

Health & Healing

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*Season's Greetings
from all of us at
Brookdale Integrative Health!*

*Through our door
pass the finest people
in the world...
Our Patients! Our Friends!*

Pilates is almost here!

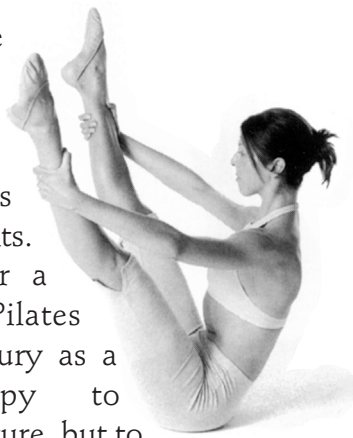
Steve Spoolman, RPT coordinates our efforts to bring a certified Pilates rehabilitation program to you in 2003...so, what is Pilates?

The Pilates (pi-lah-teez) method of body conditioning is an excellent complement to chiropractic, acupuncture, massage therapy and physical therapy. It is an effective way to recover from traumatic injury as well as expected events such as pregnancy and birth. This system of stretching and strengthening pays very close attention to correct posture and alignment, correct breathing, and joint release. Pilates focuses on strengthening deep postural muscles

along with the more superficial muscles, changing the patient's body, decreasing pain and the repetition of habits that lead to misalignments. It is very common for a patient to begin Pilates conditioning after an injury as a complementary therapy to chiropractic and acupuncture, but to continue doing it for general health and fitness long after the injury is resolved.

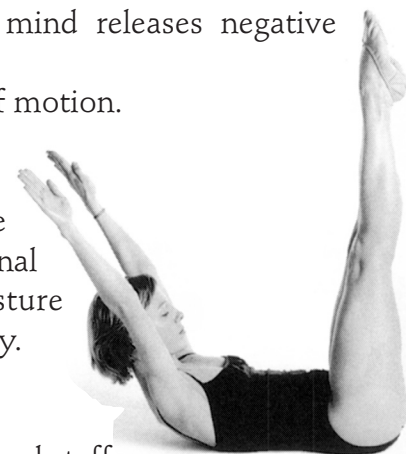
Celebs doing it...

Halle Barry
Courtney Cox
Jodie Foster
Danny Glover
Madonna
Sarah Jessica Parker
Julia Roberts
Patrick Swayze



Benefits:

- Improves flexibility and strengthening for the total body without building bulk.
- Strengthens your immune system.
- Focus is on your body-so the mind releases negative thoughts.
- Unlike yoga, you are in a state of motion.
- Alleviates pain-especially low back pain.
- Lengthens our body-generally we are so compressed into our spinal column that when the posture improves you lengthen your body.



Benefits of our program:

- Instruction provided by professional staff trained by certified Pilates instructors.
- We work with the "centre" of your body to strengthen and improve your motions in day-to-day living.
- Our approach is gentle, focused and effective re-balancing of your entire body system—Pilates at BIH is used to complement our chiropractic adjustment to achieve long lasting balance and strength in your musculo-skeletal system.
- Natural, healing environment with generous physical space with without feeling like your at "the gym".
- We work as a team to teach you a sequence of exercises using breath, body alignment, and fluidity of movement. Increase your flexibility, strength and improve your posture.

integrated mind & body therapy

Tea Time...what kind of tea is for you?

Tea's history is nearly 5,000 years old. Legend has it that it was discovered in 2737 B.C. by a Chinese emperor when some tea leaves accidentally blew into a pot of boiling water. In the 1600s tea became popular throughout Europe and the American colonies. In 1908, Thomas Sullivan of New York developed the concept of tea in a bag.

Tea can be broken down into three basic categories: black, green and oolong. **Black tea** is the most popular, being consumed by over 90% of the tea consumed in U.S. Black tea has been fully oxidized or fermented and yields a hearty-flavored, amber brew. **Green tea** is not oxidized. It has a more delicate taste and is light green-golden in color. Green tea, a staple in the Japan, is gaining popularity in the U.S. due in part to recent scientific studies linking green tea drinking with reduced cancer risk. **Oolong tea**, popular in China, is partly oxidized and is a cross between black and green tea in color and taste. While flavored teas evolve from these three basic teas, herbal teas contain no true tea leaves. Herbal and "medicinal" teas are created from the flowers, berries, peels, seeds, leaves and roots of many different plants. Tea contains caffeine which, when taken in the proper quantity, simulates every organ in the body. It has a particularly strong effect on the central nervous system, heart and liver. This reaction is even more pronounced when one is sleepy or tired.

INFO about Tea and Caffeine:

- Decaffeinated tea is not caffeine free. It still contains up to .4% by dry weight caffeine content.
- The longer the tea leaves have fermented, the greater their caffeine content.
- The shorter the brewing time, the less caffeine ends up in the cup.
- The smaller the tea leaf, the stronger the extraction of caffeine.
- The first and second leaves of the tea plant are believed to contain the largest amount of caffeine at 3.4 %.



Be Aware of Drowsy Driving & Drivers

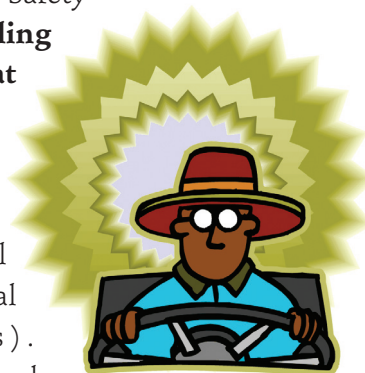
According to the National Highway Traffic and Safety Administration (NHTSA)...**every year, falling asleep while driving is responsible for at least 100,000 automobile crashes, 40,000 injuries, and 1,550 fatalities.**

These crashes happen between the hours of midnight and 6am, involve a single vehicle and a sober driver traveling alone, with the car leaving the roadway without any attempt to avoid the crash. These figures are believed to underestimate the true level of involvement of drowsiness because they do not include crashes involving daytime hours, multiple vehicles, alcohol, passengers, or evasive maneuvers.

The NHTSA suggests that the cause of drowsy driving for high risk groups (young men and shift workers) is **chronic sleep deprivation**. Surveys of these drivers indicate they are aware of their risk, but are unwilling to change their behavior and lifestyle due to their life situation (usually

due to financial and social reasons). Obviously prevention is the best way to intervene with this type of driving behavior. Reports indicate that most tactics to stay awake do not work...caffeinated beverages, driving with another awake passenger in the car and driving in 2-4 hour segments rather than "straight through" were noted as somewhat effective.

The best bet is to stay off the roads during this high incidence time period and/or get enough sleep prior to driving so that you are alert without the need for other interventions.



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Holiday Turkey Notes

You can leave your turkey out 2 hours without risk of salmonella poisoning.

Your turkey has to reach 180° Fahrenheit to kill harmful bacteria... stuffing should reach 165° Fahrenheit.

