



“THE MESSAGE”

Health & Fitness Newsletter

November/December 2005

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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.

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WHAT'S NEW WITH FIT FOR YOU?

➤ HEALTH IS THE GREATEST GIFT OF ALL!

..... Holiday Gift Packages are available now through January 31st or until all spaces are filled to capacity.

Package 1: 2006 NEW YEAR - NEW YOU FITNESS FOCUS PROGRAM

- ❖ 21 Sessions to use as you choose for your own personal fitness success!!
- ❖ You decide how many sessions you need to use as consults and how many for personal visits with Joe... You make the call and Joe will do the rest!!
- ❖ **FREE** Personalized Nutritional Calendar and Workout Calendar
- ❖ Unbeatable – Just \$25 Per Session with this program only!

For more details simply call Joe at 579-8257 or send an email to him at fitforyou1@netzero.net

- Joe is expanding at his new location where his personal office/studio is located (3301 Schoolhouse Lane, Harrisburg, PA in the same building as Schappell Chiropractic). Now Joe will have Commercial Grade Equipment available for exercise purposes.
- FIT FOR YOU SERVICES NOW INCLUDE
 - ❖ Clinical Exercise (Parkinson's, Stroke, Fibromyalgia and More!)
 - ❖ Medically Supervised Exercise Programs
 - ❖ Fitness for Everyone (Seniors, Men, Women, Athletes)
 - ❖ Personalized Weight Management Programs
 - ❖ Wellness Programs (Yoga, Qi Gong, Reiki, Meditation and More!)
 - ❖ Massage & Energy Work
 - ❖ Sport & Position Specific Training!

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WHAT'S NEW WITH FIT FOR YOU CONTINUED...

➤ **AFFORDABLE FITNESS FROM THE BEST!**

Join Joe's PTMC (Personal Training Membership Club) and enjoy the benefits of learning and working with the best, with more benefits than ever before:

- Cheaper than just about all of the other gyms - NO Extra Cost for the personal training most people need and/or want
- It's all here (30 min workouts, circuit training, Pilates Ab Training and More!...)
- Classes offered are available in a private studio atmosphere
- More than a member, your questions, needs and goals are the reason we are here!
- Commercial grade equipment, professional guidance
- To Learn More Simply Contact Joe at (717) 579-8257 or send an email to Joe at: fitforyou1@netzero.net
- Soon information will about this new affordable fitness will appear on the Fit For You website at: www.phyt4u.com
- Hurry and get in now before we reach maximum membership capacity!



EAT N' RUN

ROAST BEEF & MANGO WRAP

Recipe by Creavalle

- 1 mango peeled and chopped
- 2 tbsp finely chopped red onion
- 2 tbsp chopped cilantro
- 1 tbsp fresh limejuice
- Salt and ground black pepper, to taste
- 2 large flour tortillas
- 8 oz cooked deli roast beef sliced

Place first four ingredients in a bowl and toss gently, season with salt and pepper. Stack tortillas on a plate and top with roast beef. Top with salsa mixture and wrap it up.

TUNA & KIDNEY BEAN SALAD

Recipe by Creavalle

- 1 can white tuna in water, drained
- 1/4 cup prepared salsa
- 3/4 cup canned kidney beans, drained (mixed beans can be substituted)
- Salt and ground black pepper to taste
- 1 cup chopped romaine lettuce leaves

In a bowl combine tuna, salsa and beans and toss gently. Add salt and pepper to taste. Place lettuce leaves on a plate and spoon tuna and bean mixture on top.

COUSCOUS & PINEAPPLE

Recipe by Joe Green

- 1 box of plain original couscous
- 1 plastic jar of Dole fresh pineapple chunks

Boil 2 cups of water as directed on side panel of box, remove from burner and stir in box of couscous. Cover and let stand for 5 minutes or so. Fluff with fork and put on plate or in container to go and pour pineapple juice over couscous and spoon in and mix pineapple chunks and serve (hot or cold). Can substitute other fruit or add more than one fruit... good for breakfast, lunch or snack.

LEARN THE TRUTH ABOUT FAT

Fats and oils are not the major sources of dietary fat, that's just not true. Fats like butter and margarine are not the major sources of fat in most people's diets. The average American consumes 76 grams of fat daily and 30% comes from meat, fish and poultry. About 28% comes from grains and grain-based foods and 13% from dairy products. Only 10% of the average American's total daily intake of fat is from fats and oils.

