

# Well Being

Stillpoint Rehabilitation & Wellness, LLC

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## It's Time to Winterize Your Body

At this time of year, most Mainers are busy preparing for the long winter ahead. There is wood to be stacked, food to be stocked, emergency supplies checked and home insulation projects to be done. Your body needs the same care and attention at this time of year in order to keep it in top condition and prevent illness. Here are a few tips for surviving and thriving this winter:

1. Make sure you are getting enough Vitamin D. This is an essential nutrient for many bodily functions and it is estimated that over 50% of us who live in the northern part of the United States do not absorb enough sunlight in the winter to make an adequate amount. This vitamin can improve your resistance to viruses, lower your chances of getting breast or colon cancer, reduce the risk of Parkinson's disease, heart disease, diabetes, depression and chronic pain. Wow. How much do you need? Adults need at least 2000 IU per day of Vitamin D3 and children need 1000 IU per day. If you are deficient (a blood test can detect this), you will need higher doses.
2. Ramp up your exercise program NOW to maintain your flexibility and prevent injuries. Move every day. This could include dancing, climbing stairs, walking. Get up from your desk or your sofa every 15 minutes. Do a couple of squats, squeeze your buttocks, do some neck rolls and chest expansions.
3. Get an acupuncture treatment especially designed to boost your immunity and fortify your resistance to external pathogens. This can be added at your next visit.

## What are Adaptogens?

Adaptogens are medicinal plants that enhance your body's resistance to stress, trauma, anxiety and fatigue. These have been used for thousands of years all over the world and have been referred to as "tonics". Some common ones include ginseng, ashwagandha, rhodiola rosea, licorice, cordyceps and other mushrooms. In order to be considered an adaptogen, a substance should be: 1) non-toxic to the user 2) benefit the entire body and 3) create a state of balance, restoring the person's natural homeostasis.

Fall is a great time to fortify your system with one of these tonics. Are any of these right for you? We can review your personal health profile and decide which one is best for you.

### For more info:

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### Remember to Breathe

Deep breathing is essential for good health and stress reduction. Try this. Allow your abdomen to push out naturally as you inhale. Visualize the lungs filling from the bottom up as you breathe through your nose for a count of 4. Hold for 2, then exhale slowly through the mouth for 4 counts. Repeat. Set aside 5 minutes three times a day to do this routine.

**Do you know someone who is not living up to their full potential? Give them the gift of health. Gift certificates are available for Wellness Assessments. This is a special session to identify any physical, emotional or energetic blocks which may be draining their health. Information is power and this is a great way to jump-start new habits for healthier living. Call or email to arrange this for your loved one.**

# Ancient Chinese Secrets for Aging Well

Exercise, proper eating habits, clean environments, and the judicious use of herbs were part of the ancient Chinese physicians long before modern medicine existed. In addition, they found that attitude, beliefs and mental and emotional states play a major role in maintaining health and aging well. They called this “knowing how to be”.

When your energies are balanced in body, mind and spirit, resistance to disease and the ability to adapt to the ever-changing demands and challenges of life are enhanced. Acupunc-

ture, supplements, herbal remedies, a judicious lifestyle, nutrition and exercise can specifically help to balance your energies.

When the balance is lost, it can lead to excess stress, elevated cortisol levels, overweight and insomnia. This creates changes in your perception of life events and expectations and ultimately depression, fear and anger.

One of the most effective ways to get in touch with your inner “knowing” is to sit quietly each morning in reflec-

tion, prayer or meditation. Allow your mind to open and receive guidance about areas in your life which may be challenging. Ideas for new projects or creative endeavors may also come up.

It is natural for the “mind chatter” to come up like to-do lists and past conversations, etc. Just notice what the thoughts are and let them drift by as you again claim the stillness. Start with five minutes a day (set a timer and increase to 20 minutes or more.

## Balance Your Hunger and Appetite for Healthy Weight

Hunger is a visceral, physical, primal, hardwired feeling. Appetite drives you to an attractive food choice that is tasty and feels good in your mouth. For instance, hunger says “I need breakfast” and appetite says “I want oatmeal with bananas and coffee.” They are in harmony. That’s the goal.

When appetite goes off on its own and you start looking for something to eat

without any physical signs of hunger, remind yourself “I can’t possibly be hungry. I just ate an hour ago.” Then quickly assess what is happening. Did someone just upset you. What are the emotions flowing through you? Anxiety, frustration, disappointment? Instead of eating, drink a glass of water and take a deep breath. As you become more and more aware of emotionally driven appetites and eating,

you will gain control over your weight and your life. Do not hesitate to get help for emotions that you cannot release. They are there for a reason and usually there is a wonderful life lesson waiting to be unearthed. Be willing to dig and you may find gold.

## HAPPENINGS Around Town

I still love living in Bangor and things keep getting more and more interesting. I will share some of my favorite things for you to consider.

- Gentle Yoga classes at Central Street Yoga.
- Dance and Pilates classes at Valance Fitness.
- Wonderful foreign movies at the Union Brick Church on Friday nights—check out River City Cinema’s website for schedule.
- Sunday Brunch at Bennett’s Café
- A new store in downtown! The Central Street Farmhouse featuring eco-friendly goods and classes.
- A trio of Mexican women in town who are doing some amazing healthy homestyle Mexican take-out. Ask to be added to their email list: [3amigascuisine@gmail.com](mailto:3amigascuisine@gmail.com)
- The rock and mineral show at the Brewer Auditorium on Nov 6th and 7th