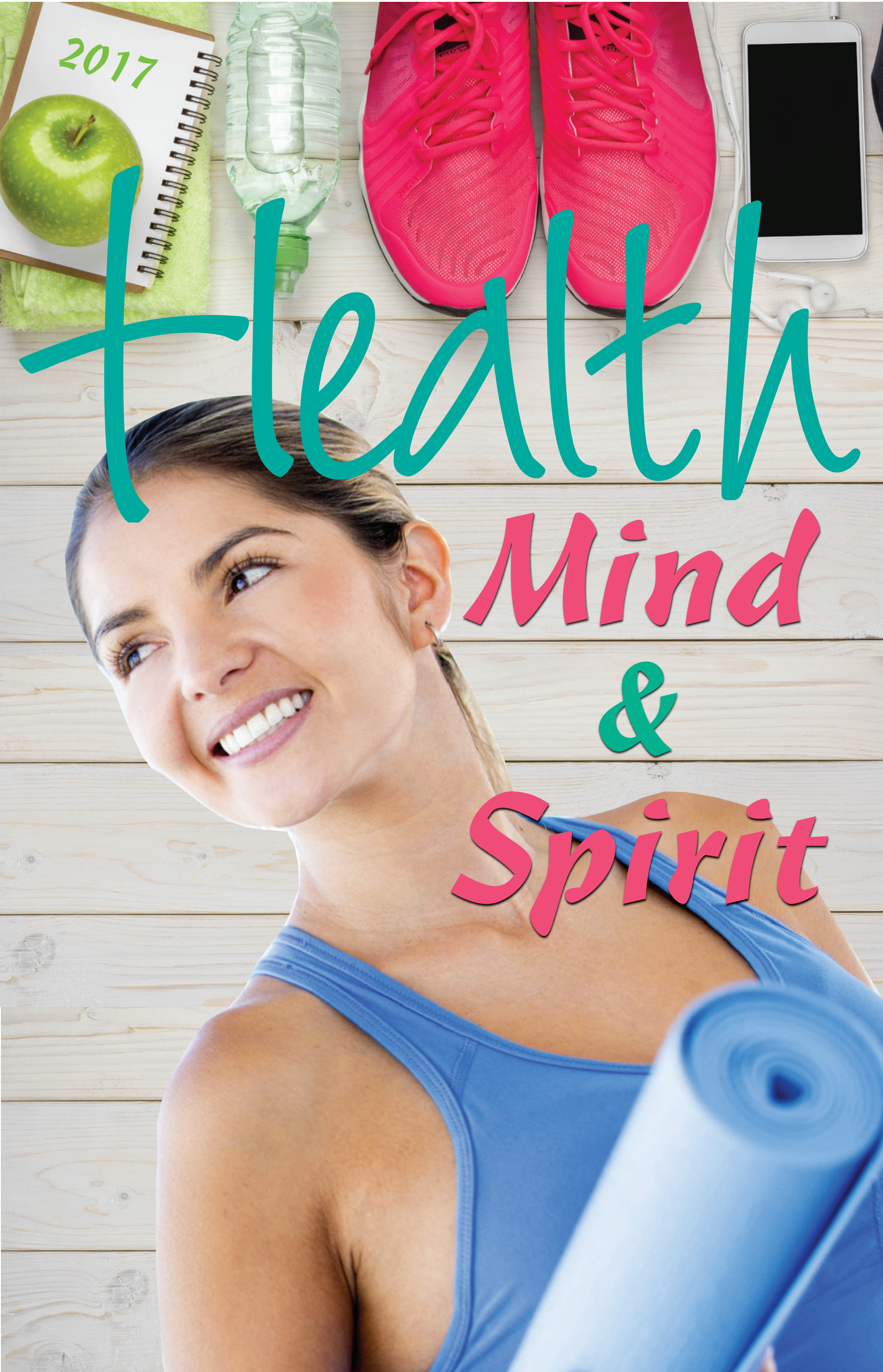




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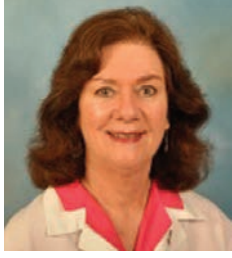
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As for me, I have always been a perfectionist which has manifested itself into an anxiety disorder. In recent years, I have developed pain and it is preventing me from working in the clinic. I have been diagnosed with Fibromyalgia and osteoarthritis. Just typing this is difficult.

