

Bodywork for Wellness

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Early Fall '08 Newsletter

Notice of Enhanced Service and Fee Increase

As many of you know I have always dedicated a significant amount of time and resources to growing my knowledge base and skill set. This has allowed me to offer the best care possible to my clients. I have been taking continuing education courses all over the country for seven years now with four new classes to date this year, and two more planned before the end of the calendar year. With added knowledge comes an added value of my service, and this promotes a very effective and complete healing process.

As of October 1st, 2008 the fee for a one hour session will increase from \$80 to \$90. I want to thank you in advance for your continued support and I remain, as always, committed to providing you with the very best bodywork and manual therapy care available.

Fall Wellness Tip: Osteoporosis-A Concern Not only for Women

Did you know that an estimated 2 million American MEN have osteoporosis? We all know and hear about the risks for women to develop Osteoporosis but men can develop it too. It happens in men on average about 10 years later than women, but with extending life spans this is something we all need to be aware of. Both men and women reach peak bone density in early adulthood and begin to lose bone in middle age. This happens due to the bone being constantly broken down and rebuilt. This process involves calcium, vitamin D, other nutrients, genes, hormones and physical activity levels.

Since osteoporosis is not as commonly looked for in men, here are some warning signs you want to watch out for, male or female. 1. A loss of height or sudden back pain, 2. Recent previous fracture in your vertebra, wrists or hips, especially if they were "low trauma," – like a gentle fall where you wouldn't expect to break something. 3. Long term steroid use. 4. Family history 5. Smoking, Heavy Drinking or sedentary lifestyle. 6. Diets lacking calcium, vitamin D and other bone building nutrients. 7. For women declining estrogen levels 8. For men low levels of testosterone, especially due to disease or hormone suppression therapy for prostate cancer.

If you suspect you may have risk factors for osteoporosis it is best to speak with your doctor. They can give you a special X-ray called a bone mineral density test to look for thinning bones and blood and urine tests can look for reasons behind the bone loss.

Tips for strong bones - Get enough Calcium (1,000mg if you are under 50 and 1,200mg if you are over 50). Calcium can be found in dairy products, leafy greens, salmon, OJ, soy milk, and cereals are often fortified. Get enough Vitamin D (the recommend levels are broad 400IU to 1,400IU per day). We get vitamin D from the sun but now with risk of skin cancer one must be careful. Any diet deficiencies you suspect can often be addressed by taking vitamin supplements. But please be aware that caffeine interferes with absorption of vitamins and minerals so if you take your pills with your morning coffee, you may not get as much as you think you are taking. Try taking your pills away from caffeine to get the best absorption. Weight bearing exercise like walking, and light weight lifting are a must! Try to avoid lots of twisting and high impact activities to decrease risks of injury. If you smoke, it is best to quit, and limit alcohol intake to maximally 1-2 drinks per day. (Info contained in this newsletter was referenced from the University at California Berkley Wellness Letter Vol. 24 Issue 7 April 2008)

If you have a comment or question, or to learn more about Bodywork for Wellness please call or email:

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