

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

*Everything you
do can be done
better from a
place of
relaxation.*

-Stephen C. Paul



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.

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Don't fall for the fiction that all

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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 H₂O 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.

The Art of Bathing

Simple Recipes to Soothe Mind and Body

From bubble baths to essential oils to Dead Sea salts, prepared bath products are designed to enhance a bathing experience, but they can be expensive. Instead of spending the extra money on special bath products, try one of these natural, simple bath recipes with ingredients you probably already have in your cupboard or refrigerator.

Epsom Salts

ADD 2 CUPS EPSOM SALTS TO BATH WATER. Magnesium sulfate, or Epsom salts, has been used for centuries as a folk remedy, and research now confirms its numerous benefits. The second most abundant element in human cells and a crucial component for bone health, magnesium is also needed for muscle control, energy production, and the elimination of toxins. Magnesium eases stress, aids sleep, and improves concentration while reducing inflammation, joint pain, and muscle cramps. Sulfates help to flush toxins from the body, prevent or reduce headaches, and even improve brain function.

Most American diets are deficient in magnesium. However, one of the best ways to boost dietary intake is by bathing in Epsom salts, which are readily absorbed through the skin.

Milk

ADD 2-4 CUPS MILK OR BUTTERMILK TO BATH WATER.

Rich in calcium, protein, and vitamins, milk replenishes the skin, while lactic acid found in milk acts as a natural exfoliant. A member of the alpha hydroxy acid family, lactic acid breaks the glue-like bonds between the outer layer of dead skin cells. Soak in a milk bath for 20 minutes, then gently scrub skin with a loofah or washcloth.

Honey

ADD 1/4 CUP HONEY TO BATH WATER.

A fragrant, natural humectant, honey helps skin attract and retain moisture. Its antibacterial and anti-irritant properties make it an ideal cleansing and soothing additive to a warm bath.



Turn your home bath into a spa experience.

Hot or Cold for Injuries?

How to Know Which is Best for You

Art Riggs

We all know that treating an injury immediately after it happens can help minimize the pain and damage as well as facilitate recovery. But after rolling your ankle in a soccer game, or hurting your back when lifting your toddler, or tweaking your knee when stepping out of your car, what's best? Should you ice it to try to control inflammation, or would heat be better to promote circulation?

While it's difficult to establish a fail-safe rule for when to apply ice or heat, the general directive is to use ice for the first forty-eight to seventy-two hours after an acute injury and then switch to heat.

It Depends

The reality is that many conditions are not necessarily the result of a specific injury. I call these conditions "recurrent acute" and find them by far the most

common: sciatica that occurs when you drive a car; a back that flares up every time you garden; or tennis elbow from intense computer work. In these cases, consistent and frequent applications of ice may prove very helpful over long periods of time, particularly immediately after experiencing the event that causes problems.

Conversely, back or other muscle spasms caused by overexertion rather than injury may benefit greatly from heat immediately upon the onset of symptoms or immediately after exercise in order to relax the muscles and increase circulation. Also, muscle belly pain not resulting from acute and serious trauma generally responds well to heat, which can break the spasms and release the strain. On the other hand, nerve and tendon pain--regardless of

the duration of symptoms, even if you've been experiencing them for months--benefit from ice.

What Works for You

The bottom line: different individuals will constitutionally vary greatly in their reactions. Some people are more prone to the types of inflammation exacerbated by heat, while others find their bodies contracting and tightening at the mere mention of ice. Try each option and pay close attention to how your body and mind respond, and let your gut be your guide. Ultimately, what works best for you is, well, what's best for you.

*Those who bring
sunshine into the
lives of others,
cannot keep it
from themselves.*

-James M. Barrie

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