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& FITNESS

*Guide To
Healthy Living*



2010



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**Nisqually
VALLEY NEWS**



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- 1/3 cup onions, diced
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- 1 package frozen spinach, thawed
- salt, pepper, garlic powder to taste
- 1 pie shell

Preheat oven to 350 degrees. Whip first four ingredients until well incorporated. Add the remaining ingredients. Pour into pie shell. Bake 45 minutes to 1 hour or until top is golden.

Optional add-ins: Chopped chicken breast, roasted bell peppers, broccoli and other veggies, ham ... or anything else you think would be delicious!

Low carb option: Pour into greased glass bakeware without pie shell.

10-423801R

Your 2010 guide to a healthy, active life

Welcome to the *Nisqually Valley News'* 2010 Health and Fitness special section.

In this section, readers will find a variety of health and fitness topics, including nutrition basics and exercise tips.

A local trainer talks about the ideal fitness regimen for men and women, and a certified therapy practitioner discusses taking nutrition back to a foundational standpoint.

Nutrition basics include avoiding refined and processed foods and limiting sugar intake.

This feature section also delves into alternative medical approaches to wellness, including the benefits of acupuncture and yoga.

A local acupuncture practitioner discusses what patients can expect during treatment and the common ailments acupuncture can treat.

Yoga offers benefits beyond a tradi-

tional exercise routine including helping with back problems and providing a sense of relaxation.

Another nurse practitioner discusses the benefits and challenges of an aging sex life.

The Nisqually Valley offers an eclectic variety of health and fitness options.

Whether a person wants to do yoga, work out in a gym or go running, there are options everywhere they turn.

The Yelm-to-Tenino Trail offers miles of running, walking and bicycling space while parks offer other recreational space.

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Fitness great for mind, body, wellness

By Tyler Huey

Nisqually Valley News

Nobody ever said staying in shape was easy, but fitness can greatly impact the life of men and women in various aspects. Though the two sexes are different, their core exercises are practically identical. And staying fit not only has health benefits, it is beneficial to your mind and spirit.

Regular physical activity is key. Whether you're a 6-foot-3 man or a 5-foot-4 woman, the benefits of staying fit help lead to a happier, more fulfilling life. Everyone knows fitness helps manage your weight, but knowing ways to do so is key, as well as the many aspects that aren't solely related to battling the bulge.

Fitness begins with cardio, said Devani Unbewust, a trainer at Anytime Fitness in Yelm.

"Cardio gets your heart moving, however that is — riding a bike, walking or running," Unbewust said. "Cardio is the very first step, especially if you haven't done anything in a while."

Ideally, she said people should exercise five to six times a week with at least 30 minutes of cardio and two to three full-strength programs.

Strength training, which works most of the major muscles groups, can involve free weights, push-ups, sit-ups, squats and crunches.

Not only does fitness maintain one's

health, it is beneficial to more than just an outward appearance.

Michele Willis, of Yelm, is a client of Unbewust. Over the past month she has seen her hard work pay off.

Willis normally does floor exercises, arms, core, legs and cardio. Willis said exercising makes her feel "much better."

"Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed than you were before you worked out," states the Mayo Clinic, a nonprofit organization and internationally renowned medical practice. "You'll also look better and feel better when you exercise regularly, which can boost your confidence and improve your self-esteem."

Unbewust and her clients can attest to that. Unbewust, for example, lost 50 pounds seven years ago.

"You feel better about yourself and it's a great stress reliever," she said. "You just feel good."

Willis said exercising makes her feel more confident.

"The energy you get from it just gives you a boost," she said

Even something as fundamental as sleep can be improved by physical fitness. It can help you fall asleep faster and deepen your nighttime slumber.

"When your body works harder than normal, you'll fall right to sleep,"



Photo by Tyler Huey

With her knees lifted upward, Michele Willis performs double crunches as part of a workout with Yelm Anytime Fitness trainer Devani Unbewust. Unbewust said people should exercise five to six times per week.

Unbewust said. "There's not one negative aspect (to staying fit). Even people with limitations ... get at least one

good benefit."

"I've never heard anybody say, 'Wow, I wish I wouldn't have done it.'"

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Sex lives can continue post-60

By Tyler Huey

Nisqually Valley News

Sex. It's OK to discuss. Everyone does it, or wants to — even when they're in their 60s.