Eating fat makes you fat right? It sure doesn't help but in reality what packs on the fat is taking in too many calories. So it stands to reason that since fat contains twice the amount of calories as does protein or carbohydrates, it's easier consume more calories from fat than from either protein or carbohydrates. Some studies show that obesity has shot up from a little over 14% to 31% over approximately a 30 year time period.

All fats are the same aren't they? No that's false. There are good and bad fats. Mono and polyunsaturated fats can help ward off diseases and promote athletic performance. It is the saturated fats and trans fatty acids that are hard on the arteries and put the spare tire around the waist. Mono and polyunsaturated fats lower total blood cholesterol and triglycerides and raise healthy, HDL cholesterol levels in the blood, thereby reducing your risk for cardiovascular disease. They also improve insulin sensitivity and blood pressure reducing the risk of diabetes and hypertension. Excess saturated and trans fats in your diet promote heart disease, diabetes, certain cancers and obesity.

So to recap let's look at the Fats and their sources...

Monounsaturated Fats

Source: Olive, Canola and Peanut oils, nuts and avocados

Polyunsaturated Fats

Source: Corn, Safflower, Sesame, Soybean and Sunflower Oils

Margarines, salad dressings and mayonnaise made with these oils

Nuts and seeds, cold-water fish (herring, mackerel, salmon, sardines, tuna,

Flaxseed, canola oil and walnuts.)

Saturated Fats

Source: Meat, poultry, butter cheese, cream, whole milk, coconut, palm,
Palm kernel oils, processed foods such as chips, cookies and baked goods

Trans Fats

Source: Margarine, shortening, packaged baked goods such as cookies, pastries
Crackers, candy, snack foods, fried food and fast food.



HOW TO MAKE THE NEW YOU LAST A LIFETIME!

Here it comes again; another new year and January will be the start of a fresh set of resolutions. Usually included in that are some lofty goals towards becoming healthier. Looking and feeling better are normally parallel with goals like losing weight, toning up, increasing energy and getting back to a time in life when you flat out just felt a whole heck of a lot better.

Before rushing out as so many do, reconsider before buying that TV advertised piece of equipment or before you start going to the gym every single day. Everyone starts out with good intentions only to fall into the pitfall of losing their way. I have **FIVE TIPS** towards making this time around the path towards health and fitness that lasts a lifetime.

ONE – ESTABLISH A STARTING POINT. You need to know exactly where you're at before you ever get started. In order to do so you should have a physical examination from your doctor and then a health analysis and screening from a health expert. Find out:

- Your current body weight
- Your current body fat percentage
- Your body part measurements
- Your resting heart rate

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- Your cardiovascular capacity
- Your exercise capacity

The second part of this analysis should yield the following information:

- Your personal medical profile
- Your exercise history/experience
- Your injury/surgical history if applicable
- Your dietary history
- Your blood pressure
- Your family physicians information

This information establishes who you are right now and a true starting point. The objective is to start out safely and in the right direction. It's no different than planning a trip or a vacation. You have to organize before you leave to have the best time possible. Let's face it, how often have you heard people talk about gyms and trainers and exercise gimmicks and pills they've tried only to wind up right back where they started or worse... take yourself out of that category once and for all.

TWO – SET REALISTIC GOALS. This is not always easy because often we're not sure what a realistic goal would be for ourselves. If you are unsure seek out a fitness expert who can sit down with and help. **WARNING! If the expert you choose does not cover the information in step one that I just discussed and I mean all of it, then keep shopping around.** You need all the confusion cleared up, a fresh and accurate start and you want your moneys worth and the "better than ever feeling" of improved health.

The key to setting realistic goals is actually quite simple. Make sure that your goals meet the following items on the checklist I've provided below:

1. **I am comfortable with my starting point** – In other words this is something I can do.
2. **I am adequately challenged** – It feels like I am working well within reason and I can feel that I am exerting a little more energy and strength than I have in the past six months.
3. **I like where I am and feel motivated** – When it's time to increase the level of intensity of what I am doing I feel I will be ready to meet that goal head on and achieve it.

