

# Our Peaceful Times

ISSUE #13: FROM PEACEFUL HEALING THERAPEUTIC MASSAGE 860-349-HEAL

## **GETTING PROPER NUTRITION**

An area of our lives we tend to neglect is our diet. Many nutrients our bodies need to facilitate good health can be easily acquired by eating the right types of food and drink.

Water is an essential substance our body needs to work properly. We lose water just by breathing and perspiring, and that liquid needs to be replaced in adequate amounts to help our bodies maintain healthy sodium levels in our bloodstream and to help our kidneys flush toxins out of our systems. Dehydration leads to decreased brain function and increased levels of toxins and other waste products stored in the body, impairing function. However, over-hydration can cause valuable nutrients to be washed out with the waste products. The recommended minimal amount of water intake is eight eight-ounce glasses a day, a half-gallon of liquid. However, the more active your lifestyle, the more fluids your body will need. Water is the best way to hydrate your body. Caffeinated liquids only contain about two-thirds water and juices up to ninety percent. Many foods also contain water, but we usually do not eat enough of them to significantly contribute to our daily water intake. If you are looking for the simplest way to give your body the liquid it needs, you need look no farther than water itself.

Vitamins and minerals can easily be found by taking a multi-vitamin or other nutritional supplement. However, getting your vitamins and minerals from food sources is the best way for your body to get the nutrients it needs. A vitamin pill is very hard and not always broken down completely by your stomach's acid, causing many of the nutrients to remain unabsorbed by your body. By consuming foods rich in the vitamins and minerals, your body will be able to take full advantage of all the nutrients this food provides. Taking a multi-vitamin to supplement your food intake is still a great idea. A liquid form instead of a tablet may provide your stomach with a substance more easily and more completely digested.

## **EGAD!! IT'S STRESS!!**

As we take on more responsibilities in our lives, we find ourselves the slaves of a nasty monster called Stress. Stress can be very sneaky. One moment, we think our lives are merely busy and the next moment we find ourselves buried beneath the pressures. However, just because stress can capture us so easily does not mean it is invincible, though it can take effort from ourselves and the people in our lives to become free again.

Taking time for yourself can help restore your sense of balance and actually provide you with the strength and energy to take on the challenges life throws at you. "Taking time for yourself" does not mean running errands all day on your own. It means finding something fun and relaxing to

which you can devote a small portion of your day. Reading, painting, receiving massage, going for a walk, meditating, or doing whatever activity (or non-activity) you choose which allows you to put aside the constant nagging of responsibility and worries which seem to threaten your daily sanity.

Working to simplify your life and reduce the causes of your stress can also help. It is very easy to look at all that is going on in your life and believe there is absolutely no end to it all. Sometimes reducing stress, though, can be as simple as asking for someone's help. While it is all well and good that you are able to do so much on your own, it would make those things that much easier to do if you had help to get them done. You are surrounded by friends, family, co-workers, and even people you haven't gotten to know yet, all of whom can help share in your responsibilities. Of course, some things you do just have to complete on your own, but also a number of other tasks can be shared with others. Explore your responsibilities, especially the ones which cause you stress, and look at the people around you. Chances are one of them has actually been waiting for you to ask for help so they can lend an extra hand to the task. Sometimes, however, an inventory of your stress-causers means having to let go of some things in your life. This can be a tough step to take, but one which might ultimately improve your quality of life.

Working to improve your outlook on life can also help to help you reduce stress. Nurturing a Type A personality can help to get things done, but ultimately takes a severe physical, mental, and emotional toll on you. Learning how to take a step back so you can get an overall view of something can help you to simultaneously take a step back from your anxieties and be able to deal with them in a much calmer manner rather than staying in the center of a whirlwind. Meditation and quiet introspection are very helpful to discovering the truth of your life which can sometimes be hidden by stress and anxiety and can give you the skills to be able to better deal with the negative influences in your life.

## **IMPORTANT REMINDERS!**

- Peaceful Healing offers **gift certificates** either singly or in packages (buy 4, get 1 free) for your holiday shopping for others or yourself!
- Many **health insurance** companies are part of a group offering discounts on massage therapy so you may not be aware of your coverage. Call our office to find out if your policy qualifies you for up to a 25% discount!
- Our year-round **donation collection** continues! Bring in three or more food or clothing items for people or animals and receive \$5 off your sessions!

*Happy Holidays! Jenn & Jamie*