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Kids & Sleep

School-aged children are busier than ever before, and some may be sacrificing sleep to accommodate their lifestyles. The National Sleep Foundation says school-aged children need between nine and 11 hours of sleep each night to function at a healthy level. Sleep deprivation can be linked to a host of health ailments, including issues affecting the development of the brain. Growing evidence suggests that lack of sleep can cause disturbances in metabolic rates that could affect the risk for cardiovascular disease, diabetes and obesity. A recent study from Johns Hopkins University found that, for each additional hour of sleep a child gets, the risk of that child becoming overweight or obese decreases by 9 percent. Children who slept the least, according to the research, had a 92 percent higher risk of being overweight or obese compared to children with longer sleep duration. The NSF adds that poor or inadequate sleep can lead to mood swings, behavioral problems and cognitive problems that impact kids' ability to learn in school. To promote good sleep habits in children, parents and other caregivers can establish consistent sleep/wake routines; ensure children avoid excess caffeine, particularly late in the day; create a cool, dark sleep environment; keep televisions and other media devices out of bedrooms; and help children work through stressors that may impact sleep.

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What Are Complimentary & Alternative Therapies

If you look up alternative therapies in Wikipedia you will find the following:
Alternative medicine is any practice that is put forward as having the healing effects of medicine, but is not founded on evidence gathered using the scientific method. It consists of a wide range of health care practices, products and therapies. Examples include new and traditional medicine practices such as homeopathy, naturopathy, chiropractic, energy medicine, various forms of acupuncture, traditional Chinese medicine, Ayurvedic medicine, and Christian faith healing. The treatments are those that are not part of the conventional, science-based healthcare system, and are not backed by scientific evidence. Complementary medicine is alternative medicine used together with conventional medical treatment in a belief, not proven by using scientific methods, that it “complements” the treatment. CAM is the abbreviation for complementary and alternative medicine. Integrative medicine (or integrative health) is the combination of the practices and methods of alternative medicine with conventional medicine. Many of these therapies have been used for generations with great success. For example Acupuncture has been used for over 4000 years. Herbalism is very ancient and used by nearly everyone. In the wonderful Pennsylvania Dutch area that we live in, we have Bracheri or “Pow Wow”. Bracheri is very similar to Reiki when working with the person energies. In addition to Reiki sessions and classes, Pinnacle Hypnosis & Therapies offers a full-range of hypnosis and foot reflexology session and classes.

Hypnosis works with a person's subconscious mind to help them overcome obstacles and feel good about themselves. Foot reflexology involves applying pressure to the feet with specific techniques. It is based on a system of zones and reflex areas that reflect an image of the body on the feet, with the premise that the stimulated area affect a physical change to the body. Many people comment that they feel they have had a full body massage after a foot reflexology session. When considering alternative and complimentary therapies find out what feels right for you. Do your research on the therapies and also the practitioners. Ask your doctor if they recommend any CAM therapies. There are many to choose therapies to choose from. Practitioners are always happy to answer questions and to explain their therapy. I will be offering foot reflexology on February 18, 10 am to 4 pm at Inner Peace and Wellness Center's OPEN HOUSE, 202 S. Third St., Hamburg. There will be a wide array of products and services available included Ionic Foot Detox. Stop in for Free Talk Tuesday, Feb. 14 at 6:30, Nicholas Kleinsmith, Master Herbalist and Nutrition Consultant will be discussing “Parasites Within us”. Very popular and informative talk! Next Free Talk Tuesday will be March 14 at 6:30 “Weight loss” For more information or to schedule your appointment contact Lori Kleinsmith, RM, Certified Hypnotist and owner of Pinnacle Hypnosis & Therapies. 610-823-4160. www.pinnaclehypnosis.com See ad in this Health Mind and Spirit Guide for full schedule of events and classes.

Parenting Perils In A Technological World

By Linda Easter, L.P.C.

