

THE

NEWS FOR THE
RESIDENTS OF
TIMARRON

Talk

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Yoga for Weight Loss?

We've all heard the formula for weight loss. Just "burn more calories than you take in." But if weight loss is so simple, how come so many of us have a hard time with it? If we all know what to do, how come we're not doing it? There are many factors to weight loss, and there's a big gap between knowledge and action. It's a lot more than calories in, calories out. In between the "I know what I should be doing," and "how come I'm not doing that?" is a pause (and sometimes frustration). This 'pause' is where yoga can help.

Being aware of your actions - what you're eating, when you're eating it and why, are keys to weight loss success. Tuning in to your inner voice and actually hearing your body's signals is difficult. Diets fail a great deal of the time. What if you were able to smooth out your brain waves, so that you could notice the moment of choice? Yoga for weight loss? Maybe you've thought in the past that only heavy-duty cardio would do the trick, and the pounds would magically melt away. But if you are successful at this heavy-duty huffing and puffing, how come the pounds come back, and the change isn't permanent? It may surprise you to know that a recent study at the Fred Hutchinson Cancer Research Center in Seattle found that an ongoing yoga practice correlates nicely with a healthy weight - and not only because of the calorie burn. (Excerpts from Natural

Health, "The New Weight-Loss Math," by Hillari Dowdle). Yoga practitioners were found to be "more aware of what they were eating and better able to stop when they were full," characteristics that the study attributes to mindfulness.

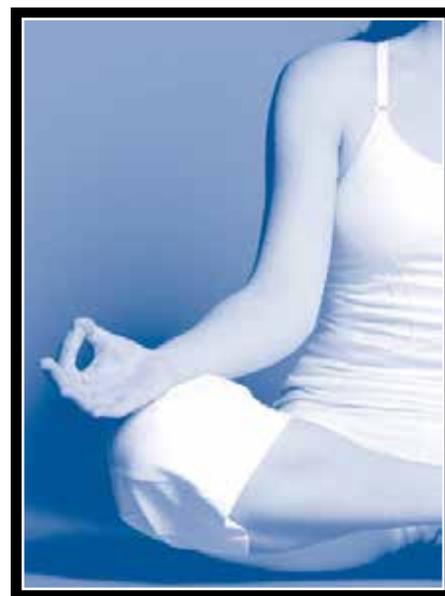
In yoga, postures are practiced slowly, which is counter-intuitive to what the mind wants. We want to burn calories, and lose weight this instant, so we think we have to move fast. But, by practicing the postures slowly, we allow our minds to catch up with our bodies. We use the breath to actually feel what our muscles are doing. And this introspection, this reflection, will bring about an awareness. An awareness of choice. "Smoothing out the brain waves and calming down the nervous system give you an opportunity to notice the moment of choice," explains Ashley Turner, M.A. "You get to ask yourself, 'Do I really want to eat more?' Most of us never even encounter that moment," she adds.

Yoga can help you develop that awareness. And, it can also help you remove toxins from your body. New studies indicate that toxins in the body suppress thyroid function, slowing metabolism. "Scientists now believe that the obesity epidemic is going hand in hand with an increase in environmental toxins," says Gaetano Morello, N.D. from British Columbia. And fasting only slows your metabolism and causes more toxins to

be released from your fat stores. Yoga can help remove these toxins.

You will get more benefits from yoga than you could ever imagine. And over time, it gets easier and more fun. No, it will not be a quick "fix" overnight. But what if you could develop the awareness to be more mindful of what you were eating, and better able to stop when you were full? These are all characteristics of mindfulness, which is practiced in every yoga class.

*Hope to see you in class soon!
Submitted by Melinda Jennings*



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Setting S.M.A.R.T Fitness Resolutions

By Hjalmar Perez, BS, CPT, LMT
and Humberto Estrada, CI-PT, MTI

Oh YES! Another New Year. Time to turn over a new leaf, to start fresh, to renew, to revive! We've heard it all, year after year. How could this year be any different than the others? A study conducted by Franklin Covey concluded about one in three people fail at maintaining their resolutions by the end of January and about four out of five individuals ultimately end up giving up by the end of the year. The top reasons: taking on too much and lack of commitment. So, what can you do to increase your chances of completing your goals for 2012?

The answer, get back to basics and being S.M.A.R.T. Studies have shown goals should be Specific, Measurable, Attainable, Relevant, and Time-bound. Let's revisit each, so grab a pen and paper and let's prepare you with your own S.M.A.R.T resolutions.

1. SPECIFIC

First, make goals are clear and unambiguous. Make them specific by clearly stating what you expect to achieve. Think about why your goal is important. How do you plan to accomplish it? For example, setting a goal to get stronger or have more energy is too vague. Instead, come up with a statement that leaves no doubt about what you are trying to accomplish. For example, to get stronger so I can take my family on a hiking trip to Colorado or to start exercising so I can run my first 5k. Now that has purpose and clarity!

