



“THE MESSAGE”

Health & Fitness Newsletter

April/May 2007

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WHAT’S NEW WITH FIT FOR YOU?

- We welcome the additional doctors from the Physicians of Rehabilitation, Industrial & Spine Medicine practice into the Fit For You health and wellness referral network. All physicians and staff have joined and will recommend the services of Joe Green to patients they see in their offices. We thank you!
- Our fitness classes held on Mondays and Thursdays are growing so we have added two Total Body Fitness Classes per month, every other Saturday starting April 21, 2007 at 10am. Please check out our website for the schedule.
- Our website is updated frequently with recipes, articles and more so be sure to check in and see what's new. Visit us at: www.phyt4u.com

Information contained within this newsletter and any other related information is intended to help educate those afflicted by movement disorders such as Parkinson’s, etc. and their caregivers about their conditions, and to allow them to access useful information about movement disorders on the "Information Highway". It is not intended to provide treatment or replace appropriate medical care by a licensed, qualified physician. If you intend to act on any information found, this should only be done after consultation with your physician.



KNEE REPLACEMENT SURGERY – WHAT YOU NEED TO KNOW

~ Patient Best Practices Feature Article ~

Finding the right doctor is the first issue when you are considering or have decided to have knee replacement surgery. In earlier Newsletters we have discussed how to find the best doctor and the questions to ask your doctor about surgery. You can read these columns in our Patient2Patient Newsletter archives – From our Home Page, www.Patient2Patient.net, click on “E-Mail Newsletters” and browse our archive.

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In a nutshell - you want to find a surgeon who specializes in knee replacement surgery, rather than a surgeon who does many kinds of joint operations. And when choosing a surgeon, skill is more important than personality.

Many people have had successful knee replacement surgery. This makes it easy to find and talk to other patients about their doctors and their experiences. When you speak with other patients, ask them about their surgery and rehabilitation – what they did and what if any problems they encountered. When speaking to other patients, you will find that everyone has a different experience. Use what other patients have to say as a guide, but don't compare your progress or experience to theirs.

Assuming that the surgery goes well, the most important difference in how patients do after their surgery is Rehabilitation. Invariably, knee replacement patients who do early and aggressive rehabilitation do much better than those who don't.

Patients who delay or do not do consistent therapy after surgery can develop long term problems. After surgery scar tissue begins to grow in and around the knee joint. If the scar tissue is not broken up by movement – i.e. therapy, it will become permanent and will restrict movement in the joint.

When you speak to your surgeon, make sure there is a clear plan for therapy in the hospital. Most important, working with both your physician and your health plan, make sure that there is a plan for continuing therapy as soon as you leave the hospital. Ideally, your plan may allow you to go to a rehabilitation hospital. If you have the opportunity, do it. The time and effort you invest will pay off for the rest of your life.

If you do go to a Rehabilitation hospital you can't sit back and take it for granted that everything is taken care of. If your rehab hospital only offers one physical therapy session a day then you need to learn the exercises to do on your own for the rest of the day. If you return home after you are released from the hospital make sure that you have immediate therapy when you get home. Work with your therapist to be sure that you have a proper schedule of exercises to do on your own.

For effective therapy, you need to be on enough pain medication at the start of your sessions so that you can do the exercises. For the first few weeks, ice packs will be your best friends. It is difficult and painful at the beginning, but the long term result is worth it.

Again, Proper Rehabilitation and Physical Therapy make all the difference.

b a n c e
massage therapy

- therapeutic massage•
- reflexology•
- shiro-abhiyanga•
- gift certificates•

717.991.5268

betsy dorbian

CURCUMIN

Curcumin, also known as diferuloylmethane, is a photochemical found in the spice turmeric. It is a powerful anti-inflammatory antioxidant, and may help prevent the development of a variety of conditions related to oxidative and free-radical damage, including cataracts, heart disease, and cancer.