Parents experience new stressors today as they try their best to raise wonderful kids. What a challenge! Why has parenting become so difficult? I think I can point out one contributing factor—a cultural mindset based on technological values. I remember one class while working on my graduate degree in 1997. The professor began with a list of traditional values versus “new” technological values. One traditional value was this: “Children require guidance and discipline.” The technological value stated: “Children must be allowed to grow unfettered and unobstructed.” In this value system, good old-fashioned discipline was considered “restrictive.” That mentality considered the word, “No,” obsolete! Play was the work of childhood. Children shouldn't be forced to do things they didn't want to do. These are some highlights of that value system. The problem for Christians is that the Bible teaches that humans have a sinful nature. Children who grow up unfettered, unobstructed, and undisciplined usually demonstrate behavioral and emotional problems because that sinful nature is left unchecked. However, the problems don't end in childhood.

As a counselor, I have worked with many young people struggling with the transition to adulthood. By the time adults introduced work to the child's world of play, they rejected it. It wasn't fun. They didn't say, “No,” to themselves and had debt and poor money management skills. Without a parent training them to do things they didn't want to do, they had trouble keeping a job. Motivating themselves to go to work was too hard. Or eating healthy foods. Fast food burgers and Twinkies taste so much better. I think it's time to go back to old-fashioned discipline—in the best interest of both parents and children. I love to teach parents about a very creative program called, “Parenting with Love and Logic.” It trains parents to use consequences and empathy to help children behave more appropriately so they grow up to be good responsible citizens. Best of all, parents can do parenting without anger! If you want help with creative parenting, please don't hesitate to call 610.562.1810 for counseling with Linda Easter, Licensed Professional Counselor, at Peaceful Hearts Counseling Services.

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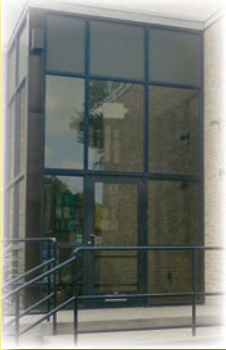
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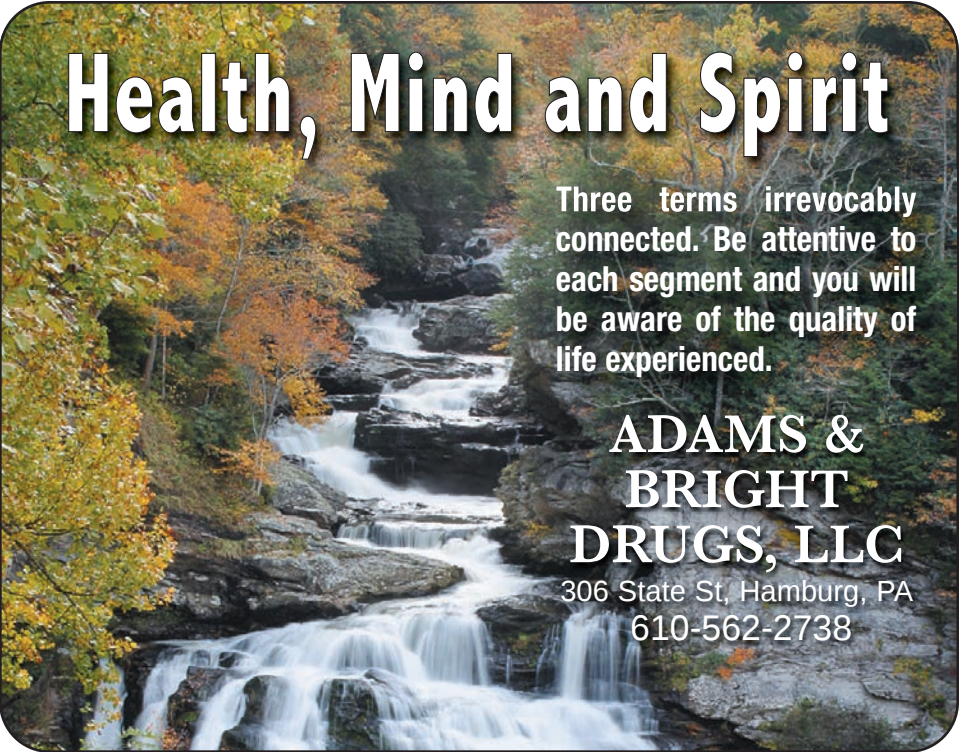
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My, What Big Ears You Have!

