



# Staying in Touch<sup>®</sup>

## Enjoying your summer?

Whether you decide to travel or stay close to home this summer, be sure to devote some time to relaxing your body and your mind. The past year has been mentally stressful, so here are some great reasons to get a soothing massage:

### 4 Mental Benefits of Massage Therapy

**Improve your relaxation skills**— When people become relaxed, their heart rate, blood pressure, oxygen consumption, and salivary cortisol levels decrease. This helps reduce stress and anxiety, which are the two leading causes of depression.

**Rest more efficiently**— Massages have been shown to improve sleep patterns in all types of people including children, adolescents, and adults who suffer from insomnia, cerebral palsy, fibromyalgia, migraines, and more.

**Alleviate the symptoms of chronic illnesses and diseases**— People suffering from chronic illnesses and diseases also experience higher stress levels. Elevated stress can worsen the chronic condition which, in turn, can lead to even more stress, all creating a vicious cycle.

**Increase your overall happiness**— Massage therapy

(See [Mental benefits ...](#) on back)

## What doctors wish patients knew about pandemic fatigue

by Sara Berg

**Recognize signs of COVID fatigue**— One aspect is “being excessively tired despite adequate rest. Even if you’re getting eight hours, you just feel like you’re dragging through the day and it’s hard to find the pearls in the mud,” said Carl Lambert, MD, assistant professor of family medicine and director of the Family Medicine Leadership Program at Rush University Medical Center in Chicago. Additionally, “if you have increased isolation from loved ones, co-workers and people who you used to have bonds with, burnout and fatigue can make you feel like those things aren’t really worth it anymore.

**Maintain hope**— With COVID-19 fatigue, “you’re tired in your soul—emotionally, psychologically, socially, spiritually, you are just tired and not motivated,” said Dr. Lambert. “To get out of that fatigue, maintain hope that things will get better.”

“That feeds into what’s happening nowadays with the vaccine and all these other avenues that are providing hope,” he said. “If there’s anything that you can do to maintain hope, that’s really the way to go.” **Source:** ama-assn.org

## 16 alarming side effects of not drinking enough water

by Philippe Michaud

Do you drink enough water every day? According to recommendations from the National Academies of Sciences, Engineering, and Medicine, men should drink 3.7 litres (roughly 15 cups) per day, while women should drink 2.7 litres (roughly 11 cups) of water per day.

Insufficient daily water intake exposes you to a number of negative side effects.

**Headaches:** Frequent headaches may simply be caused by not drinking enough water. According to one study, drinking water is often a good way to cure a headache.

**Chapped lips:** Dehydration is one of the leading causes of chapped lips. In addition to applying a protective balm regularly, be sure to drink plenty of water.

**Low blood pressure:** It’s true that certain heart conditions can cause low blood pressure, but so can dehydration.

**Sore muscles:** Water doesn’t just hydrate your body. It also gives your muscles the energy they need to function properly. When you don’t drink enough water, your muscles weaken and are more likely to be sore.

**Heat stroke:** When you’re hot, your body sweats more to cool you down. This causes your body to get dehydrated faster, increasing the risk of heat stroke. Symptoms include nausea, fever, and fainting.

**Dizziness:** When you don’t drink enough water, your brain doesn’t get adequate oxygen, which can lead to dizziness.

**Irritability:** Lack of sleep, stress, and hunger aren’t the only causes of irritability. People who don’t drink enough water tend to be irritable.

(See [16 side effects ...](#) on back page)

## 16 side effects ...

(continued from front page)

**Fatigue:** Not drinking enough water is a significant factor. When you're dehydrated, your body has to work harder to circulate your blood, which is largely made up of water. As a result, you get tired faster.

**Dark-colored urine:** This may be a sign of dehydration that you should not overlook.

**Constipation:** Drinking water helps soften stools, making them easier to pass. If you don't drink enough water, your stools will tend to be harder, increasing your risk of constipation.

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### **Mental benefits ...** (cont. from front)

has been known to lower stress, decrease anxiety, and reduce irritability. Along with increasing brain serotonin and dopamine, the combination of these effects lead to a happier individual. Being a happier person can have an infinite number of effects on their personal life and the lives of those around them.

Source: [blog.nuhs.edu](http://blog.nuhs.edu)

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

**Poor oral health:** When you're dehydrated, your saliva—which is largely made up of water—decreases. Your risk of developing mouth infections and cavities increases because you don't have enough saliva to rinse your mouth properly.

**Bloating:** Are you prone to bouts of heartburn, burping, or bloating? These functional digestive disorders can be caused by anxiety and excess weight, but also by not drinking enough water.

**More wrinkles:** Like other organs in your body, your skin cells are mostly made up of water. When you don't drink enough water, these cells can't function at their best, meaning you're more

likely to have dry skin.

**Chronic bad breath:** Do you have chronic bad breath? If you're not a fan of spicy foods or garlic, your issue may be a lack of hydration.

**Always sick:** Water helps flush toxins from the body and fight infections. If your body is dehydrated, even slightly, it can be harder for it to protect you from viruses and bacteria.

**Frequent sugar cravings:** Sugar can have serious long-term health consequences, yet sugar cravings can be caused by something as simple as not drinking enough water.

Source: [msn.com](http://msn.com)

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***Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.***

**—Denis Waitley**

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

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