to introduce some new programs that I plan to discuss in our next issue of Healthlines.

I would like to welcome the addition of Ryan Tosh to Body Symmetry. Ryan has his Master's Degree in Exercise Physiology, is a Certified Athletic Trainer (ATC) and is a Certified Strength and Conditioning Coach (CSCS). He was formerly the director of the Frappier Acceleration program at Athleticare for nearly 3 years. Ryan is currently completing his course work in massage therapy and is available to take new personal training clients on a more full-time basis at the end of May.

Another semi-familiar face you may see floating around Body Symmetry several hours a day is that of Matt Hagaman. Matt is our "Tech Guru". He just completed his sophomore year at my alma mater, Eastern Illinois University. As many of you know, EIU is perhaps the finest directional institution in Illinois. Currently, we have a couple of web sites and new Internet projects in development that Matt is managing.

Our own Sara Mansfield has written a wonderful article for you on Gluten (a protein found in many grains). Many of you know our position on Gluten and now Sara has done a wonderful job at answering more questions in greater detail. Sometimes we joke around in the studio and chant "No Gluten"! Well, for some of you, halting your consumption of Gluten may be in your best interest.

Finally, I would like to wish our good friends Brigitte Cutler and Leah Boente-Hulcher the best of luck with their new business, PhysioTherapy Professionals, located at 2921 Greenbriar Drive. Both Brigitte and Leah are exquisite physical therapists and absolutely love working with all types of people. Over the years, I have referred many of you to them for care and have always heard such positive feedback. I trust them unconditionally with my personal care and hope you might spread the word of their new business venture. They can be reached at 546-3301.

Where you find yourself tomorrow is a function of the positive decisions and actions you take today.

-Akin Awolaja

It's not what you are that holds you back, it's what you think you are not.

-Denis Waitley



Yours in Health,

Chad Marschik



Old Capitol  
Farmers' Market  
presented by  
St. John's Hospital

Wednesdays & Saturday 8am – 1pm  
Downtown Springfield  
5th and Adams

## YOGA CLASS SCHEDULE

Tuesday evenings at 5:30pm  
and/or  
Saturday mornings at 10:00am

Contact Betsy for more information or to register  
793-9972



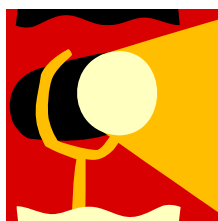
## JOIN ABE'S ARMY

Want to learn how to run the safe and effective way, while having fun? Join Abe's Army! This 12 week program is designed to prepare new and experienced runners and walkers for the Abe's Amble August 19th at the Illinois State Fair.

Ask your trainer for more information  
Visit [AbesArmy.blogspot.com](http://AbesArmy.blogspot.com)  
Call Jan @ 787-5050 or Brigitte @ 787-9064

Everyone is welcome  
New runners and walkers are encouraged to join

Registration deadline is May 20th



## Exercise Spotlight

### The Anti-Slouch Roll

This is a great exercise to reverse the negative effects of prolonged sitting or bending. So if you sit at a computer, work in the yard or travel in your car, add this to your daily regimen



Start by sitting on a Swiss ball in proper posture.

Walk your feet forward as you slowly lean back, lowering yourself to a reclining position with your lower back against the ball. Your knees should be bent and your feet placed about hip width apart. If you can, put your hands behind your head, prisoner-style. At this point your spine should be "hugging" the ball. Imagine plugging both your tailbone and your shoulder blades into the ball. This position is a great time to take in some great breaths. Your lungs are open and ready for some goodness. Use your hands to support your head if you feel tension in your neck. However, remember to let your body weight relax onto the ball. There shouldn't be too much tension anywhere on the body.

To add some movement to this position, you can slowly straighten your legs to roll backwards over the ball a bit more. Kind of like a back bend although not as extreme. If you get crazy, you'll get dizzy. This is not a good thing on the ball. Once you have extended your knees as much as you can, bend them again to roll forward. Repeat this backward and forward roll slowly while maintaining contact with the ball and a good breathing rhythm

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## **The Diet Detective** by Sara Mansfield, M.S.

You know the feeling. You've just finished dinner and feel so full and bloated you are worried your pants might pop. Or, you doze off a bit after lunch. These are common occurrences. We make the excuse that we have overeaten or just haven't gotten enough sleep. While this may be true, there might be another explanation. How you feel after eating might have something to do with what you eat, not only how much. Even foods that are widely considered to be healthy can have adverse affects on some. Food allergies are talked about a lot more today than in the past. The food industry is putting much more science into altering foods and sometimes our bodies just can't adjust. Genes, environment and lifestyle are just a few variables that contribute to the uniqueness of your biological blueprint.