by Paula Taylor, Meadowood Music

In the mid 1900s, Canadian neurosurgeon, Wilder Penfield, theorized that our brains perceive more 'important' body parts as bigger than other parts. He created drawings of how our brains see our bodies in terms of both sensory and motor functions. He called them the "Sensory homunculus" and "motor homunculus." In both drawings, the hands and mouth are immense and the eyes and nose are quite large. In the sensory homunculus, the ears are large, but they are non-existent in the motor homunculus. Playing a musical instrument requires simultaneous sensory, cognitive and motor system activity in the player. Over time, as the player uses vari-

ous parts of their body in a new way, the brain's map of the body changes. As a result, playing an instrument improves eye-hand coordination, the ability to discriminate between sounds, the ability to remember sounds. Those who play music regularly have quicker, more discriminating brain responses to sounds in music. Physical psychologists are studying whether musicians also have greater sensitivity in detecting emotions through sounds made by friends or family. At Meadowood Music, we think they'll find that the ears in musicians' sensory homunculi will be every bit as large as their hands.

Pediatric Eye Exams

Hamburg Family Eye Care

Drs. John and Lori Smith, a husband and wife optometry team, have been long-time advocates of comprehensive eye care for children. Studies have shown that 80% of learning takes place through visual processing of information, showing that blurry vision has an enormous effect on a child's education. Symptoms of blurred vision are different in children than adults. Children may squint, rub their eyes, hold things very close, have a short attention span, move their head excessively when reading, struggle in school, close or cover one eye, or have headaches when reading. Concussions are an overlooked cause of blur and focusing problems. A recent article from Jan. 5, 2017 in HealthDay News quotes a new study that recommends children who have experienced a concussion undergo a comprehensive eye exam to see if they're ready to go back to school. The study found that 46 percent of children with lin-

ging symptoms of concussion had vision problems. Dr. Lori Smith is a member of the College of Vision Development (COVD), and specializes in pediatric eye exams that test all the skills needed for comfortable and accurate vision while reading. She has successfully treated patients with post-concussion symptoms as described in the new study. Both Doctors John and Lori Smith are long-time members of the American and Pennsylvania Optometric Associations and the Berks County Optometric Society. Hamburg Family Eye Care has convenient evening hours on Tuesdays and Wednesdays. Plenty of parking is available behind the building. More information about Hamburg Family Eye Care can be found online at Facebook, at www.hamburgfamilyeyecare.com or by calling 610-562-4548, or toll-free 866-704-7426.

Simple Ways To Avoid Injuries When Working Out

A desire to live a healthy, active life compels many people to include exercise in their daily routines. Numerous studies have shown that regular workouts that include a combination of strength training and cardiovascular exercise can make bodies less susceptible to injury while reducing a person's risk for conditions such as heart disease, stroke and diabetes. Exercising is most effective when it's part of a daily routine, but that routine can be derailed if men and women are not taking the appropriate measures to avoid injury while working out. While even professional ath-



letes succumb to injury from time to time, there are steps everyone can take to avoid injury when working out.

- Confirm your technique is the right one. Exercise science is continuously evolving, and that means workouts and fitness machines are evolving as well. When using a piece of equipment for the first time or altering a workout routine, men and women should consult with a gym employee or personal trainer to learn the correct technique. Incorrect technique can lead to minor and serious injuries because muscles are used in ways they are not intended to be used when exercises are performed properly. Research appropriate techniques, taking advantage of online video tutorials if you don't exercise at a gym, to ensure the exercises you want to perform are done properly. When beginning a new routine, ask a friend or gym employee to observe your workout and let you know if you are doing anything incorrectly.
- Be patient. Lifting too much weight or pushing yourself too hard on the treadmill, exercise bike or elliptical machine will increase your risk of injury. This is especially true for men and women working out for the first time or after lengthy stretches of inactivity. Men and women who are elderly, inactive and/or overweight are likely to suffer from poor balance because their muscles are weak. Those muscles can be strengthened over time, but remain patient and stick to light weight during initial workouts so lack of balance does not lead to pain or injury. Take the same approach with aerobic exercise to prevent

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The Hidden Benefits Of Water

Dehydration is a dangerous condition that can cause a host of complications and even prove fatal in severe cases. But as dangerous as dehydration can be, many cases are entirely preventable. The best way to prevent dehydration is to drink enough water. When the body does not take in as much water as it puts out, it can become dehydrated. People who live in warm climates or in elevated altitudes may lose more water than those who do not. In addition, water loss is accelerated during strenuous exercise, highlighting the emphasis men and women must place on drinking enough water during their workouts. But water does more for the body than prevent dehydration. The following are a handful of lesser known ways that water benefits the body.

