

HEALTHY STYLE LIFESTYLE NEWSLETTER



Stress Reduction – The Relaxation Response

By Marsha Hildebrand, RN

You are your brain. Without it, you cease to exist. You can get a new heart, kidneys, Liver, but no new brain! It stores all our memories, it's who we are!

Chapter 25 Dr. A covers the Brain, its health, and what we can do to keep it in a state of Optimal health.

I want to go over just one method of Stress Reduction called “The Relaxation Response”. Developed by Dr. Herbert Benson at Harvard University, the relaxation response is based on meditation. It takes from spiritual practice just the parts that have to do with Mental Relaxation. Anyone can use this wonderful method to reduce stress and improve brain health.

A Simple Relaxation Meditation

The goal : Clear your mind of all thoughts (turn off the tape player) that feeds your brain with negative thoughts, and tenses your body.

Step 1: Set aside 10 to 20 minutes a day. Good times are in the morning before breakfast or before dinner

Step 2: Find a cozy, quiet, serene place that's private so you can be alone with your thoughts without interruption. Turn off all electronic communication devices. Silence is the overriding principle

Step 3: Sit up straight on the floor, in a comfortable relaxed position with legs crossed or in a chair, feet flat on the ground. Place your hands together on your lap, right hand resting in left, palms up. Begin taking slow breaths feeling your abdomen rise.

Step 4: Close your eyes, let tension release. Imagine it seeping out of every pore.— continued on page 2

Motivation Corner

It's all about creating
HEALTHY habits, rather
than *restrictions*.

Lean and Green



Cilantro Lemon-Lime Salmon and Veggies

Recipe from [http://
stephaniezahlmann.blogspot.com](http://stephaniezahlmann.blogspot.com)

12 oz Salmon
1/4 cup Cilantro, chopped finely
1 heaping tsp Garlic, pressed (you can
add to taste, we used about 1 tsp on
each pouch)
1 Lime, zested and juiced
1 tsp lemon salt

Preheat oven to 350 degrees.

Lay out 4 sheets of heavy duty aluminum foil (approx. 12" long). Sprinkle some of your cilantro, lime zest, garlic and lemon salt down, then lay the salmon fillets on top of the seasoning. Sprinkle seasonings on top of the salmon then squeeze some lime juice over the fish. Wrap your salmon up tightly into a pouch, flip pouch over onto new foil sheet and wrap again. Bake in oven for about 7 minutes, or until fish is flaky, but moist.

1 1/2 cups Broccoli
1 1/2 cups Cauliflower
Pepper (fresh cracked) to taste
Johnny's Seasoning Salt to taste
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Start with your feet and progress to the top of your head.

Step 5: Now let's shut off the tape player and quiet our brain. Pick a word or phrase (your mantra) that is calming for you. Love, Peace, whatever creates a serene state. Slowly repeat the word over and over. Or focus on your breath and as you breath in say to yourself "I'm breathing in", as you breath out think "I'm breathing out". Just keep doing this over and over. Words and thoughts will start to form, they are distractions. When they do, let them go and return to your word or breath. This is how your brain releases stress.

Step 6: Once you have done your 10 to 20 minutes and reached a relaxed state, sit for another minute or two. As you return to your normal state, merge the calmness of the meditative state and take one last deep inhalation. Hold your breath for about 15 seconds, exhales, and relax.

Congratulations! You just created a new state of composure and control.

*Informational material was taken from Chapter 25 of The Habits of Health by Dr, Wayne Scott Andersen



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Please contact me if you have and questions or concerns. I am always here to help you on your journey to optimal health. When you succeed it truly makes my heart happy and I know I succeeded as your Health Coach.

Spray a stainless steel pan with PAM and heat to medium. Place broccoli and cauliflower in the pan and season to taste. Sauté until slightly wilted and warmed through. Add PAM as needed.

Now all that's left is to measure out and ENJOY!

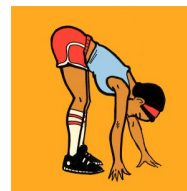
Habits of Health Tips

*Make sure you are getting 1/2 your body weight in water ounces in each day. You can always flavor with Propel Zero or Crystal Light for some flavor and a change up.

*Mundane tasks, such as entering data into a spreadsheet, can switch your mind into default mode, making you more likely to mess up within about 30 seconds, scientists say. Avoid operating on autopilot by going for a brisk 5-minute walk.

*Studies show that not getting enough sleep can stress the immune system enough to trigger tissue-damaging inflammation that raises the odds for heart disease and autoimmune disorders. The more you miss, the greater your risk. Aim for eight hours nightly.

Exercise of the week



Inchworm: Stand up tall with the legs straight, and do like Lil' Jon and let those fingertips hit the floor. Keeping the legs straight (but not locked!), slowly lower the torso toward the floor, and then walk the hands forward. Once in a push-up position, start taking tiny steps so the feet meet the hands. Continue bugging out for 4-6 reps.