4. **Success is Eminent** – If asked, could you see yourself doing this task, this level of exercise six months from now, the answer should be a very confident "yes."
5. **I am mentally ready – This Is The Right Fit For Me** – Your program should work for you, the days you workout, the time, the place, the trainer if you choose one, the music all of it should fit and make you feel like it's a part of your life's routine now.
6. **My goals are realistic** – It is safe for me to lose the amount of weight I want in the time frame desired, my overall results will take time and the approach to attaining my goals is not a hazard to my health in any way.

The objective is to only go up from here, always striving towards improvement. If you start out like gang busters only to have to scale back later or even worse, stop for a while due to injury or something like that than you have defeated yourself, your purpose and your goals. You're at ground zero with the need to start all over and it's even harder to start over than it is to get started in the first place.

THREE – AVOID DIETING AND EAT HEALTHY. Diets fail people, people do not fail diets. Think about it. Why are members of some of the most popular weight loss centers returning to lose the same weight they lost before or in a lot of the cases even more weight? **WARNING! – If you are eating according to a plan that is "just for now" and not for life then that plan will fail you. If it really worked you wouldn't have to stop or take a break and most of all the results would truly last.**

You know you're diet is failing you if:

- You are constantly hungry
- You are irritable and/or low on energy regularly
- You are suffering from insomnia
- You are suffering from headaches
- You stop following the intent of the diet and you gain weight back quickly
- You are too tired to exercise
- You are having trouble focusing
- You feel guilty and believe you have to "make up" for what you ate by not eating or exercising vigorously

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- You have a list of things you are never supposed to have again
- You've lost weight but your body fat percentage remains "sky high" putting you at risk for high blood pressure, stroke or even worse a heart attack

My philosophy is based on what I call the Healthy Supportive Eating 80/20 Rule. Simply put, I guide my clients towards successful weight loss and reducing their body fat by eating as healthy as possible 80% of the time. The other 20% is reserved for holidays, anniversaries, birthdays and occasional cravings. This is more realistic, it's true to the rhythm of our lives and it's healthy.

You know you're on a Healthy Supportive Eating plan if:

- You are able to indulge the occasional craving and realize it's okay
- You don't have a list of things you can "never" eat again
- You are losing pounds, inches and most importantly body fat
- You are eating more than ever and still losing inches, pounds and body fat
- You feel energized and your level of energy is sustained throughout the day
- You eat the same special meals you always did during the holidays
- You feel free to eat without having to "pay for it"
- You're feeling stronger without feeling hungry or starved

FOUR – EXERCISE SMART. Far too often many are exercising their rear ends off and wondering where it all leads to or if they'll have to workout like this for the rest of their lives.

First, let's make sure we're on the same page with our definition of exercise. Exercise – Is truly any repetitive movement over a sustained period. With that said that means that washing windows, washing the car, house cleaning, gardening, lifting weights, skating, bicycling and more are all exercise. You see, it's our minds that discriminate and tell us what our perception of exercise should be. Our bodies are far less complex in their interpretation of exercise. When you're moving and doing it repetitively for a

sustained period of time, then that is exercise. The key is how many calories are you burning with the activity of exercise that you are doing and so we then can prioritize the exercises we choose according to what is best for us.

Exercising smart means:

- Learning how to pick the right exercises
- Learning how to perform your exercises safely and effectively
- Knowing when and how often to exercise
- Knowing how to avoid costly injuries
- Understanding how to get stronger and more fit
- You know how to evaluate and accurately measure your most important goals and end results (**If you can do this, you'll never be bored and you won't plateau!**)
- Balancing your exercise program with fun activities, daily chores, weight resistance training and cardiovascular training (all without killing yourself or consuming all of your time)

EXERCISE MYTH: If you are gaining weight while following a regular exercise and cardiovascular program then you bulked up from working out with weights. FALSE! Most often people feed their hungry tone muscles the wrong food and the wrong amount during this critical time. Stronger, leaner, toner muscles will call for more energy because they burn more calories (or energy) so eating the right foods makes all of the difference in the world.

FIVE – ONE WAY & THAT'S THE RIGHT WAY – You will be tempted to say the least by infomercials, ads in the paper, commercials on the radio and more. Promises and catchy headlines about how you can get in shape and do it fast.

