



# August Newsletter

August 2009

*Health. Balance. Wellness*

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## Acupuncture



## Chiropractic



## August Classes



## Beat the Heat

### Tips for Exercising in Hot Weather

We are lucky to live in a recreational wonderland and even while our climate is less severe than other areas, there are a few tips that can make your workout more enjoyable.

**Drink Plenty of Fluids.** The lower humidity and increased breathing rate at altitude can cause you to lose more moisture with every exhalation than at sea level. Even a slight loss of fluid (2-3 pounds of water lost through sweating and even breathing) can result in a notable decrease in athletic performance.

Dehydration is a culprit in most cases of acute mountain sickness. Symptoms such as headache, mild dizziness, nausea, insomnia, and irritability can indicate dehydration and should not be ignored. In many cases problems can be prevented by taking simple precautions. If you plan to exercise at altitude you should hydrate well by drinking *before* you feel thirsty. Avoid alcohol and caffeine because they are diuretics that can lead to dehydration.

**Decrease Sun Exposure.** Direct sun exposure at altitude adds to the effects of dehydration, and can lead to serious sunburns. Sunburns occur more easily at altitude (especially for the fair-skinned) and sunburn can lower the skin's ability to cool itself. A fast pulse, hot and dry skin and confusion are warnings of sunstroke, while cramping is the depletion of sodium and electrolytes. Stop activity to cool the body and replenish it by drinking lots of fluids.

To protect from the effects of sun exposure, avoid exercising when the sun is at its most intense (from 11-2pm). The body is always working to maintain harmony with the prevailing climate. To keep Yin and Yang balanced in your system do not tax it by subjecting it to extreme heat or Yang. Maintain Yin by providing it with extra fluids and shade.

# Peace & Play Yoga

Yoga for Moms, Dads and Kids!  
Saturday August 1, 8, 15 & 22  
10:00 to 11:15am

A more centered and compassionate parent creates an environment to raise a more balanced and peaceful child. Yoga can help balance the physical and emotional energy of parenting. Some benefits of combining yoga and parenting are: conscious breathing techniques to reduce frustration, an increase of energy and mobility, and the development of patience and compassion for both yourself and your child. Through the practice of yoga play, we give children the opportunity to explore movement, recognize and communicate their feelings effectively, and cultivate respect for self and others. As stated in the Yogi Times, "a child's sense of self influences his or her behavior, attitude, emotional state, and ultimate level of success." As toddlers explore their newfound sense of self, they look to us for encouragement, love and support. [Click here](#) for more information.

## Tips

### For a Better Night's Sleep

Our days are spent in Yang activities meant to keep us successful and fulfilled. The night-time of Yin and our "time of turning inward" is every bit as important in keeping our system rejuvenated and balanced. Poor spinal function or spinal nerve irritation (subluxation) may send pain signals to the brain. If pain is feeding into the nervous system this will have the effect of altering input to the brain that is constant and does not shut off when we sleep.

Treating pain with drugs may have short term beneficial effects but adverse long term effects are more likely. Massage and acupuncture are extremely effective in relieving pain as a healthy alternative. Acupuncture is known for its success in alleviating pain.

Our joints need attention too because of their interaction with the nervous system. Pain can disturb the part of the brain that controls alertness and consciousness. The reticular formation can be stimulated excessively by pain signals and can actually keep the brain from going into its "lower" conscious state to permit sleep. That is why one of the common reports after an adjustment is "I was tired before, but now I have the best sleep I've had in years! I feel more energized during the day!"

The effect of a chiropractic adjustment upon sleep is real. It is beneficial because if the spinal joints are irritating the nervous system, the chiropractic adjustment can correct this, leading to restoration of proprioceptive joint input into the brain.

You can work on the muscles, but the specific chiropractic adjustment

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addresses joint input/output issues with precision and the right kind of vibration for the brain to realize a degree of permanence.

Chiropractic care is essential for the normality of signals coming from the spine that map out body positioning in space while we sleep. Many people may develop insomnia because of spinal problems. Insomnia is a common issue treated by acupuncture and chiropractic care and offers an excellent alternative to pain medicine and sleeping pills. [Click here](#) to schedule an appointment.

[Chiropractic Care During 1918 Influenza Epidemic Reveals Startling Statistics](#)

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## The Perfect Summer Foods

Since Summer is hot and dry, it can tax a system working overtime to balance the variation existing between the inner and outer temperature. In Traditional Chinese Medicine, eating pungent and hot foods during summer can reduce this imbalance. That is why spices abound in most cultures that thrive in a hot climate. At the same time, adding cooling foods to your diet can help reduce internal heat.

**Lemongrass** is bitter and cooling and increases perspiration to relieve heat. **Oysters, Mushrooms and Prawns** are cool and strengthen immunity. **Tofu** is rich in vitamins A and B and is considered cool and light on digestion. **Lemon and Lime** are highly anti-bacterial to combat heat loving microbes. **Garlic and Ginger** are perfect spices to bring internal heat to the surface. **Tomatoes** are intrinsically cooling, while **coriander, thyme** and **basil** are pungent herbs that stimulate and strengthen Qi and Yang.

Summer is considered Yang and without balancing inner Yin and Yang against the heated environment, Yin summer colds or Yang-like heat exhaustion can take hold.

### *Did you know?*

When considering using non fat dressings on your salads, you might consider a recent study by Iowa State University. Scientists tested the difference between eating salads with non-fat dressing against the effects of oil or lipids on the nutrient consumption of vegetables. Surprisingly, only those who ate oil drizzled on their veggies obtained the nutrients available. Vegetable oils are unsaturated (unlike the saturated fats of animal oils) and actually enhance vegetable nutrient uptake. Read the [NPR](#) article for other tips about vegetable consumption.



Want to share your experiences and read client testimonials?

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