- Water can help people maintain healthy weights. Dieting fads come and go, but water is a mainstay for people who want to control their caloric intake in an effort to maintain healthy weights. Water has zero calories, so reaching for a bottle or glass of water instead of a soda, lemonade or another caloric beverage can help people keep the pounds off. A study from researchers at the University of Texas Health Science Center found that even diet soda enhances weight gain by as much as 41 percent. In addition, soda has been linked to conditions such as obesity, diabetes and tooth decay. No such association exists with water.
- Water helps to fight fatigue. The fatigue-fighting properties of water are another of its lesser known benefits. When the body is not adequately hydrated, it can experience muscle soreness. And fitness enthusiasts who do not drink enough water may notice their bodies require extensive recovery time after working out. Each of those consequences can be prevented by drinking enough water, and doing so can even improve performance, as studies have shown that just a 3 percent loss of body weight due to dehydration can cause as much as a 10 percent drop in performance level.
- Water can improve the appearance of the skin. Skin that does not get enough water can turn dry and flaky and feel tight. In addition, dry skin is more likely to wrinkle than adequately hydrated skin. Getting water to the skin can be tricky, as the University of Wisconsin-Madison School of Medicine and Public Health notes that water will reach all the other organs of the body before it reaches the skin. But the school recommends applying a hydrating moisturizer within two minutes of leaving the bath or shower and drinking at least eight glasses of water a day to ensure the skin is getting enough water.
- Water helps the gastrointestinal tract. Water can help maintain normal bowel function. When the body lacks sufficient fluid, the colon will pull water from stools in an effort to stay hydrated. That can lead to constipation, a condition in which people experience difficulty emptying their bowels. By drinking enough water, people can ensure their colon will not have to pull water from stools to stay hydrated, thereby helping them stay regular. Water helps the body in myriad ways, many of which might surprise people unaware of just how valuable water can be to the body.

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Seniors And Exercise: Tips To Avoid Injuries, Get Healthy

Exercise is an important component of a healthy lifestyle. Daily exercise can improve mood, promote an active lifestyle and reduce a person's risk for a host of ailments, including diabetes and heart disease. Despite the importance of exercise, many people live sedentary lifestyles into their golden years. Seniors who want to embrace a healthier way of life and get more physically active should first consult with their physicians before beginning an exercise regimen. Certain medications may limit just how far seniors can push themselves, while preexisting conditions may make specific types of exercise off limits. After discussing their limitations with their physicians and developing a safe exercise routine, seniors can heed the following tips to avoid injury but still get healthy.

- Pick a partner. Whether it's a spouse or a friend who is physically active or wants to be, try exercising with a partner, at least initially. Doing so can provide the motivation you need and partners can serve as safety nets should you need assistance completing an exercise or suffer an injury and require medical attention. Personal trainers can serve as your partner, and many gyms offer discounts to seniors on personal training services.
- Start slowly. Seniors who have not been physically active for some time should take a gradual approach to exercise. Instead of heading right for the treadmill, exercise bike or elliptical machine, start walking every day. When it rains, find a treadmill you can walk on. The American Academy of Orthopaedic Surgeons recommends seniors begin by determining how many steps they can take in a day and then gradually working toward 10,000 to 15,000 steps per day. Utilize step counting apps on your smartphone to track your progress. Apply the same slow approach to strength training exercises, lifting only very light weights at first before gradually increasing weight as your body acclimates to the exercises.
- Stretch. Bodies that have been inactive for lengthy periods of time are inflexible, and lack of flexibility increases your risk for injury. The AAOS recommends that seniors warm up their bodies before stretching with five to 10 minutes of low-intensity activity such as walking. Then stretch gently, remembering to relax and breathe during each stretch.
- Switch things up. When strength training, do not work the same muscle group two days in a row. Muscles need time to recover. If you prefer circuit strength training where you exercise various muscle groups in one day, do not strength train on back-to-back days, leaving at least one day in between strength training sessions so muscles have ample time to recover.