When people reach that age group, having sex not only has health benefits, it can be muddled with complications. Knowing each can be a blissful recipe.

"Other than the obvious (health benefits), which is exercise, there are intangible ones such as feeling (happy)," said John A. Cranton, board certified family nurse practitioner at Mount Rainier Clinic.

"In Maslow's Hierarchy of Needs, sex is described ... to have a complete life," Cranton said. "For example, there are some evidence and research that show men who ejaculate more frequently have slightly less risk of prostate cancer."

Intangible things can also improve because of sex, including immune function and quality of life.

"Research shows that married cou-

ples have a longer life span than people who aren't married or don't have a partner," Cranton said.

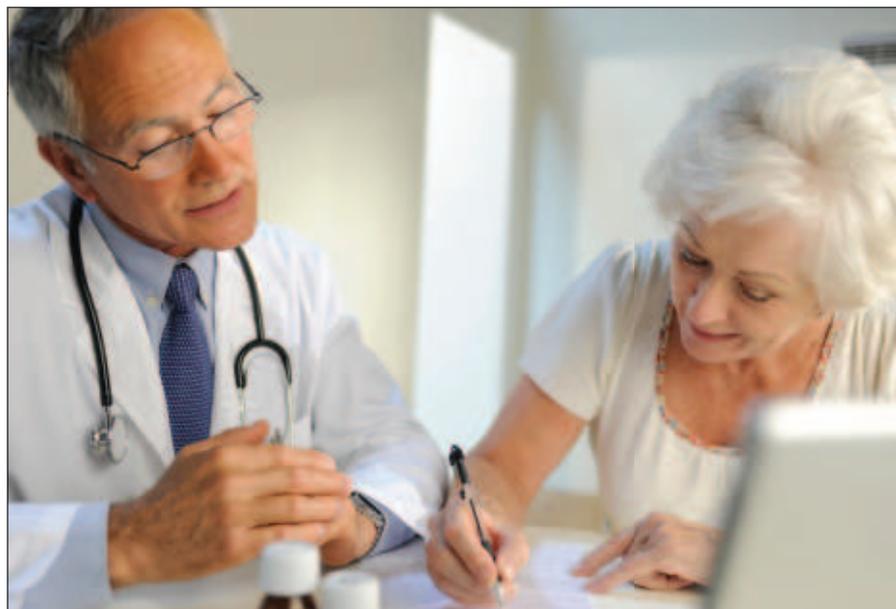
Health problems, however, are also concerning when trying to perform. Degenerative issues, such as arthritis and cardiovascular disease, can be cumbersome.

"With women ... any type of joint pain can make it more difficult," Cranton said. "It causes a need for creativity in positions. With diseases such as chest pain, you'll have to discuss with a cardiologist on when to slow down some."

Testosterone is key for a man's sexual experience. While testosterone levels peak in the late teens and 20s, it slowly declines, and most men notice a difference in their sexual response by their 60s, Cranton said.

It is widely known that erectile dysfunction affects millions of men. Popular remedies include Viagra, Levitra and Cialis.

While men may suffer from ED, women have to deal with menopause.



A regular sex life is possible as people get older, but some medical problems can arise.

In post-menopause, estrogen drops "dramatically," which means most women have less natural vaginal lubrication.

"Menopause can make sex more painful," Cranton said. "I often recommend lubrication to avoid discomfort."

Though sex often decreases with age, being in your 60s and beyond does not mean it's nonexistent.

It may not be as frequent as the younger years, but, health permitting,

there is no reason why anybody cannot have an active sex life.

"From studies I've seen, it is exaggerated by how much it stops (when you get older)," Cranton said. "It is less frequent often times, but some could argue the quality of each interaction is improved."

■ **For more information, contact your doctor or John A. Cranton at 360-458-1061.**

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Yoga goes beyond basic fitness routines

By Susan Louis

Nisqually Valley News

Americans from all walks of life practice yoga because the benefits go beyond a normal workout.

"I have a general sense of well-being after class," Joanne Quirk said. "It takes the stress away. It's as much for the mind as it is for the body."

After practicing yoga for six months, Quirk finds she doesn't have to go to the chiropractor either. She attends classes taught by Lauren Rodriguez in Rainier.

