

January 2011 Newsletter

Have A Healthy New Year

Here are some ideas for having a healthy New Year. We all tend to make resolutions that go by the wayside and are not kept for one reason or another. But you want to have a happy new year and being healthy will help you be happier.

Let's be realistic and not fanatical. We all need to take off a few pounds after the holidays but depriving yourself of the things you really like is no fun and becomes a burden and a drag. Instead, make it a point to do all things in MODERATION. Eat what you like but healthier and smaller portions. Drink what you like but in MODERATION. Move, breathe deeply, sleep, pray, laugh out loud often, love and get regular MASSAGES.

It's a good time to do a cleanse. There are many different herbal cleanses to jump-start your healthy new year. Detoxing from all the sugar, alcohol, stress and toxins your body naturally makes but doesn't naturally get rid of, helps to speed the process to better health and wellness. My Triple Leaf Chinese herbal teas are a very healthy and pleasant way to encourage detoxification and wellness. Keep your digestive system in good health with a digestive enzyme to reduce the acids that cause reflux, at bay. Spicy, acidic foods can cause disruption and inflammation in the stomach, spleen and esophagus. Drink lots of good pure water.

Massage and Energy therapy help to relax, revive and refresh your body, mind and spirit. The wonderful benefits of a good therapeutic or relaxing massage helps to move the toxins out of your muscles and bloodstream, lowers blood pressure, relieves pain, stress and muscle tension, helps you to sleep and relax. I really don't know anything that feels better than a massage. Being in a state of stress or urgency all the time is unhealthy because your Adrenal glands produce too much cortisol which gets dumped into your bloodstream causing harmful health problems such as hypertension, diabetes, and high cholesterol. This can also create an environment for cancer to manifest itself or other toxic conditions. Energy therapy works with the meridians that feed the organs and can help increase energy and move out stagnant energy which manifests itself as fatigue and other maladies that cause pain, dis-comfort and dis-ease over prolonged time. Nip it in the bud. Massage also helps put your mind in a state of relaxation so your brain sends out endorphins, which are natural pain killing substances like morphine in the brain.

Foot Reflexology is pressure applied to the bottoms of your feet in a pattern that run the meridian lines to the organs. This is a very beneficial and relaxing therapy to increase the detoxification process and help you on the way to health and wellness.

Make an appointment for a 30 or 60 minute session. Come in for a nutritional consultation. Take care of yourself, you are worth it.

I will give you \$10 off your massage and 20% off any supplements you buy (excluding teas) until January 31.

Remember: As we age our bodies produce free radicals or toxins which may cause disease. Did you ever hear the phrase: "If I had known I would live this long I would have taken better care of myself." Start getting healthy NOW before you reach 45, 50, or 60, because you may not see 70. Before you have to take medications consider taking herbal remedies to help keep your blood pressure, sugar, cholesterol and thyroid at normal levels before they go haywire and out of control!

Get a massage, tune up your energies, detox and have a healthy New Year!

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