Get To The Truth About Dieting & Weight Loss

Weight loss is a popular resolution come the new year. But in spite of that popularity, the resolution to lose weight is no small task. When resolving to lose weight, men and women will encounter an abundance of information about dieting and weight loss. It's difficult to know who to believe and to determine which plans will be effective. Research published by Shape magazine says nearly one in three young people embark on a new diet each month, but 45 percent give up after one week, and about half abandon their goals within a month. Data released in the Daily Mail in 2013 said that although one in seven (13 percent) women in the United Kingdom stick to a diet for 13 weeks or more, nearly one in five (19 percent) succumb to their favorite food cravings after a month.

What's the magic formula for weight loss? Experts advise that there isn't any. Weight-loss strategies that require fad dieting or restrict certain foods may not produce long-term success. Rather, a lifestyle overhaul is often the most effective weight loss strategy.

- Recognize that quick fixes do not work. Drastic weight loss approaches may produce immediate results, but such plans are not sustainable. Drastic plans include certain detoxes and cleanses; diets that eliminate all but a few foods; some prepackaged foods; and food-replacement strategies. Feelings of deprivation or boredom may make people following these diets unsuccessful in the long run. Losing weight means changing one's food and exercise plans over the long haul.
- Eat in regular intervals. Researchers at the National Weight Control Registry offer that spacing food evenly throughout the day is the key to successful, long-term weight loss. People who eat healthy food at regular intervals are better nourished, think more clearly and report fewer mood swings than those who eat erratically.
- Recognize that not all carbs are bad. People trying to lose weight often hear that they should increase protein consumption and drastically reduce their intake of carbohydrates. While it's smart to reduce consumption of processed carbs and those that are made largely of white flour, there are some healthy carbohydrates, including beans, whole grains, fruits, and vegetables.
- Be flexible. As a person's body ages, his or her metabolism will change. Men and women should revisit their recommended caloric intake every few years. In addition, men and women can routinely revisit their exercise routines to determine the efficacy of those routines and alter their workouts to reflect the physical changes their bodies are going through as they age. A person's first step before dieting or attempting to lose weight should be to consult their physician, who can help men and women achieve their weight loss goals in a way that's healthy and easy to maintain for years to come.

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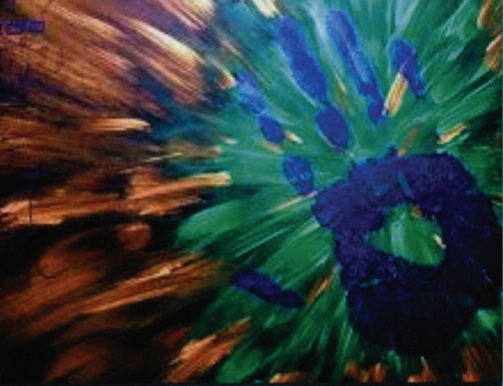
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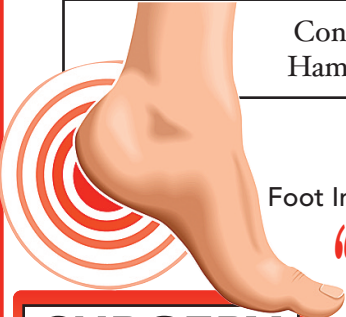
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How To Improve Alertness During The Workday

A long workday can be both mentally and physically draining. As a result, office workers and professionals whose jobs are more physically demanding than office work may find themselves less alert at the end of the workday than at the beginning.

A loss of alertness as the workday draws to a close might be unavoidable. But professionals whose sense of alertness begins to dwindle in the thick of the workday might need to take steps to improve their alertness to protect themselves from injury and to ensure the quality of their work does not suffer.

- Avoid caffeine in the late afternoon. Some professionals rely on caffeinated beverages such as coffee or energy drinks to combat afternoon drowsiness. While that afternoon caffeine fix might provide an immediate, if

temporary, jolt of energy, it might also affect a person's energy levels the following day. A 2013 study published in the Journal of Clinical Sleep Medicine found that caffeine consumed as early as six hours before bedtime can significantly disrupt sleep. Professionals who reach for a cup of coffee in the late afternoon might get a sudden boost of energy, but their energy levels the following day might be lower due to a poor night's sleep.

