

HEALTHLINES

SPRING 2009

CHAD'S

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Spring in Illinois seems to fool me every year! Just when I think it's safe to plant my garden or go on a long bike ride, low and behold it snows! This actually happened last Sunday. I was so mad to awaken and literally find nearly 6 inches of snow on the ground! Needless to say, I had to put off my garden bed prep for the day, but I did manage to buy plenty of seed and a "Peat Pot Greenhouse" to at least get things going. If you have ever contemplated growing your own vegetables, be brave and take the plunge this year. You won't regret harvesting fresh, tasty vegetables in a few short months!

I have said this now for the last several newsletters, but we really are nearly finished with the majority of our work on freefitnessvideos.com. Our graphic designer in St. Louis is putting the finishing touches on the pages of the site so we can send them off to our programmer/coder in Jordan. Thanks to those of you who took a few minutes to comment on some of the design and functionality aspects of the site. We have worked so very hard on making freefitnessvideos.com the best we can possibly make it in hopes that it will not only serve our clients at Body Symmetry, but many others as well.

Betsy Link wrote an excellent article on oral health! Her article really made me stop and think how important good dental hygiene is to overall health and well being. If you don't know, Betsy comes from a family of dentists. No wonder her teeth look so great! Her father, Frank, is a wonderful dentist according to several people I know who have gone to him for years. As a matter of fact, one of my personal client's loves to call him Dr. Linky-Pooh (please don't kill me Frank)!

Soon, you will notice a new face roaming around Body Symmetry. Henry Hurwitz will be our summer intern. Many of you will actually recognize Henry. He has actually been a client of ours since he was 16. Time flies though, and in August he will be graduating from Illinois State University with a degree in Exercise Science. Please welcome Henry and make sure to test his knowledge on anything related to health and fitness!

Finally, please always feel free to contact me regarding any concerns you have about our studio, your trainer or anything else that comes to mind. I would welcome your constructive comments and appreciate your input. You are a priority to us and what you think about what we do at Body Symmetry is extremely important.

Yours in Health,

Chad Marschik





Buy Locally ♦ Save Money ♦ Be Healthy

Spring is here, and that means there's more opportunity than ever to eat a variety of foods. Whether its fresh vegetables from your own garden, produce grown by local farmers or patronizing restaurants and grocery stores that support local growers...you have a choice in how your food is grown and how safe and healthy it is for you.



EXERCISE SPOTLIGHT

Neck Retraction

Most of our lives are spent in a slight (or for some, severe) forward head tilt. Think about how often you look down as opposed to how often you look up. Considering the head weighs around 8 lbs, the muscles of the back of the neck are always on duty...constantly in a state of tension. This simple exercise can help to counteract these negative effects on the neck musculature and cervical vertebrae. Sit or stand in a strong, neutral posture with your gaze straight ahead of you. Your chin should be parallel to the floor. Gently pull your chin inward, as if you are trying to touch the base of your skull with your chin; then release. Make sure your chin stays parallel to the floor and your gaze stays straight forward. This is not a chin lift but rather a slide backwards...retraction. For some this movement might be very awkward...this is proof you only need to establish this mobility more. Practice this exercise many times throughout the day and your neck will thank you.



Puzzle Pieces

Everyday habits to adopt for better health and vitality.



THOUGHTS—Be aware of how much you justify. Do you make excuses or alter reality to make certain behaviors okay? Most adults do...we don't have anyone telling us no. Be your own best caretaker.

BREATHING—Try breath counting. Breathe in for a count of up to 5, and then breathe out for double the amount of time of your inhalation. Example: Inhale 4 seconds, Exhale 8 seconds.

HYDRATION—**DRINK YOUR FOOD AND CHEW YOUR WATER?** Yes, its much healthier this way. Chewing food fully helps digestion, but so does swishing water around in your mouth. Not only does it keep your mouth clean, but it also activates and disperses important digestive enzymes, stimulating metabolism.

FOOD—Consider your source. Food that is available out of season or that has travelled many miles to your grocery store has less nutrients than locally grown food. Strawberries are great, but much better tasting and better for you when they are in season.

MOVEMENT—Try to get a least 10 minutes of sunlight activity per day. Even if it's just a walk through your yard pulling weeds. Fresh air, Vitamin D from the sun and increased circulation....all good things!

CIRCADIAN RHYTHM—Do you feel stiff in the morning or wake up with muscles soreness? It may be the position your body is in during sleep. Make sure you have proper pillow support. Sometimes having an extra pillow to "hug" while your sleeping on your side can help alleviate shoulder and/or neck tension.