Laboratory studies have shown that curcumin inhibits the production of lipoxigenase and cyclooxygenase-2 (COX-2), two enzymes that are involved in promoting and maintaining

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inflammation in the body. By reducing the effects of these enzymes, curcumin may help relieve inflammation symptoms of arthritis sufferers. Indian researchers found that turmeric (the spice in which curcumin naturally occurs) was as effective as prescription nonsteroidal anti-inflammatory drugs (NSAIDs) when used to treat joint pain and swelling in people with arthritis, without side effects such as abdominal bleeding or stomach upset commonly associated with prolonged use of NSAIDs.

Curcumin is currently being studied for its possible use in preventing or slowing the progression Alzheimer's disease. (It has been theorized that Alzheimer's may be caused, at least in part, by inflammation in the brain.)

Curcumin helps prevent the DNA mutations that can lead to cancer. In one study, smokers that took just 1 teaspoon of turmeric each day for 30 days had lower levels of cancer-causing mutagens in their urine. Researchers at the University of Chicago found that curcumin also inhibits the growth of H. pylori, a bacteria believed to cause stomach and colon cancer.

Curcumin keeps the heart healthy by preventing a plaque build-up in the arteries, which can lead to atherosclerosis. In one study, participants taking just 500 milligrams of curcumin each day significantly reduced their cholesterol levels in as little as 10 days. Preliminary research indicates that curcumin may also help lower blood pressure and prevent blood clots.

A natural detoxifier, curcumin helps protect the liver from the damaging effects of alcohol, toxic chemicals, and even some pharmaceutical drugs. It also stimulates the production of bile, which is needed to digest fat, and kills salmonella bacteria and protozoa that can cause diarrhea. Commission E, a group of experts that evaluates the safety and efficacy of herbs for the German government, approves the use of turmeric for indigestion.

Both tumeric and curcumin supplements are also available in capsule and liquid extract form. However, curcumin supplements have been found to be more effective for treatment of arthritis. Follow dosage instructions on the packaging.

No toxic side effects have been linked to the use of curcumin, but people taking blood thinners should not use this herb medicinally, as it may increase the action of these medications.

*Research Resource: Vitaminstuff.com – curcumin/tumeric
03-2007*

PEP TALK

To conquer fear is the beginning of wisdom.

- Bertrand Russell

ARE WE GETTING THE JOB DONE WHEN IT COMES TO OUR HEALTH?

According to the US Department of Health & Human Services, for every 100 employees in this country:

- 27 have cardiovascular disease
- 24 have high blood pressure
- 50 or more have high cholesterol
- 26 are overweight by 20% or more
- 10 are heavy drinkers
- 59 don't get adequate exercise
- 44 suffer from stress

Heart Disease and Stroke

Heart disease and stroke are the principal components of cardiovascular disease. They are also the first and third leading causes of death in the US, accounting for nearly 40% of all deaths.

90% of middle aged Americans will develop high blood pressure in their lifetime.

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THE NATURAL WAY TO WELLNESS

61 million Americans (almost total population) have some form of cardiovascular disease, which is responsible for almost 6 million hospitalizations each year.

Exercise and nutrition are more important than ever before, just look at shocking and alarming statistics like these and consider the fact that these numbers are on the rise and it becomes quite clear that we have to take this issue seriously.

Our nursing homes aren't hurting for business and there's a reason for that. Health gone wrong or down hill when it could have been controlled or at least influenced otherwise is all too common. We can't just live for the moment, there's a future and you live like you expect to be a part of it. We only get one body and certain boundary lines, when crossed do not allow us to go back.

Exercise and eat well, do the best you can as often as you can. If you can get it right about 80% of the time both in healthy eating and exercise, then you've given yourself a quality of life now and in the future that's worth having.

You're worth it!

For more information please visit our website at: www.phyt4u.com and feel free to contact us via email through the site or call (717) 579-8257, and ask for Joe.

Wellness is often referred to as an alternative resource especially in the health industry and especially in many medical circles. Yet millions are seeking something more than just the traditional prescription for yet another pill to take.

In this report you will find some of the wellness alternatives that are available. Those listed are truly effective and beneficial but with that said you still have to choose the one or two that you feel are right for you.