Rodriguez teaches Hatha yoga, a style which was introduced in 15th Century India.

It is a series of asanas, or poses, and breathing exercises.

Hatha yoga is the foundation of all yoga styles, and is good when learning the basics of yoga due to its gentleness and slower pace.

Rodriguez said yoga cured her husband of intense back pain.

"At 29, my husband was suffering from lower back pain caused by years of basketball, compounded by never really stretching or strengthening his back," she said. "Often he would be walking and just fall to his knees in a painful spasm."

X-rays showed his spine was becoming rigid, and doctors recommended surgery.

"I've been a dancer, so I put him to work with yoga," Rodriguez said. "He was my original student, and

continues to practice two to three days each week. Now, through the back-strengthening exercises like cobra and full locust, his back is noticeably stronger, his muscles pop around his spine, and from spinal stretching and mobility postures like camel, rabbit and half moon, he feels totally renewed."

"He moves with greater ease; he touches his toes; he bends down with no problems; and he has no more back pain."

Increased concentration, breathing capacity, flexibility and an improved sense of awareness are just a few of the myriad of benefits.

The "fight or flight," or sympathetic nervous system, is used in exercise.

The slow dynamic and static movements of yoga use the parasympathetic, or "rest and digest" nervous system, resulting in a deep sense of calm after the practice.

"The goal is to fit the postures into your body, not fit your body into a perfect pose," said longtime yoga instructor Vanda Mikolski.

Many different kinds of yoga are available for every body type and every personality, including restorative yoga styles, meditative styles and even dance-like yoga styles.

All forms address the mind as well as the body – realizing how the body responds directly to all ideas and thoughts entertained by the mind. The



Photo by Susan Louis

Lauren Rodriguez instructs students in a posture during her class.

body formulates itself from mind projection.

This is perhaps the core principle of the body-mind connection that is always integrated into yoga practice.

Yoga is successful in strengthening

the body, releasing toxins, decreasing stress, and promoting feelings of joy and well-being, improving lung capacity, improving the endocrine system and blood flow and training the mind to focus, Rodriguez said.

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Acupuncture offers medical relief alternative

By Megan Hansen

Nisqually Valley News

Acupuncture is more than just sticking people with needles.

It is becoming increasingly common within modern medicine.

“It’s a different way of looking at the body’s function,” said Lesley Valentine, owner of Yelm Acupuncture Clinic. “It takes advantage of the body’s energetic system.”

“It’s a way to help without medication.”

Valentine said patients come to her for a variety of reasons, but the major one come for pain relief.

Acupuncture can help with the treatment of chronic pain conditions, arthritis and even diseases such as GURD and acid reflux.

“More than half of the people who come, come for pain relief,” Valentine said. “The other part come for disturbances in the body — frequent urination, insomnia.”

“People want to change. They don’t want to take sleep medication.”

Acupuncture can also help with emotional disturbances such as depression.

The treatment follows a model, which suggests where needles should be placed.

A common misconception is that acupuncture works with the nervous system.

The model actually shows energy

streams throughout the body that are connected to various organs.

Practitioners aren’t sure exactly how acupuncture works, but they do know it helps release endorphins into the body.

Before the treatment begins, Valentine said she talks with the patient to find out the whole story, which helps determine the root of the problem.

She will also check the patient’s pulse. Each wrist holds multiple pulses connected to the body’s organs.

By checking all the pulses, Valentine can learn more about the patient’s health and how their body is working.

A treatment can last anywhere from 20 to 45 minutes.

Valentine uses small solid needles. Because they are solid, they don’t hurt going in.

The treatment itself is very relaxing, Valentine said.

Patients rest on a table quietly while the needles are in place.

Each treatment is specific to the patient and changes each time, Valentine said.

Chinese herbs, including ginger, mint and astragalus, may also be administered in conjunction with treatment.

■ *Yelm Acupuncture Clinic is located on Yelm Avenue between REMAX Country and Yelm Floral. Valentine can be reached at 360-458-9283.*



Photos by Megan Hansen



Above: Lesley Valentine shows a chart of the model she uses to determine where energy flows throughout the body. The chart is used to determine where in the body acupuncture needles should be used. **Left:** The needles used in acupuncture treatments are thin, solid needles. Solid needles don’t take a chunk of flesh with it like hollow needles, making the prick virtually painless.

