



Staying in Touch®

Enjoying your summer?

Make the most of the season with a relaxing massage! Even when you can't get out of town, you can still "get away from it all" for an hour or so.

One of the best ways for you to support better health is to consume an adequate amount of pure water—never more important than in the heat of summer.

Check out this month's lead article as a reminder of the many ways staying hydrated can keep you healthier.

How's your blood pressure? An estimated 103 million U.S. adults have high blood pressure, according to new statistics from the American Heart Association. That's nearly half of all adults in the United States.

See the included report on a recent study indicating that even mild sleep problems can contribute to elevated blood pressure levels.

The good news? Regular massage can help improve the quality of sleep and aid in controlling blood pressure. Invest in your health with regular massage.

See you soon for your next appointment! Until then, take care.

Fifteen Benefits of Drinking Water by James McIntosh

Keeping hydrated is crucial for health and well-being. To function properly, all the cells and organs of the body need water. Health benefits include:

It lubricates the joints— Cartilage, found in joints and the disks of the spine, contains around 80 percent water. Long-term dehydration can reduce the joints' shock-absorbing ability, leading to joint pain.

It forms saliva and mucus— Saliva helps us digest our food and keeps the mouth, nose, and eyes moist. Drinking water also keeps the mouth clean. Consumed instead of sweetened beverages, it can also reduce tooth decay.

It delivers oxygen throughout the body— Blood is more than 90 percent water, and blood carries oxygen to different parts of the body.

It boosts skin health and beauty— With dehydration, the skin can become more vulnerable to skin disorders and premature wrinkling.

It cushions the brain, spinal cord, and other sensitive tissues— Dehydration can affect brain structure and function. It is also involved in the production of hormones and neurotransmitters. Prolonged dehydration can lead to problems with thinking and reasoning.

It regulates body temperature— Water that is stored in the middle layers of the skin comes to the skin's surface as sweat when the body heats up. As it evaporates, it cools the body.

The digestive system depends on it— The bowel needs water to work properly. Dehydration can lead to digestive problems, constipation, and an overly acidic stomach. This increases the risk of heartburn and stomach ulcers.

It flushes body waste— Water is needed in the processes of sweating and removal of urine and feces.

It helps maintain blood pressure— A lack of water can cause blood to become thicker, increasing blood pressure.

The airways need it— When dehydrated, airways are restricted by the body in an effort to minimize water loss. This can make asthma and allergies worse.

It makes minerals and nutrients accessible— These dissolve in water, which makes it possible for them to reach different parts of the body.

It prevents kidney damage— The kidneys regulate fluid in the body. Insufficient water can lead to kidney stones and other problems.

It boosts performance during exercise— Dehydration during exercise may hinder performance. Some scientists have proposed that consuming more water might enhance performance during strenuous activity.



(See **Fifteen Benefits ...** on back page)

Mild Sleep Problems May Cause Elevated Blood Pressure in Women, Study Finds

by Ben Renner

Previous research has indicated that chronic sleep deprivation can cause cardiovascular problems, but a new study shows that, for women, even less worrisome sleeping issues may lead to higher blood pressure.

Researchers from the Columbia University Irving Medical Center say that milder problems such as falling asleep and staying asleep have been classified in the past as mild sleep problems, but new research indicates these issues should be taken more seriously.

About a third of adults don't get enough sleep, and women have a greater risk of sleep issues. Some studies have suggested that women are twice as likely to suffer from chronic insomnia than men.

"That's concerning, since studies have shown that sleep deprivation and milder sleep problems may have a disproportionate effect on cardiovascular health in women," says Brooke Aggarwal, the study's lead author and a behavioral scientist in the Department of Medicine at Columbia University. "Our findings

suggest that mild sleep problems could possibly initiate inflammation that's a significant contributor to cardiovascular disease," says Aggarwal.

Those who had mild sleep problems, even those who slept for seven to nine hours a night, recorded by a wristwatch device, were much more likely to have elevated blood pressure.

The study is published in the *Journal of the American Heart Association*.

Source: www.studyfinds.org

Fifteen Benefits ...

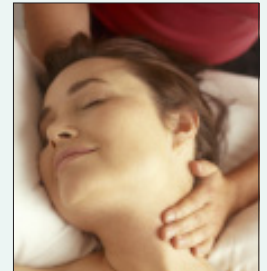
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Weight loss— Water may also help with weight loss, if it is consumed instead of sweetened juices and sodas. "Preloading" with water before meals can help prevent overeating by creating a sense of fullness.

It reduces the chance of a hang-over— When partying, unsweetened soda water with ice and lemon alternated with alcoholic drinks can help prevent overconsumption of alcohol.

Source: www.medicalnewstoday.com

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a massage gift certificate —
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Clouds come floating into my life,
no longer to carry rain or usher storm,
but to add color to my sunset sky.

—Rabindranath Tagore

The content of this newsletter is not intended to replace professional medical advice. If you're ill, please consult a physician.