Benefits of Wellness

- Improved mind body connection
- Relaxation and rejuvenation
- Improved health and well being

How To Pursue Wellness

- Clean out your personal closet (write it all down, and sort it out)
- Designate a space somewhere in your house or else where and convert it into your own personal sanctuary (me time, me space)
- Find fragrances that you find appealing and stimulating or relaxing (essential oils can be added to your bath water)
- Take inventory of your life's priorities and re-evaluate them, rank them and position them according to their true importance
- Habit and ritual (make and don't break it - a routine that works best for you)
- Meditate – In other words take time to have the opportunity to day dream, drift off and relax, think until you run out of thoughts and even then allow your mind to continue to wonder at its own pace without interruption. You'll be surprised at how good it feels.
- Do things that help to promote and increase energy flow and circulation, if not Tai Chi then certainly make stretching a daily practice, your body will more than thank you for it. Stretching is a phenomenal stress reliever and it works to relieve stiff, sore, tight muscles.

Joe Only Recommends the Best - To Meet Your Home Fitness Equipment & Cycling Needs...

Holmes Cycling and Fitness



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- Options to explore (Tai Chi, Qi Gong, Yoga, Meditation, Stretching, Breath work, Reiki, Exercise, Healthy Supportive Eating, Massage)

Tai-Chi – It is often promoted and practiced as a [martial arts therapy](#) for the purposes of [health](#) and [longevity](#). (Some [recent medical studies](#) support its effectiveness.) T'ai Chi Ch'uan is considered a [soft style](#) martial art, an art applied with as much deep relaxation or "softness" in the musculature as possible, to distinguish its theory and application from that of the [hard martial art styles](#) which use a degree of tension in the muscles.

Variations of T'ai Chi Ch'uan's [basic training forms](#) are well known as the slow motion routines that groups of people practice every morning in parks across China and other parts of the world. Traditional T'ai Chi training is intended to teach awareness of one's own balance and what affects it, awareness of the same in others, an appreciation of the practical value in one's ability to moderate extremes of behavior and attitude at both mental and physical levels, and how this applies to effective self-defense principles.

Researchers have found that long-term T'ai Chi practice had favorable effects on the promotion of balance control, flexibility and cardiovascular fitness and reduced the risk of falls in elders. The studies also reported reduced pain, stress and anxiety in healthy subjects. Other studies have indicated improved cardiovascular and respiratory function in healthy subjects as well as those who had undergone coronary artery bypass surgery. Patients also benefited from T'ai Chi who suffered from heart failure, high blood pressure, heart attacks, arthritis and multiple sclerosis.

T'ai Chi has also been shown to reduce the symptoms of young Attention Deficit and Hyperactivity Disorder ([ADHD](#)) sufferers. T'ai Chi's gentle, low impact movements surprisingly burn more calories than surfing and nearly as many as downhill skiing. T'ai Chi also boosts aspects of the immune system's function very significantly, and has been shown to reduce the incidence of anxiety, depression, and overall mood disturbance. (See research citations listed below.)

A pilot study has found evidence that T'ai Chi and related [qigong](#) helps reduce the severity of [diabetes](#).

Qi-Gong – Qigong (also pronounced as Chi Kung or Chi Gong) means breath work and has been used for thousands of years by people of all ages. The Power Of Qigong has helped people to improve their health, fitness, energy, mind power and more through harnessing their body's own natural healing power. You can learn how to increase your energy, health and flexibility with Qigong, Yogic Breathing and Alternate Nostril Breathing and Meditation exercises.

The Power Of Qigong For Circulation: the Qigong exercises strengthen blood circulation; strengthen the lymphatic system that protects your body from being infected by cancer cells, fungi, viruses and bacteria (to strengthen immune system); and detoxify your tissues. When you improve the

function of these systems the health of all your internal organs, immune system, and brain function are also improved.

