



To Your Health

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Healthy Aging: 4 steps to living longer

A new British study looked at the lifestyles of over 20,000 men and women aged 45 to 79 during an 11 year period. They recorded their health history, drinking, smoking, and physical activity levels. Their height, weight, and the amount of vitamin C in their blood were measured.

Though 2,000 participants died during the study, the death rate was four times lower for the people who had the following healthy habits:

- Ø Physical Activity- at least 1 half hour a day
- Ø No Smoking
- Ø Moderate Alcohol Intake- between 1 to 2 per day
- Ø Eating at least five fruits and vegetables per day

Following this lifestyle was estimated to add 14 years to their lives.

ASK THE Doctor: Are there natural anti-inflammatory foods?

First, we need to understand that inflammation is a normal response to injury or infection. It is the body's way of getting more nourishment and immune activity to an area that requires healing.

But inflammation isn't always helpful. It can also be destructive if it continues too long. Unfortunately the standard American diet also promotes an inflammatory environment in the body.

The good news is that making some different dietary choices can influence the inflammatory cascade. For example, the omega- 3 fatty acids found in salmon and flax seeds are anti-inflammatory as are the bioflavonoids in oranges. The spices ginger and tumeric have long been used in folk medicine for their anti-inflammatory effects.

*Mention the Newsletter
and get 10% off your
next massage in the
month of June.*

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We're on the Web!

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Did You Know



Benefits of Massage

So what are some of the benefits of massage?

- Enhance your body's immune system by improving the flow of lymph fluid – which is your natural defense system from dis-ease.
- Reduce stress, tension, anxiety, and depression.
- Massage pumps oxygen and nutrients into tissues and vital organs and improves circulation.
- Relax and soften overworked, injured, and chronically tight muscles.
- Massage results in your body releasing endorphins – the body's natural painkillers.
- Studies have shown that massage enhances sleep quality, results in more energy, and improves concentration.
- ***It feels great.***

Just as there are many reasons to get a massage, there are many different types of massage, here are a few that we offer:

- Swedish Massage – Massage designed to increase circulation of blood and oxygen to body tissues and release toxins. (Very relaxing)
- Thai Yoga Massage – Fully clothed mat massage utilizing massage, stretching and passive joint movement. It is relaxing and invigorating.
- Deep Tissue – Slow, deep massage working with deeper layers of muscles and connective tissue.
- Sports Massage – More vigorous massage designed to alleviate the stress and tension that has built up because of physical activity. Utilizes stretching and passive joint movement.
- Tui Na – A form of Chinese massage utilizing 13 different massage techniques along with acupressure points.

Questions about any massage technique? Email Dr. Reynolds and the massage staff at Dr.reynolds@scoa1.com

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Questions?

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