If there were a fast and easy way then obesity would not be the epidemic it has become. Seeking the magic bullet can be dangerous, even fatal. For those looking for some sort of supplement in the form of a pill, powder or liquid I say beware. Some of these products can harm you and yet others are just a flat out waste of money. If it is supplements you're looking for beware:

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- Of statements like “**Studies show**” – often the actual details of the study aren’t even cited much less the important information that you really need to know.
- Of statements like “**All natural**” – a regularly abused term and if you look at the ingredients half of them you can’t even spell let alone pronounce to determine their safety.
- Read the label – majority of supplements will state in small fine print that the FDA has not evaluated the statements made on the product label “**In other words play at your own risk!**”
- Of the synergistic potential – some supplements can have an adverse affect with some prescription medications you might be taking so rather than trust the label or the store employee always check with your doctor first.
- If it sounds too good to be true “it is” – weight melting away while you sleep, dropping a lot of weight in really short periods of time, things like this are nothing more than a scam and an attempt to get into your pocket book.

Do it the right way. Eat healthy and if you’re not sure how to do that then see an expert. Exercise daily, three to four days per week including cardio and if you need guidance and a specific program that is right for you, see an expert. You’re worth the time, trouble and the research to do it right. Your health is worth every dime you spend on making the new you last a lifetime.



THE BALANCED BODY Is Reiki Right For You?

By Jane Crowley

Reiki is an oral healing tradition passed from Reiki Master to Reiki student. Reiki is non-invasive. No manipulation or pressure is used during a treatment. It is useful for treating a wide variety of chronic and acute conditions. These conditions can range from lupus, fibromyalgia, and chronic fatigue syndrome to colds, ear problems, sprains as well as pre-surgery and post-surgery. Reiki lowers stress, relieves tension, reduces pain, and raises energy levels. It can be done with a practitioner or as a self-help treatment you can learn to do yourself by taking a class.

Reiki is now taught in several nursing schools across the country. Clinical trials with Reiki are being done in several major hospitals including the Cleveland Clinic. The Center for Integrative Medicine at George Washington University Hospital is doing a six-month pilot program using Reiki.

How do you find a Reiki practitioner or take a class? First, you need to know there are many forms of Reiki. The original form still practiced in Japan today and the one that I teach is the Usui system of Reiki. In the Harrisburg area, there are at least four other forms of Reiki being practiced at the present time. Health food stores, phone books (with listings under “holistic practitioners” or “massage therapists”), the Central Pennsylvania Holistic Networker Magazine and word of mouth can provide a starting point for your search.

A client new to Reiki who has a chronic condition should schedule a minimum of three sessions close together. This is because your body needs to adjust to the energy burst it will receive. One treatment may only provide a minimum amount of relief, say 48 hours. After three treatments your body will get used to the idea of energy flowing in the affected area and will feel more relaxed. This will result in the positive effects of the treatment lasting a lot longer.

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This is why many clients become students. They want to balance their bodies on a daily basis and self care is the best way to do this.

When you inquire about a Reiki class, ask the following: What form of Reiki is being taught? How many class sessions are there? How many levels of Reiki are there? (This will depend on the form of Reiki being taught.) In Usui Reiki, there are two levels. Level I is for self healing on a physical level. Reiki II adds emotional and long distance healing. The Reiki Master level is for those who want to teach Reiki to others.

Make sure you feel comfortable with the Reiki Master you have chosen. There is a Reiki Master for every Reiki student. You will be drawn to the one who is right for you. My specialty is customized small classes with personalized attention taught over a four week period. Others teach Reiki in one afternoon or over a weekend. Most teachers provide a book, hands-on learning, and a certificate upon completion. Each class is unique because Reiki Masters are a combination of the oral tradition that was passed on to them, their life experiences, and the experience of the group.

What is important to remember is that you are having Reiki treatments or taking a Reiki class to fulfill your needs. After completing a class you will be able to balance yourself energetically every day. You will be rewarded with a less stressful, more peaceful, less painful body which will help you enjoy your days and nights as you begin a better life than you had before.