The Power Of Qigong For Stress Relief: Stress Relief Qigong exercise forms and breathing exercises are the key to lowering high blood pressure (hypertension) by releasing tension and helping you master the stress management techniques. Evidence suggests that lowering hypertension by only 5-6 points can decrease the risk of stroke by 40%, of coronary heart disease by 15-20%, and reduce the likelihood of dementia, heart failure, and mortality from vascular disease. Release stress, improve and control your breathing, and calm and strengthen internal organs.

Yoga – Can provide poses that will improve your core strength and help flatten your abdominals. You will never get a six-pack from doing yoga, but you can tone and strengthen your core. Increased core strength will also help [relieve back pain](#) and improve your posture (nothing makes your belly look bigger than slouching).

Yogis view that the mind and the body are one, and that if it is given the right tools and taken to the right environment, it can find harmony and heal

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itself. Yoga therefore is considered therapeutic. It helps you become more aware of your body's posture, alignment and patterns of movement. It makes the body more flexible and helps you relax even in the midst of a stress stricken environment. This is one of the foremost reasons why people want to start [Practicing Yoga](#) - to feel fitter, be more energetic, be happier and peaceful.

Yoga is a science that has been practiced for thousands of years. It consists of [Ancient Theories](#), observations and principles about the mind and body connection which is now being proven by modern medicine. Substantial research has been conducted to look at the Health Benefits of Yoga - from the [Yoga Postures \(Asanas\)](#), [Yoga Breathing \(Pranayama\)](#), and [Meditation](#). The information is grouped into three categories- physiological, psychological, biochemical effects. Furthermore, scientists have quoted these results as benefits:

Physiological Benefits of Yoga

- Stable autonomic nervous system equilibrium
- Pulse rate decreases
- [Respiratory](#) rate decreases
- [Blood Pressure](#) decreases (of special significance for hypo reactors)
- Galvanic Skin Response (GSR) increases
- EEG - alpha waves increase (theta, delta, and beta waves also increase during various stages of meditation)
- EMG activity decreases
- Cardiovascular efficiency increases
- Respiratory efficiency increases
- Gastrointestinal function normalizes
- [Endocrine](#) function normalizes
- Excretory functions improve
- [Musculoskeletal](#) flexibility and joint range of motion increase
- Breath-holding time increases
- Joint range of motion increase
- Grip strength increases
- Eye-hand coordination improves
- Dexterity skills improve
- Reaction time improves
- Posture improves

- Strength and resiliency increase
- Endurance increases
- Energy level increases
- [Weight](#) normalizes
- Sleep improves
- Immunity increases
- Pain decreases
- Steadiness improves
- Depth perception improves
- Balance improves
- Integrated functioning of body parts improves

Psychological Benefits of Yoga

- Somatic and kinesthetic awareness increase
- Mood improves and subjective well-being increases
- Self-acceptance and self-actualization increase
- Social adjustment increases
- [Anxiety and Depression](#) decrease
- Hostility decreases
- Concentration improves
- Memory improves
- Attention improves
- Learning efficiency improves
- Mood improves
- Self-actualization increase
- Social skills increases
- Well-being increases
- Somatic and kinesthetic awareness increase
- Self-acceptance increase
- Attention improves
- Concentration improves
- Memory improves
- Learning efficiency improves
- Symbol coding improves
- Depth perception improves

Biochemical Benefits of Yoga

- Glucose decreases
- Sodium decreases
- Total cholesterol decreases
- Triglycerides decrease
- HDL cholesterol increases

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- LDL cholesterol decreases
- VLDL cholesterol decreases
- Cholinesterase increases
- Catecholamines decrease
- ATPase increases
- Hematocrit increases
- Hemoglobin increases
- Lymphocyte count increases
- Total white blood cell count decreases
- Thyroxin increases
- Vitamin C increases
- Total serum protein increases

Meditation – Enrichment to your soul. Though meditation is usually recognized as a largely spiritual practice, it also has many health benefits. The yoga and meditation techniques are being implemented in management of life threatening diseases; in transformation of molecular and genetic structure; in reversal of mental illnesses, in accelerated learning programs, in perceptions and communications beyond the physical, in solving problems and atomic and nuclear physics; in gaining better ecological understanding; in management of lifestyle and future world problems. Some benefits of meditation are:

- Lowers oxygen consumption
- It decreases respiratory rate.
- It increases blood flow and slows the heart rate.
- Increases exercise tolerance in heart patients.
- Leads to a deeper level of relaxation.
- Good for people with high blood pressure as it brings the B.P. to normal.
- Reduces anxiety attacks by lowering the levels of blood lactate.
- Decreases muscle tension (any pain due to tension) and headaches.
- Builds self-confidence.
- It increases serotonin production which influences mood and behavior. Low levels of serotonin are associated with depression, obesity, insomnia and headaches.
- Helps in chronic diseases like allergies, arthritis etc.
- Reduces Pre- menstrual Syndrome.
- Helps in post-operative healing.

- Enhances the immune system. Research has revealed that meditation increases activity of 'natural-killer cells', which kill bacteria and cancer cells.
- Also reduces activity of viruses and emotional distress.

Stretching – Regular stretching has many benefits and best of all the benefits reach populations of people both far and wide in variety. From the sedentary to the athlete to the exercise enthusiast and including those affected by chronic illnesses such as Parkinson, MS, stroke and more, everyone can derive incredibly significant benefits and results from stretching regularly.

It helps to:

- Reduce muscle tension
- Improve circulation
- Reduce anxiety, stress and fatigue
- Decrease muscle soreness/muscle rigidity
- Decrease risk of injury
- Improve range of motion
- Improve balance and gait

While stretching and its benefits fall shy of the spot light, I have seen it make all of the difference in the world to those who suffer from chronic illness. It's the potent medicine without a label!

Researchers show that prolonged stretching with moderate aerobic exercise and diet control will reduce cholesterol and significantly reverse hardening of the arteries (20 percent regression) in adults with proven coronary atherosclerotic disease.

If you've tried stretching before and didn't see results, hang in there. Stretching provides many wonderful benefits that make more than worth while.

Breath Work – Centuries ago, the qigong masters of China taught that the practice of breathing is the foundation of health and awareness. Benefits you can see and feel:

- Anxiety reduced

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- High stress level reduction
- Deep relaxation
- Greater ability to come from the heart
- Emotional intelligence
- Enhanced personal and professional relationships
- Reaching peak performance
- Emotional stability
- Greater self-image and self-esteem
- Increase in stability
- Self-determinism
- More joy and happiness
- Inner peace
- Compassion
- Allows insight into behaviors and feelings
- Gain relief from depression and self-defeating behavior
- Develop a greater spiritual awareness

Reiki – One of the greatest Reiki healing health benefits is *stress reduction and relaxation*, which triggers the body's natural healing abilities, and improves and maintains health. Reiki healing is a natural therapy that gently balances life energies and brings health and well being to the recipient.

This simple, non-invasive healing system works with the Higher Self of the Receiver to promote health and well being of the entire physical, emotional and psychic body. Therefore it is truly a system of attaining and promoting wholeness of Mind, Body and Spirit.

Reiki is a specific type of subtle energy work in which healing is performed by the touch of the hands, allowing the flow of the energy from a limitless source (God Force) to the patient via the Reiki practitioner. It is extremely powerful, yet gentle energy that can be easily channeled to yourself and others, just by *intention*.

Reiki healing is a pure energy form. When it is combined with the sincere Desire of the Healer, who is willing to effect a cleansing within their emotional and spiritual consciousness, a total healing can occur.

POTENTIAL HEALTH BENEFITS OF REIKI HEALING TREATMENTS

When the flow of the "Life Force Energy" is disrupted, weakened or blocked, emotional or health problems tend to occur. Imbalances can be caused from many situations occurring in our lives, such as: emotional or physical trauma, injury, negative thoughts and feelings, including fear, worry, doubt, anger, anxiety, negative self-talk, toxicity, nutritional depletion, destructive lifestyle and relationships, neglect of self and lack of love for oneself or others, from emotions that are not expressed in a healthy way...