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Taking nutrition back to its foundation

By Megan Hansen
Nisqually Valley News

People are always looking for the next diet fad.

For Kathy Nelson, a certified nutritional therapy practitioner, nutrition should be looked at from a foundational standpoint.

"If it doesn't grow in a tree, walk on the earth or swim in the sea, don't eat it," Nelson said. "Think about how grandma cooked."

When working with clients, Nelson helps restructure eating habits and lifestyle choices.

Journaling your diet will help assess where to change.

That does not, however, mean calorie counting, Nelson said.

Key basics to Nelson's nutritional guidelines include avoiding refined/processed and low-fat foods, eating lean meats, fruits and veggies, and avoiding sugars.

Low-fat items are often higher in sugar, she said.

Nelson said people just need to learn what good fat looks like.

"Your body needs good, solid fats," Nelson said.

She also preaches everything in moderation.

She advises drinking whole milk and using regular dairy products.

"Think about what your grandma had in her kitchen," Nelson said. "She didn't have Hamburger Helper."

She also encourages eating organic, within reason.

Organic root vegetables are particularly good because things grown in the ground absorb nutrients.

"I'm trying to change people's mind-sets," Nelson said. "I advocate a nice balance."

"The more you cook, the more nutrients are gone. Everyone should have some raw food in their diet."

Nelson also advises having some kind of fermented food in their diet.

Yogurt is a good example of a diet staple. But not the regular, flavored

NUTRITION BASICS

- Avoid refined/processed foods
- Avoid sugar
- Avoid low-fat foods
- Eat lean meats
- Eat fruits and vegetables
- Drink lots of water
- Avoid diet beverages

yogurt. Those are often loaded with sugar.

Plain yogurt is ideal, but for kids who need a little inspiration, Nelson suggest mixing one regular yogurt with one flavored one.

Whole wheat grains are great, she said, but people should try to limit those types of carbohydrates because they're highly processed.

She recommends using whole steel cut oatmeal.

Water is also important in general nutrition.

"We as a society are chronically dehydrated," Nelson said. "Water is really amazing."

People should be drinking their weight divided in half in ounces, capping at 100 ounces.

And for every diuretic consumed, add 10 ounces of water.

A common complaint Nelson hears when talking about consuming that much water is that bathroom trips will increase.

"If you sip that water constantly throughout the day, it won't flush out your organs," she said.

Drinking diet waters is a "no-no."

And if someone is fighting a soda habit, Nelson suggests buying sparkling water for the bubbles.

If some has a hard time drinking plain water try adding a splash of 100 percent fruit juice.

A simple solution to spice up basic water is to add a slice of lemon.

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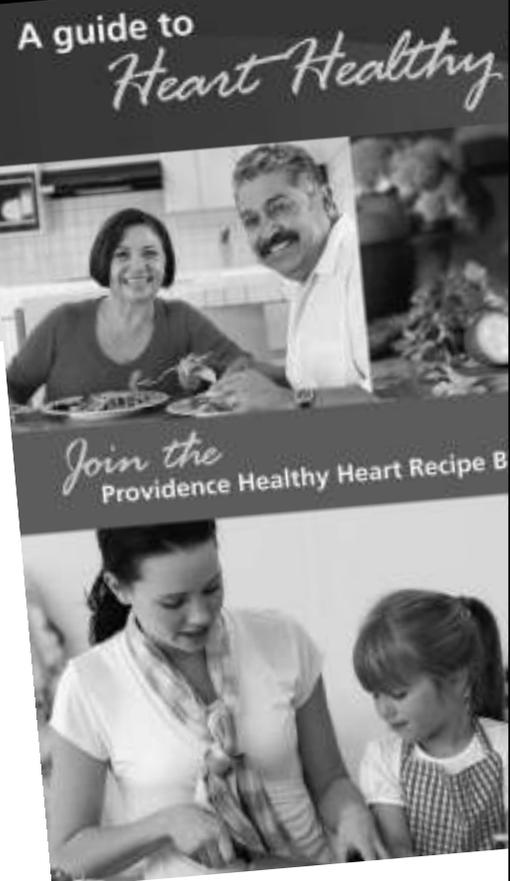
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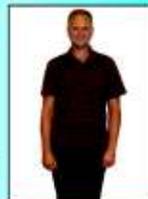


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