Jane Crowley has a few openings for a January, 2006 Reiki I class. Call her office at 717-652-6099 if you would like to learn more or to schedule a Reiki treatment. If you have questions, comments, or would like to suggest a topic for a future column, contact Joe Green and he will pass them along to me.

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HOW TO KEEP YOUR SKIN HEALTHY

Robin Green – Licensed Esthetician/Educator
Leber & Wolf Plastic Surgery

Hello my name is Robin Green and my husband Joe has given me the opportunity to write about skin health.

Many believe that good skin is a matter of beauty however it is a matter of beauty and health because beautiful skin is healthy skin. The number one product on the market is a daily sun block. In fact we need to use sun block every single day all year round. Every day we are exposed to the sun so long as we are outside.

More than 80% of wrinkles and facial aging is caused by exposure to the suns damaging UV rays otherwise known as photo aging. This is where the daily use of sun block is important especially in the prevention of skin cancers. Many think about when the sun is out and it is hot but we need it on rainy days as well. A sun block of SPF 15 or above should be used daily and when going outdoors and SPF of 30 or higher is best. When shopping for sun block the most important ingredients are; Zinc oxide, Titanium dioxide and Parcel 1789, all of which provide the broad-spectrum protection.

The best sun block is a broad-spectrum sun block that protects you from UVA and UVB rays. UVB rays cause sunburn while UVA rays are believed to penetrate the dermis damaging collagen and elastin, which results in premature skin aging.

Treatment options for sun damage (photo damage) can be obtain through office procedures such as mild chemical peels, microdermabrasion, intensive facial treatments, and intense pulse light laser treatments. These treatments are non-invasive and are the most popular by far. To find out which treatment is best for you it is important to have a thorough skin analysis done from a licensed professional who will then be able to recommend a treatment program that is right for you. Often an at home comprehensive skin care program is discussed as well.

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Robin is a licensed esthetician/educator and has been in business of making people feel better about their skin for over 20 years. Her philosophy is that every skin has its own personality and needs an individualized plan of care and action to achieve the best results. Questions for Robin may be sent directly to fitforyou1@netzero.net

NEXT ISSUE... "FIND OUT HOW TO REVERSE SOME THE SIGNS OF AGING!"

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

Holmes Cycling and Fitness



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RESEARCH & REPORT CORNER

GOOD NIGHT?

Do you have trouble falling asleep at night? Once asleep do you find yourself waking up frequently because of tremor or dystonia? Do you have vivid dreams that jolt you awake or cause you to jerk or kick your significant other or hallucinations that frighten you? If you have Parkinson's disease (PD) and you answered yes to any of these questions, you're not alone. In the book Sleep Medicine, doctors

report that nearly 67 percent of PD patients have difficulty falling asleep and 88 percent have difficulty maintaining sleep. And, according to the National Parkinson Foundation, sleep disturbances increase as the disease advances.

"The majority of PD patients have some sleep-related symptoms," says Dr. David Claman, Director of the Sleep Disorders Center at the University of California at San Francisco (UCSF). "Part of it is due to their Parkinson's, but age is another factor that needs to be considered. Parkinson's tends to affect older individuals and as we age, our bodies need less sleep."

Typical PD Sleep Issues

And tips for treating them

According to information from Dr. Claman, Dr. Abraham Lieberman of the National Parkinson Foundation and Dr. Cynthia Comella of Rush Medical College, the most common causes of sleep disturbances facing people with Parkinson's (PWP) are:

Resting tremor

Sleep is disrupted because of the bothersome nature of tremors. People with Parkinson's whose tremors are especially disturbing to them may be unable to relax, which prevents them from falling asleep. These tremors may waken them during the night and then prevent them from returning to sleep. If this is the case, increasing levodopa dosage during the night might be an option.

Dyskinesias

If you experience dyskinesias (caused by levodopa) at bedtime, you may want to ask your doctor to try reducing your evening dosage of levodopa.

Difficulty Turning Over

This symptom typically indicates the "wearing off" of your Parkinson medication. You may want to try using silk sheets and pajamas, which may enhance movement in bed. If that doesn't work, your doctor may be able to adjust your medications.

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Restless Leg Syndrome (RLS)

RLS is a common problem within the general public, with an even higher incidence among people with PD. Dr. Lieberman says that the patient will often describe an uncomfortable or painful sensation in the legs with interrupts sleep, and which can only be alleviated by stretching or moving the legs. In addition to antiparkinson medications, clonazepam or narcotic pain medications at bedtime may be helpful.