The environment of the GI tract is ever changing as it responds to many visitors in the form of food, seeking a constant balance of good and bad bacteria. Simply put, if food isn't recognized, it is seen as an intruder...not welcome. Call in the immune system to fight! This results in an inflammation response. There's your bloated feeling. Also why your gut feels big sometimes, even though you have been working hard in the gym.

Many conditions have names. GERD, Irritable Bowel Syndrome, Lactose Intolerance and Celiac Disease are a few of these. While many are officially diagnosed and treated with medication, there is also evidence that some people have different levels of these issues that are harder to diagnose. For example, a glass of milk may not put you into a painful reaction, but it might make you feel full, gassy or sluggish. The challenge is then to find out what foods cause these "reactions". It's tough to find the link. You have to be your own best detective.

Here's something to think about. We all know that it is best to eat whole foods in the form that nature intended. Staying away from processed foods is the goal. Processed doesn't always mean in a box though. An example is grains. In the grand picture of the history of humans, grains are relatively new to the diet. Agriculture and grain-eating have been around for 1/2 % or less of the history of humanity. Some of us still haven't adapted to grains. Celiac disease is the inability to digest gluten, a protein found in wheat, rye and barley. Research has shown that more people are affected by these grains on differing levels than just those that have been diagnosed celiacs. Gluten can be seen as one of those intruders in the digestive tract that sparks the immune response. Over time this response weakens and damage can occur in the lining of the intestines. This is sometimes referred to as "leaky gut" syndrome. Doesn't sound pleasant does it? Its not. Bacteria from the intestines leaks into the blood-stream and can cause damage to tissues, organs and systems of the body. Many issues of chronic pain, hormonal imbalances, nutrient deficiencies and mental impairments can be improved by cutting gluten out of the diet.

So, if you have an issue that you just can't find a solution for, be a detective and try the gluten-free route for 30 days. Follow these guidelines and find out if you feel better. Many times people report feeling more balanced energy throughout the day, improved sleep, clearer mental focus and a more controlled appetite.

### **GLUTEN-FREE INFORMATION**

**Gluten is a protein found in wheat, rye, oats and barley. It can damage the lining of the intestines and flatten or atrophy the villi (air-like projections that absorb nutrients). Because these villi are damaged, many people are susceptible to illnesses that result in mal-absorption of nutrients.**

**Symptoms of gluten-intolerance (or by a higher degree, Celiac Disease) can vary. Some are bloating after a meal, weight gain, fatigue, digestive issues and abdominal pain.**

**Intolerance can be triggered by overexposure to wheat, severe stress, emotional or physical trauma, surgery or viral infection.**

#### **Products to avoid:**

<b>Wheat or white flour</b>	<b>Whole grain</b>	<b>Rye</b>	<b>Barley</b>	<b>Semolina</b>
<b>Modified food starch</b>	<b>MSG</b>	<b>Emulsifiers</b>	<b>Stabilizers</b>	<b>Durum</b>

**READ LABELS! Gluten is often used as a thickener. Be sure to read labels on canned soups, catsups, mustards, soy sauce and other condiments. Many local stores carry gluten-free products. Most of them are a matter of taste. Also, many home baked good recipes can be altered to include rice flour or tapioca flour instead of wheat or white flour.**

**Body Symmetry, Inc. Human Performance and Conditioning**

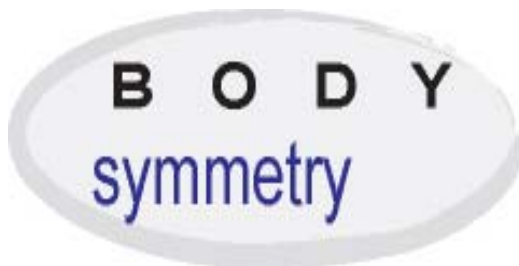
**773B DURKIN DRIVE  
SPRINGFIELD, IL 62704**



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## **RECIPE HIGHLIGHT**

### **ASIAN VEGGIE SLAW**

Bright and colorful with plenty of fiber to boot, enjoy Asian Slaw with organic grilled chicken or steak!

- 4 cups bok choy (thinly sliced)
- 1 large carrot (peeled)
- 1 cup snow peas (strings removed and sliced lengthwise.)
- 1/2 cup red cabbage (grated)
- 1 tablespoon olive oil
- 1 tablespoon sesame oil
- 2 tablespoons rice wine vinegar
- 1 tablespoon tamari soy sauce
- 2 teaspoons fresh ginger (minced)
- sea salt (to taste)

Place sliced bok choy and red cabbage in a large bowl; grate carrot into cabbage mixture. Toss in prepared snow peas. In a small bowl, mix oils, vinegar, tamari soy sauce, and ginger. Pour dressing over salad, toss to coat. Season to taste with salt.

Nutrition Information:

363 Calories, 28g Fat (65.4% calories from fat), 9g Protein, 24g Carbohydrate, 8g Dietary Fiber, 0mg Cholesterol, 1221mg Sodium.