

# Hands On Healthy Living

Winter 2013

Member, Associated Bodywork & Massage Professionals

## Energy Boosters

### Ways to Get You Through the Day

Rebecca Jones

No amount of coaxing, pleading, or pedal pumping could get the engine in the rental car to turn over. It was going nowhere. The travelers had filled the car with unleaded fuel, but it had a diesel engine. It had been able to run a little way on the wrong fuel, but not far. And when it finally stopped, it stopped for good.

Sometimes cars and humans aren't so different. Both need the right fuel to run at maximum efficiency. Put too much of the wrong stuff in, and a breakdown may be unavoidable.

Here are some tips to keep your body humming along like a well-tuned engine, full of energy.

so-called "energy bars" are unpalatable but good for you, while candy bars are delicious but bad. Many energy bars are filled with sugar, so read labels, and look for high fiber, high protein, and limited carbs.

Nuts are among the best choices for healthy, pick-me-up snacks, nutritionists say. Nuts such as almonds, Brazil nuts, cashews, and hazelnuts are all loaded with magnesium, a mineral whose health benefits include improving heart health, decreasing the risk of diabetes, reducing stress, improving muscle functioning, and reducing insomnia.

Another super snack food is dark

*"One kind word can warm three winter months."*

-Japanes Proverb



You know you're supposed to get your eight hours!

### Be Snack Smart

Strategic snacking can be a good way to smooth out dips in your energy level and avoid hunger cravings that can lead you to overeat when you finally do sit down to a full meal. So go ahead and snack. Just be as choosy in your snack selection as you are in meal planning.

chocolate, which is rich in heart-protecting antioxidants and can improve blood flow, which will energize flagging muscles. Even milk chocolate gets a thumbs up because it provides calcium for the bones. So enjoy it--in moderation.

Continued on page 2

Don't fall for the fiction that all

#### Office Hours and Contact

**Duluth Chiropractic Clinic**  
**218.624.2452**  
**[www.duluthchiropracticclinic.com](http://www.duluthchiropracticclinic.com)**  
**Danni Gruhlke, CMT**  
**Denise Coleman Lyng, NCMT**  
**Denise Harting, NCMT**

#### In this Issue

**Energy Boosters**  
**De-stressing the Commute**  
**Hibernating is for the Bears**

Continued from page 1

## Stay Hydrated

Just because you're not thirsty does not mean you aren't dehydrated, and even slight dehydration can leave you tired and lethargic. The answer is, of course, to drink plenty of water. If the taste of plain water doesn't excite you, consider some of the flavored varieties, keeping in mind that loads of extra sugar should be avoided.

One increasingly popular healthy hydration alternative is coconut water, which studies suggest may hydrate more quickly than plain H<sub>2</sub>O and which contains more potassium and less sodium than other energy drinks.

## Massage and More

The inherent demands of your life may lead to muscle strains, stress, and other conditions that can affect your energy levels. One of the best strategies is to get into a regular pattern of receiving massage. If you feel the need for some quick bodywork between sessions, consider self-massage possibilities.

One option is to use a foam roller, a firm foam log that comes in varying thicknesses--think of them as comfy rolling pins. You can use your own body weight to generate direct pressure as you roll over the roller, working out muscle knots.

Aromatherapy is also a great way to get a quick energy boost, as certain scents are able to fight fatigue. Queen among them is peppermint, and other lethargy busters include eucalyptus, citrus, cardamom, and even cinnamon and black pepper.

## Get Some Rest

The number one myth about sleep is that you can get by on six hours a night. The truth is that the further away you deviate from getting eight hours sleep a night--and some people get too much, not too little--the greater the risk of cardiovascular disease, depression, obesity, and a host of other maladies.

Make sleep a priority. Get on a regular schedule, stick to it, and stop allotting to sleep only whatever time is left over after everything else gets accomplished. Once you've gone to bed, though, you have to actually go to sleep, and for many people that's no easy feat.

Caffeine is often the culprit. Caffeine is a great pick-me-up first thing in the morning, but it has a six- to seven-hour "half-life," meaning that half the caffeine in that cup of coffee you consumed to ward off the 3:00 p.m. doldrums will still be lingering in your bloodstream after the 10:00 p.m. news.

Another stimulant many people don't often consider is light--particularly light from a computer or television screen. Dim light from a soft reading lamp is fine, but the bright blue light of electronic devices sears itself into our minds and fools them into thinking it's still daylight outside, which makes falling asleep seem unnatural.

Heat, whether internal or external, will also disrupt sleep. The ideal room temperature for sleeping is around 65 degrees. The cool air then wicks away heat from your body, which allows you to fall asleep. Anything you do to

increase your body's core temperature, like exercising or eating a big meal right before bedtime, makes it harder for your body to cool down to a comfortable sleeping temperature.

Naps are tricky luxuries. Taken wisely and in moderation, they'll restore mental alertness and fuel you through a long afternoon. But too long a nap or a poorly-timed nap will leave you feeling drained after you get up, and will make it harder to fall asleep come bedtime. Timing also matters. Grab a morning nap to boost your creativity and mental alertness or a late-afternoon nap to restore lost physical energy and boost your immune system--a nap around noon provides a little of both.

Rebecca Jones is a Denver-based freelance writer.



---

Snack smart and benefit from sustained energy throughout the day.