Reiki is excellent for healing any physical, mental, emotional and spiritual issues of any kind and it gives wonderful results.

Some of the Reiki Healing Health Benefits:

- Creates deep relaxation and aids the body to release stress and tension
- It accelerates the body's self-healing abilities
- Aids better sleep
- Reduces blood pressure
- Can help with acute (injuries) and chronic problems (asthma, eczema, headaches, etc.) and aides the breaking of addictions
- Helps relieve pain
- Removes energy blockages, adjusts the energy flow of the endocrine system bringing the body into balance and harmony
- Assists the body in cleaning itself from toxins
- Reduces some of the side effects of drugs and helps the body to recover from drug therapy after surgery and chemotherapy
- Supports the immune system
- Increases vitality and postpones the aging process
- Raises the vibrational frequency of the body
- Helps spiritual growth and emotional clearing

When we are relaxed, stress-free, we are able to restore our natural ability to heal.

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Long term practice of whole-body reiki will restore the general condition of the body. It will open the energy channels and this will allow the body to deal properly and naturally with stress and build-up toxins and cope with anxiety and depression.

When a person is in good health, regular therapy will increase the body's built-in defenses. This will manifest itself as confidence and outward harmony in dealing with everyday events. The person will gain a positive outlook on life.

Reiki will also provide additional energy required to recover from illness.

A Reiki healing session can induce an extremely comfortable state of being that can bring alteration in the person's consciousness.

If used with other natural therapies (meditation, crystals, aroma therapy, etc.) Reiki will reinforce their effect.

It can be used also as complementary therapy, because Reiki is truly a complementary care. It complements and enhances the health care the patient receives in the hospital or from other health care providers.

Reiki healing complements Eastern and Western medicine and everybody can benefit from it. It is beneficial to the health of woman (even pregnant), man, children and it is also excellent to be used on animals (dogs, cats, horses), plants, water, etc.

Reiki healing energy is a tool for use at any moment, any time, any where for on-the-spot stress release, pain relief and quick energy.

Massage – An increasing number of research studies show massage reduces heart rate, lowers blood pressure, increases blood circulation and lymph flow, relaxes muscles, improves range of motion, and increases endorphins (enhancing medical treatment). Although therapeutic massage does not increase muscle strength, it can stimulate weak, inactive muscles and, thus, partially compensate for the lack of exercise and inactivity resulting from illness or injury. It also can hasten and lead to a more complete recovery

Physical Benefits of Therapeutic Massage are:

- Helps relieve stress and aids relaxation
- Helps relieve muscle tension & stiffness
- Fosters faster healing of strained muscles and sprained ligaments; reduces pain and swelling; reduces formation of excessive scar tissue
- Reduces muscle spasms
- Enhances athletic performance; Treats injuries caused during sport or work
- Promotes deeper and easier breathing
- Improves circulation of blood and movement of lymph fluids
- Reduces blood pressure
- Enhances the health and nourishment of skin
- Improves posture
- Strengthens the immune system
- Treats musculoskeletal problems
- Helps relieve mental stress
- Fosters a feeling of well-being
- Reduces levels of anxiety

Exercise – There are many benefits and as far as I am concerned some the biggest benefits are whatever motivates you to get up and move. Regular exercise is key, you have to do it 3-4 days per week. It's a lifestyle and a commitment to preserving your health to the very best extent that you possibly can.

Some noteworthy benefits of exercise:

- Reduce the risk of premature death
- Reduce the risk of developing and/or dying from heart disease
- Reduce high blood pressure or the risk of developing high blood pressure
- Reduce high cholesterol or the risk of developing high cholesterol
- Reduce the risk of developing colon cancer and breast cancer
- Reduce the risk of developing diabetes
- Reduce or maintain body weight or body fat
- Build and maintain healthy muscles, bones, and joints
- Reduce depression and anxiety

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- Improve psychological well-being
- Enhanced work, recreation, and sport performance

Exercise might just be the best investment you ever made and the best insurance policy available because without your health you are extremely limited.

