



Winter 2018 / 2019



Dr. P's Corner

The Gift of Health.

So often this time of year we stress over what to give to those we love that will be meaningful and useful.

During the holidays, or at any time of year, a gift that benefits health can have a lasting impact. It may be especially helpful to someone who wouldn't normally purchase such an item or doesn't know about available options.

Health club memberships promote year-round health, but they can be pricey. The average cost in the United States is about \$58 per month or \$700 per year. If that's too much, consider a gift certificate for a few sessions with a personal trainer.

A wearable fitness monitor is helpful to track everything from heart rate to the number of steps walked per day.

For people who like to exercise at home, consider giving a new set of resistance bands, hand weights, a yoga mat, or exercise clothes with fibers that wick away moisture.

An exercise class makes a good gift, especially if you offer to come along. "Sometimes people are more inclined to exercise with company. Plus, having someone with you adds an element of safety, and you can share a common goal.

Keep reading and learn more about reducing stress from your life.

Natural tips to help reduce STRESS

- **Massage:** relax tense muscles, reduce pain and improve circulation
- **Meditation:** takes only 15 – 20 minutes per day
- **Exercise:** Try Yoga or Tai Chi
- **Organize your life:** Make a list to remind you of what MUST get done
- **Eat Healthy:** Junk food makes us depressed...and fat
- **Limit internet and cell phone use:** disconnect and live in the moment
- **B Vitamins:** promotes proper brain function
- **Get enough sleep:** The most natural stress reducer of them all
- **Aromatherapy:** Certain scents raise mood and promote focus and concentration

Upcoming Events

Body Mind Spirit Expo

January 26 and 27

Florida State Fairgrounds, Tampa

Tampa Bay Home Show

January 25 – 27

Tropicana Field, St Petersburg

Feature Modality

Massage Therapy

Massage can help relax tight and painful muscles, improve range of motion in the joints, enhance circulation and lower stress levels. Stress is considered a risk factor for many chronic diseases, that can make your symptoms worse.

When administered by a well-trained and licensed practitioner, massage therapy may help with conditions that affect your state of mind, including stress, depression and anxiety. A massage helps you shift your thoughts away from everyday worries and allows your body and mind to relax. Massage also helps you feel that you're in control over your health and plays an active role in managing chronic illnesses.



Wellness Studio

Try Tai Chi for gentle stress relief

If you're looking for a way to reduce stress, consider tai chi (TIE-CHEE). Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions.

Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

Sensoria

Try Lavender for Stress Relief

One of the best-known essential oils in aromatherapy, lavender oil is prized for its calming effects on the body and mind and ability to lessen anxiety. In a study published in the *Journal of Alternative and Complementary Medicine*, participants were exposed to a stressor prior to completing a memory task. Those who inhaled a lavender aroma prior to being stressed performed better than those who inhaled a placebo aroma.

In a study published in *International Journal of Nursing Practice*, aromatherapy using a 3 percent lavender oil spray on clothing was found to be effective in reducing work-related stress for three to four days.



Sensoria Wellness Tranquility
Blend includes Lavender complemented with: Frankincense, Geranium, Mandarin Orange, and Marjoram.

Nutrition

5 TOP STRESS CAUSING FOODS TO AVOID

- **SUGAR**
- **ARTIFICIAL SWEETENERS**
- **PROCESSED CARBOHYDRATES**
- **ALCOHOL**
- **EXCESS CAFFEINE**

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STOP HURTING START LIVING