# De-stressing the Commute

## Turning Road Rage into Road Sage

The average American commuter spends an hour a day driving to and from work. During this stressful, stop-and-go time, it's likely that blood pressure increases, adrenaline begins pumping, and muscles constrict and tighten. By the time you get home, you're wiped out and grumpy, and you have less to offer to those you come home to. If this sounds familiar, recognize that you have the power to reduce commuter stress. Here are a few tips to make your commuter time contribute to -- rather than detract from -- your life.

- Employ adjustable back cushions, pillows, wedges, and lumbar supports for a more comfortable commute. For more information, check out [www.relaxtheback.com](http://www.relaxtheback.com).

- To successfully sidestep the late-afternoon slump often caused by the stress hormone cortisol, keep some healthy snacks within arms reach. Celery, string cheese, water, and nuts -- especially almonds -- are good options

for the drive home.

- Borrow books-on-tape/CD from the library. Consider purely entertaining novels to ease the intensity of your drive.

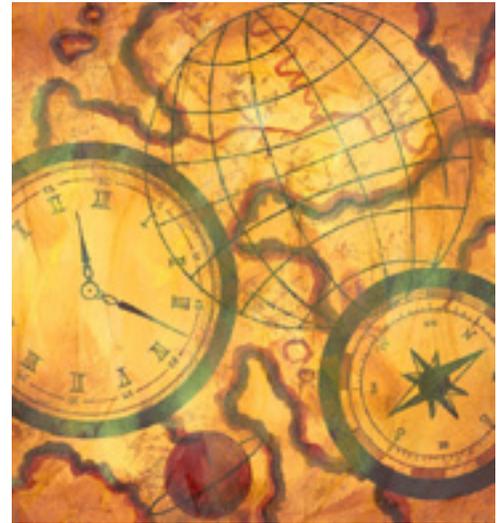
- Learn a foreign language. Libraries also loan out these types of tapes and CD, too.

- Use your commute as an opportunity for spiritual or emotional growth. When stressing about a traffic jam, remind yourself that it's completely out of your control. Remember, attitude is everything.

- Practice breathing. When stress occurs, breathing becomes shallow and constricted. Taking full, deep breaths gives the body more oxygen, helping to regulate physical and mental function. Exhaling fully releases tension and built up toxins.

For more ideas on achieving calm in a busy world, consider reading *Serenity* to

Go: *Calming Techniques for Your Hectic Life* (New Harbinger Publications, 2001) by Mina Hamilton.



**Creativity goes a long way on your commute.**

# Hibernating is for the Bears

## Plan to Stay Fit This Winter

Winter's here, and you've moved your running shoes to the back of the closet until April. Yet that piece of pumpkin pie has your name on it.

With the onset of colder weather, shorter days, and snow-covered streets, we eat more and exercise less, waiting for the spring thaw to get back in shape. Instead of having to make New Year's resolutions to lose holiday weight and join a health club, why not set goals to stay fit this winter?

### MOVE FITNESS INDOORS

Winter is the perfect time to start a weight-training program. When it's sunny and warm in summer, you'd rather be outside cycling or rock climbing. When it's snowing, why not lift weights for 30 minutes during lunch? Statistics show that more people

suffer heart attacks in winter from shoveling snow, often because they're out of shape. With regular strength training, you'll be able to shovel that snow and get a head start with outdoor sports when spring comes around.

### WALK OUTSIDE ON WEEKENDS

Going for a jog or walk during mid-day when the sun is high is a great time to get outside and catch a few rays. Be sure to dress warmly, wear sunscreen, and drink plenty of water. Dehydration is most common in colder months when you're less aware of fluid loss.

### TAKE A DANCE CLASS

Accept that invitation to the New Year's Eve celebration and take a class in ballroom dancing. While you're dancing, you're not hanging around the buffet table or the bar, and your

waistline will thank you for it.

### REDISCOVER ICE SKATING

Whether it's on a frozen pond or at a rink, ice skating provides seasonal exercise opportunities, especially good for the legs. And it's great fun, bringing out the kid in all of us.

### CONSIDER SNOWSHOEING

Snowshoeing is just a matter of strapping snowshoes onto your boots and walking. Snowshoes make hiking trails and snowy city parks accessible and can be rented from sporting goods stores at a relatively inexpensive price.

*\*\*Happy  
Holidays!\*\**

#### Winter Veggie Chili

##### Ingredients:

1-2 large sweet onions chopped  
1-2 large chopped zucchini  
1-2 large chopped butternut squash  
1-2 15oz can of corn  
6 tablespoons tomato paste  
2 28oz cans crushed tomatoes  
5-6 15oz cans your choice of beans, drained  
2 chopped jalapeno peppers, or more if you like a kick!  
1 tsp salt  
1/2 c. water  
1/2 tsp pepper  
2 tbsp chili powder

1. Combine everything in a slow cooker that is at least 6 quarts. It will be very full. Mix as evenly as you can.
2. Set on low for 6-8 hours.
3. Stir 2-3 times during the cook time.
4. Once it is finished cooking, taste it. Add a little extra salt, pepper and chili powder to taste.
5. Garnish with sour cream, cheddar cheese, and green onions.
6. Enjoy!

---

## Duluth Chiropractic Clinic Massage Therapy

5807 Grand Avenue  
Duluth, MN 55807



**Member, Associated Bodywork & Massage Professionals**