SMILING IS MY FAVORITE EXERCISE

By Betsy Link

As a Personal Trainer, I am continually researching ways to improve the overall health of my clientele. We focus much of our time and effort on ways to lose weight & increase exercise to improve our health. However, coming from a family filled with Dental Professionals; I have come to understand how dental hygiene can also affect our overall health.

Recent studies have shown there may be an association between periodontal disease and heart disease. In fact, According to the American Academy of Periodontology, people with periodontal disease are almost twice as likely to suffer from coronary artery disease than those without periodontal disease. These studies are suggesting that bacteria in the mouth may be linked to heart disease, artery blockage, stroke, bacterial pneumonia and other health problems such as diabetes and Alzheimer's. The theory is that when oral bacteria enters the blood stream, it attaches to fatty plaques in the coronary arteries and contributes to clot formation. These blood clots can obstruct blood flow which could cause a heart attack. Another theory is that periodontal disease increases plaque build up which could cause swelling of the arteries.

So, what can we do to prevent these problems? The American Dental Association (ADA) recommends the following for good oral hygiene:

1. To get a balanced diet, eat a variety of foods. Choose foods from each of the five major food groups: Grains, Fruits, Vegetables, Meat/Poultry/Fish, and Dairy
2. Limit the number of sugary snacks that you eat. Each time you eat food that contains sugars, your teeth are attacked by acids for 20 minutes or more.
3. If you do snack, choose nutritious foods, such as cheese, raw vegetables, plain yogurt, or a piece of fruit (Foods that were available 200 years ago... remember stay on the outside of the grocery store!)
4. Foods that are eaten as part of a meal cause less harm. More saliva is released during a meal, which helps wash foods from the mouth and helps lessen the effects of acids.
5. Brush twice a day with a fluoride toothpaste that has the [American Dental Association Seal of Acceptance](#).
6. Clean between your teeth daily with floss or inter-dental cleaners.
7. Visit your dentist regularly. Your dentist can help prevent problems from occurring and catch those that do occur while they are easy to treat. www.ada.org

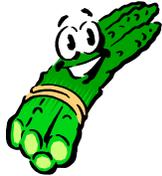
Another simple way to support dental health and overall health is to chew gum. The act of chewing sugar free gum after meals stimulates saliva flow which can help neutralize acid that breaks down tooth enamel. The stimulated saliva also helps repair early dental lesions through re-mineralisation of the tooth's surface. The ADA recommends chewing sugarless gum for 20 minutes after a meal to help promote a healthy mouth. I also use gum to help keep me from snacking or mindlessly eating while cooking, which can help prevent unwanted weight gain.

It takes a lot of work from the face to let out a smile, but just think what good smiling can bring to the most important muscle of the body... the heart.

~Author Unknown

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ASPARAGUS WITH MUSTARD-HERB VINAIGRETTE

This classic French recipe can be made with either asparagus or leeks. A simple garnish of chopped eggs and fresh herbs results in a visually impressive side dish for a spring lunch or brunch.

1 tablespoon sherry or red wine vinegar
1 1/2 teaspoons Dijon mustard
4 tablespoons extra virgin olive oil
1 medium shallot, finely chopped
Sea salt, to taste
Freshly ground pepper, to taste
1 pound (about 1 bunch) asparagus
2 hard-boiled eggs, finely chopped or grated
2 tablespoons chopped fresh chives
2 tablespoons chopped fresh parsley

Whisk vinegar and mustard together in a small bowl. Gradually whisk in olive oil, followed by shallot. Taste and adjust seasoning with salt and pepper and set aside.

Snap tough ends off the asparagus. Bring a pot of salted water to a boil. Add asparagus and cook until just tender, about 5 minutes. Drain and plunge asparagus into a large bowl of ice water to stop the cooking. Drain asparagus thoroughly and transfer to a serving platter. Whisk the vinaigrette to recombine it and drizzle over the asparagus. Sprinkle with chopped eggs, chives and parsley. Serve at once.

NUTRITION: PER SERVING (ABOUT 4.5OZ/119G-WT.): 60 CALORIES (20 FROM FAT), 2.5G TOTAL FAT, 1G SATURATED FAT, 5G PROTEIN, 6G TOTAL CARBOHYDRATE (2G DIETARY FIBER, 2G SUGAR), 110MG CHOLESTEROL, 160MG SODIUM