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Newsletter for optimal health & well-being!

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## Easy ways to **de-stress**

If you're over-powered, over-extended, over-worked or just overcome by the complexity of life today, try some of these practical and thought-provoking ways to simplify your life and create more balance, more harmony and less clutter.

### **If you don't like the holidays, bow out.**

Major holidays are among some of the most stressful times of year. Just think about how many times you've secretly wished you were off on a remote tropical island somewhere instead of at the annual family Christmas, Easter or Thanksgiving. Certainly, many people do enjoy them and that's great, but if you dread the thought of them, perhaps it's time to put yourself first, bow out and give yourself (and your stress level) a much-needed break.

### **Cancel your call-waiting.**

Call-waiting can be one of those technological conveniences that are more irritating at times than anything else. Juggling two callers at once is no way to simplify your life and de-stress. Next time you're on the phone and expecting an important call, just say "Excuse me, can I call you later? I'm expecting an important call."

### **Cut your grocery shopping trip in half.**

Before you go shopping, make out your list and then rewrite it by arranging the items in the order they appear in the aisles of your grocery store.

### **Stop trying to change people.**

Inevitably, people do what they want to do, and there is often a fine line between being supportive and getting in the way.

We can't change other people... they change when they're good and ready to do so. Try listening instead.

### **Have a fresh fruit or juice fast once a week.**

Pick the least demanding day of your week when you'll just be at home.

Use a blender to make fresh fruit frappé, pretend it's a spa day and just relax. It could be a personal ritual you have for yourself!

For more de-stress tips, pick up a copy of Elaine St. James' book, "Simplify Your Life".



## 10 tips for a healthy back

- Exercise regularly and follow a healthy diet.
- Maintain good posture.
- Stretch your spine before and after playing sports.
- Don't overload your backpack, shoulder bag or purse.
- Stretch your legs and back after each hour of sitting.
- Don't cradle the phone between your neck and shoulders.
- Sleep on your back or side, not on your stomach.
- Invest in a good chair, pillow and mattress.
- Have regular spinal check-ups with a chiropractor.
- Lift heavy items correctly. Stand close to the object with your feet apart. Squat down, without hunching your back or bending at the waist). As you lift, contract your abs and push with your legs.



## SHIATSU: Is it for you?



Developed in Japan, shiatsu is a form of bodywork that is based on traditional Chinese medicine, where illness or "unwellness" develops as a result of imbalances in the body's natural energy flow (called "meridians" or "pathways"). Acupressure, acupuncture and reflexology are also forms of bodywork that follow traditional Chinese medicine theory.

With shiatsu, finger pressure massage is applied in a continuous rhythmic sequence to specific points on the body to stimulate the energy meridians or pathways. It is considered a very relaxing therapy and is proven to help calm an overactive sympathetic nervous system, which in turn improves circulation, relieves stiff muscles and alleviates distress.

If you're looking for a relaxing way to rejuvenate, refresh and improve your health, try shiatsu!

## Did You Know?

### Antacids reduce the effect of thyroid medication.

Popping your daily thyroid medication isn't as easy as just opening the bottle and taking the pill. Antacids like Tums and Rolaids (as well as calcium-fortified juice and calcium supplements) can interfere with and inhibit the absorption of thyroid hormone.

Be sure to take your prescription thyroid medication at least 2 hours apart from antacids, calcium-fortified juice and calcium supplements.