Benefits of Aerobic Exercise:

- Increased maximal oxygen consumption (VO₂max)
- Improvement in cardiovascular/cardio respiratory function (heart and lungs)
- Increased maximal cardiac output (amount of blood pumped every minute)
- Increased maximal stroke volume (amount of blood pumped with each beat)
- Increased blood volume and ability to carry oxygen
- Reduced workload on the heart (myocardial oxygen consumption) for any given sub maximal exercise intensity
- Increased blood supply to muscles and ability to use oxygen
- Lower heart rate and blood pressure at any level of sub maximal exercise
- Increased threshold for lactic acid accumulation
- Lower resting systolic and diastolic blood pressure in people with high blood pressure
- Increased HDL Cholesterol (the good cholesterol)
- Decreased blood triglycerides
- Reduced body fat and improved weight control
- Improved glucose tolerance and reduced insulin resistance

Benefits of Strength Training:

- Increased muscular strength
- Increased strength of tendons and ligaments
- Potentially improves flexibility (range of motion of joints)
- Reduced body fat and increased lean body mass (muscle mass)

- Potentially decreases resting systolic and diastolic blood pressure
- Positive changes in blood cholesterol
- Improved glucose tolerance and insulin sensitivity
- Improved strength, balance, and functional ability in older adults

Healthy Supportive Eating – The benefits of eating healthy are plenty. Dieting is failing us and the only real solution is what I call healthy supportive eating combined with my 80/20 philosophy. You will hear more about this and the details of how it works during my seminar presentation.

Healthy Supportive Eating Benefits (...and there are even more benefits than this!)

- Lower total cholesterol
- Higher HDL cholesterol
- Lower LDL cholesterol
- Higher energy levels
- Improved sleep
- Better concentration
- More stamina
- Of course, loss of body fat (if needed)
- Improved appearance
- Longer lifespan
- Decreased occurrence of illness
- Shorter duration of illness when it does take place
- Softer skin
- Better hair
- Stronger heart
- Improved digestion
- No lethargy after meals
- Delayed menopause
- Less acne
- Regular bowel movements
- Decreased risk of heart disease
- Decreased risk of cancer
- Fewer visits to doctors
- Better self image
- Improved attitude towards others
- Less severe PMS
- Increased ability to fight infections

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- Decreased risk and occurrence of prostate trouble
- Enhanced athletic performance
- Better performance in the workplace
- Improved memory

For more information feel free to contact us by email through our website or by phone at (717) 579-8257.

RECIPE OF THE MONTH

TEMPEH SLOPPY JOES

1tbsp olive oil
 1 onion chopped
 1 green pepper chopped
 8 oz tempeh, chopped
 8 oz canned tomato sauce
 1 tbsp chili powder
 1 tbsp dry mustard
 1 tsp cumin
 Dash of salt
 1 tomato, chopped
 2 large whole-grain pitas, cut in half
 ¾ cup shredded low-fat cheddar cheese

Heat olive oil in a large frying pan over medium heat. Sauté onion and green pepper 2-3 minutes. Add tempeh, reduce heat and cook approximately 15 minutes, stirring often. When tempeh is browned, add tomato sauce, chili powder, dry mustard, cumin and salt, mixing well to combine. Cook 10 minutes more. Stir in chopped tomato just before serving. Serve in pita halves topped with cheese.

Makes two servings: (Per Serving) 565 calories, 39g Protein, 59g Carbs, 24.5g Fat

Tempeh has a substantial amount of calcium, magnesium and potassium and it contains beneficial bacteria just as yogurt does. Tempeh can be found in the freezer section at most health food stores or online at www.tofurky.com and if it's your first time trying tempeh buy milder-tasting versions fermented with rice and other grains. Tempeh absorbs surrounding flavors well, so crumble it into chilis, stir-frys and pasta sauces or pair it with a spicy Szechuan marinade or hearty barbecue sauce and grill it like a burger.