2. MEASURABLE

Second, set criteria for measuring progress along the way. This one is all about answering "how much or how many" in order to quantify your results. For example, stating you are going to lift weights and do cardio is not as effective as deciding you are going to lift weights for 40 minutes 3 times a week. The latter one leaves little room for misinterpretation. Therefore, by the end of each week you should be able to easily determine if you are moving towards your goal.

3. ATTAINABLE

Third, goals should be realistic and attainable! Come up with goal that is challenging. However, be realistic about factors such as your skills level, your current knowledge and how much time you can reasonably devote. You're looking to be committed to your goal by making it attainable. Allow it to take you slightly pass your comfort zone and have a support system to assist you if you happen to side step it!

4. RELEVANT

Next, the goal must be important to you. Furthermore, you must believe you can accomplish it and you must take ownership for completing it. Asking family members or friends for their input is perfectly fine. However, we often put the responsibility of our goals on others. Using phrases as "my wife says I need to exercise"

(Continued on Page 3)

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Setting S.M.A.R.T... - (Continued from Page 2)

or “my doctor wants me to lose weight” shifts the ownership of the goal away from you. There is good news; studies show those who take an active role in defining and owning their goals are likely to have a higher level of commitment and success!

5. TIME-BOUND

Last, set deadlines, keep it moving! Focus in setting daily, weekly and monthly mini-milestones to serve as guideposts for your journey. This strategy provides you with a chance to regularly assess how you are progressing and to adjust if necessary. Here's a quick example: you've decided to lose 10 pounds. So establish a daily goal to decrease your caloric intake by 200-300 calories, a weekly goal to lose one half to one pound & a monthly goal to complete 10 miles of walking. Mini-milestones provide you with guidance on specific actions you can take to move closer to your future goal while decreasing the failure rate!

By applying the principles of S.M.A.R.T you prepare yourself to achieve your New Year resolutions. Also, it is highly recommended to consult with your physician before beginning any exercise program.

Cheers to a New You and a New Year!

Pick up the Pile

Happy New Year to all! As we embark on 2012's journey, some will think of ways to improve upon themselves. I'd like to offer an idea to those that still think dog poop is fertilizer, let's try picking up after our dogs. In case you were not aware, scientists have established the fact that the dog's gut harbors a particular type of bacteria known as the coli form bacteria. This bacterium includes the dreaded E. coli bacteria and also contains strains of salmonella and giardia. Now, since the rains have finally come, all the piles that have been left behind will be washed into our storm drains and contaminate our water supply. Not only is our water supply affected but perhaps even the air we breathe...I came across this article:

SCIENCEDAILY (AUG. 18, 2011)

“Bacteria from fecal material -- in particular, dog fecal material -- may constitute the dominant source of airborne bacteria in Cleveland's and Detroit's wintertime air, says a new University of Colorado Boulder study.”

This was the first test conducted, for air borne disease so far, however, scientist presume other cities, with an abundance of the canine kind, will show similar results. Please be kind, don't leave it behind. To those that pick up....THANK YOU

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TOP TEN TIPS FOR PROTECTING YOUR ENAMEL FROM EROSION

The outer coating of enamel on your teeth may be the hardest substance in your body, but if it erodes, there's no way to get it back. Follow these top ten tips for keeping your enamel — which will help you keep your teeth! Enamel, the outer coating on your teeth, is the hardest substance in your body. But while it's tougher than bones, **enamel has a key weakness: it lacks the ability to regenerate itself** as bones do. If you break a bone, it can grow back together. If your enamel wears away, it's gone and you can't get it back. Since enamel defends your teeth against cavities, **it's extremely important to take care of this protective layer.**

Enamel erosion can occur for a variety of reasons, and the **three major categories are diet, health issues and physical wear and tear.** Many people are unaware of the effect diet has on enamel. Acid sources like carbonated drinks and citrus drinks,

when consumed with regularity, can have a serious effect on your enamel. Health issues including dry mouth, acid reflux disease, gastrointestinal problems and bulimia can also lead to enamel erosion. Wear and tear includes friction from your teeth rubbing against each other, fractures due to stress on the teeth, and damage from outside sources, such as brushing your teeth too vigorously or chewing on hard objects.

Following are our top ten tips for holding on to your enamel.

WATCH YOUR DIET:

- **1** - Drink fewer carbonated drinks like soda pop and citrus drinks like grapefruit juice, or eliminate them altogether.
- **2** - If you do occasionally indulge in these types of beverages, drink them through a straw, so the liquid goes straight to the back of your mouth instead of surrounding your teeth.
- **3** - Rinse your mouth with water after eating or drinking.