Periodic limb movements

Dr. Claman says that up to one third of people with Parkinson's are predisposed to periodic limb movements. These movements generally involve leg kicking during sleep. Dopamine agents may relieve periodic limb movements.

Dystonias

People with Parkinson's often experience painful muscle cramps called dystonias, which can interfere with sleep. Typically, a patient's calf muscles and feet cramp and "draw up," causing extreme pain and the inability to fall asleep and stay asleep. Dystonias almost always indicate that the benefits of levodopa are wearing off. Increasing nighttime doses of this medication may be an option.

Nightmares and Vivid Dreams

Levodopa (Sinemet®) may cause people with Parkinson's to have nightmares and vivid dreams that primarily affect their partner's sleep. The dreams can be very noisy and physical. Patients may wake feeling rested but their spouse or significant other bruised and exhausted. You may want to ask your doctor to try to decrease your levodopa at bedtime.

Rapid Eye Movement (REM) sleep behavior disorder

The cause of REM sleep behavior disorder is not known. While it is not common among the general public, this disorder seems to occur with greater frequency in people with Parkinson's. Typical symptoms are muscle jerks, flinging movements of arms and legs and yelling or calling out during sleep. Aggressive or violent behavior, frequent falls from bed and sleepwalking can be signs of REM sleep disorder. The diagnosis of this disorder can be

confirmed in a sleep laboratory where a patient's sleep pattern is monitored overnight. Clonazepam is typically prescribed to help patients achieve symptom-free sleep.

Hallucinations

PWP often experience hallucinations as a side effect of their medications. These hallucinations can be very frightening, with visions of people breaking into your home or bizarre animals lurking under the couch. PD-related hallucinations can be treated with "atypical" antipsychotic medications, clozapine and quetiapine, which won't worsen PD symptoms.

Other causes of poor sleep for people with Parkinson's may include sleep apnea and depression. Sleep apnea refers to an interruption in breathing during the night and needs to be evaluated by a sleep specialist. And, it's thought that nearly 40 percent of people with Parkinson's suffer from depression, a common cause of insomnia. If you show signs of depression, talk to your doctor. There are several medications available to help relieve the symptoms of depression.

Dangerous Consequences

Sleep disturbances can have many effects on the human body. Daytime drowsiness and sudden onset of sleep caused by dopaminergic medications are two of the most troublesome effects of sleep disturbances for PD patients. Carole C., who has lived with PD for many years, says that her sleep issues became so severe that she had to quit working and driving.

"I was a teacher and had such trouble staying awake during the day that I had to nap on my lunch hours. It was so frustrating to be so tired all day that I could barely keep my eyes open, but then be unable to sleep once night came."

Daytime drowsiness caused by a combination of antiparkinson medication and insomnia almost cost Carole her life. "One day, I had to drive to my neurologist's office two hours away, and I fell asleep driving on the way home. I was on a major freeway and was very fortunate that there was no one right behind me when I spun out and hit the median. I banged my car up a bit, but I was okay. I knew that it

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was time to give up both working and driving, which I had been trying so hard to avoid."

In addition to the dangerous consequences sleep disturbances present, there are also the issues they cause with loved ones. You may find that you dose off in the middle of a conversation with your husband or wife. That can be extremely frustrating for them - and for you.

"It's a quality of life issue," Dr. Claman notes, "One that deserves treatment."

When to Seek Help

If you're having trouble sleeping, talk to your neurologist or movement disorders specialist immediately, says Dr. Claman. He or she can

determine whether your PD is being treated appropriately at nighttime. If not, your doctor can adjust your medications to better manage your symptoms during the evening. If after these and the natural methods listed in the sidebar Getting a Good Night's Sleep have been tried you still are unable to get a good night's sleep, it's time to visit a sleep disorders specialist. Ask your neurologist for a referral.

So while you may have grown tired of chasing sleep, that elusive dream, don't give up just yet. Explore these and other options and maybe you'll be able to read the morning paper without drifting off or stay awake for your favorite evening television program. As many PWP have discovered, little things can make a big difference.