- **4** - Chew sugar-free gum to increase saliva, which helps clean your teeth.

ADDRESS HEALTH ISSUES:

- **5** - If you experience dry mouth, let us know; your dentist can help you with this condition.
- **6** - If you suffer from acid reflux, gastrointestinal problems, or bulimia, talk to your family doctor to address the issue; each of these conditions affects more than just your teeth.

BE GENTLE WITH YOUR TEETH:

- **7** - Always avoid biting pens and other hard objects, and use your teeth for chewing food only – not as tools to open containers.
- **8** - If you are a habitual tooth-grinder, your dentist can help you address the habit.

STAY ON TOP OF ORAL HYGIENE:

- **9** - Brush with fluoride toothpaste to strengthen your teeth.
- **10** - Keep up with your regular oral care, including brushing and flossing daily and getting professional cleanings every six months.

Submitted by Dr. Flury



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IT'S OKAY TO SKIP YOUR WORKOUT, IN SOME CASES

Although exercise should be a part of your daily routine, it's important to know when your body needs a break, according to an expert at Baylor College of Medicine. It's not ideal to work out when you're sick because you're stressing your system out, said Dr. David Green, assistant professor of orthopedic surgery at BCM.

The same thing is true after a recent surgery; your body is trying to recover from the surgery. If you still want to stay active, consider using simple things such as arm bands for gentle exercises, but stay away from heavy aerobic exercises, he said. If you're experiencing some joint or muscle pain, it's your body's way of telling you that you're overdoing it, so you should back off. Try using a heating pad or taking anti-inflammatory medication to help with the pain, said Green.

In general, be sure to have some type of snack about an hour before a workout; do not try to exercise on an empty stomach. If you're over the age of 40 and just starting heavy exercise for the first time, be sure to consult with your physician first. Also consult with a physician if you've had any respiratory, cardiac or joint issues in the past. Look out for hidden calories in holiday drinks.

While many people think twice before taking a second serving of a delicious holiday dessert, they may not do the same when it comes to that holiday beverage. But liquid calories can quickly add up, said a nutrition expert at Baylor College of Medicine.

SOME TIPS TO REMEMBER INCLUDE:

- Combine alcohol with a diet mixer or low-calorie tonic
- Remember to pace yourself and alternate alcoholic beverages with a glass of water or club soda with lime
- When it comes to popular cocoa and coffee drinks, choose non-fat milk, skip the whipped cream
- Pay attention to portions; different beverages are served in different size glasses and cups so be aware of what you are drinking and how many servings you consume at one time. Remember that after drinking alcohol, the desire for salty foods is also enhanced, said Reeves.

HECTIC HOLIDAYS CAN RAISE SPIRITS OF A CHRONICALLY ILL CHILD

The typical craziness of the holiday season can offer an emotional boost for a chronically ill child. The holidays usually are very hectic, but the benefit of seeing family and friends outweighs the hassles of travel and preparation, said Dr. Ernest Frugé, associate professor of pediatrics at Baylor College of Medicine and director of psychosocial programs at Texas Children's Cancer Center.

It's no different for a child in a chronic illness. Planning ahead is the key to travel success, whether it is allowing for extra breaks on a long road trip or reminding older relatives about childproofing needs. Parents should always consult with their child's physician before the trip, pack all medications in their original prescription containers and bring along a copy of appropriate medical information.

Involving the child in the planning and preparations for trips and gatherings reinforces the importance of reconnecting with family and friends, said Frugé. Keeping children away from the usual holiday traditions because they have been ill would separate them from what is a normal experience for the family, he said.

GET THROUGH MENOPAUSE BY REEVALUATING YOUR HEALTH CARE NEEDS

Menopause is called "the change" for a reason. As hormone levels begin to change, so do health concerns, such as osteoporosis, said experts at Baylor College of Medicine. Decreasing estrogen levels can affect bone mass, making a woman more susceptible to osteoporosis, said Dr. Elizabeth Nelson, associate professor of medicine and director of the Women's Center for Comprehensive Care at BCM. Osteoporosis is a condition that can develop if bone is not replaced as quickly as it is worn away, leaving behind porous or weak bones.

Many factors can affect this condition such as heredity, age and nutritional intake. Modify your risk factors by limiting alcohol intake and not smoking, which can increase bone loss by 10 percent. Exercising three times a week and increasing calcium and vitamin D intake can also improve bone health. However, since each woman's health care needs differ as they enter menopause, it is important to talk to a doctor to be sure what course of action will be the most beneficial. Screening for osteoporosis should begin at age 65, but many times women will have a screening done at age 50 to use a baseline for future tests.



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