- Avoid high-fat foods at lunchtime. Foods that are high in fat should always be avoided thanks to their connection to a host of health problems. Such foods also negatively affect energy levels when consumed in the middle of the day. The University of Rochester Medical Center notes that the body digests and absorbs high-fat foods very slowly. That means workers who eat high-fat foods for lunch won't get the afternoon energy boost that low-fat, healthy lunches will provide.

- Snack healthy. Professionals who find themselves needing a snack in the mid- to late-afternoon can sate their hunger and give themselves an energy boost by snacking healthy. Avoid snacks like potato chips that tend

to be high in fat and low in nutrition. Foods that are high in fiber and/or protein can provide a longer energy boost and quell the afternoon hunger pangs at the same time. Fresh fruit and Greek yogurt fit the bill.

- Change your workout schedule. Regular exercise improves short- and long-term health while also increasing daily energy levels. Professionals who include exercise in their daily routines yet still suffer from a lack of alertness in the afternoon may need to alter their workout schedules. A 2011 study published in the Journal of Occupational and Environmental Medicine found that participants who were assigned afternoon exercise programs during work hours reported increased productivity versus those who were not assigned afternoon workouts. If working out in the afternoon is not feasible, avoid working out too late at night, as the National Institutes of Health note that exercising within two to three hours of bedtime can disrupt sleep, ultimately having a negative impact on energy levels the following day.

Professionals who find their alertness levels waning in the afternoons can combat such drowsiness in various ways.



4 Foods That Can Boost Energy Levels

Diet can go a long way toward increasing or lowering energy levels. No one wants to consume foods that will make it harder for them to get through the day, so the following are a handful of foods that pack an energetic punch.

1. Cashews: Cashews, which are high in magnesium, help to convert sugar into energy. Magnesium deficiency can lead to low energy levels, so nuts that are high in magnesium, including cashews, can provide that mid-afternoon jolt that some people are seeking. Cashews are high in calories, so it's best for those looking to lose weight or maintain healthy weights to adhere to serving suggestion guidelines.

2. Skinless chicken: A study from researcher Judith Wurtman of the Massachusetts Institute of Technology Clinical Research Center found that alertness tends to increase when the brain produces the neurotransmitter dopamine and the hormone norepinephrine. Skinless chicken contains an amino acid known as tyrosine that helps in the production of both dopamine and

norepinephrine. If skinless chicken is not available, other foods that may provide this same effect include fish, lean beef and eggs. In addition, lean meats like skinless chicken contain enough vitamin B to help ease insomnia.

3. Salmon: Omega-3 fatty acids can help the body fight inflammation, which has been linked to a host of ailments, including chronic fatigue. Salmon is also high in protein, which can eliminate the mid- to late-afternoon hunger pangs that can derail healthy diets and contribute to weight gain.

4. Beans: Beans are loaded with fiber, and that's a good thing for energy levels. Like magnesium, which can also be found in beans, fiber takes awhile to digest, extending the energy-boosting properties of foods loaded with fiber. In spite of the growing movement to eat and live healthier, many adults still do not include enough fiber in their diets. Men and women can consult with their physicians to determine how to make that happen, but eating more beans is a good start.

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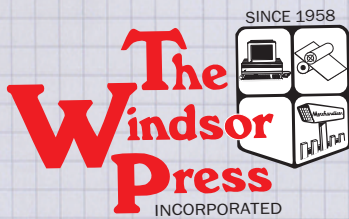
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Lija Jardine is a Licensed Cosmetologist and Massage Therapist. She went to and graduated from Empire Beauty School (Reading) in 2014-2015 and then went on to graduate from Academy of Massage Therapy & Bodyworks (Pottstown) in October of 2015.

She recently utilized both licenses working at Bear Creek Ski Resort & Conference Center doing massage, bridal hair and nails, in their Spa.

She is now looking forward to working more with athletes and the general public who are seeking massage as an alternative way to help heal the body.

Lija competed in the 2010 U.S. Figure Skating Championships.

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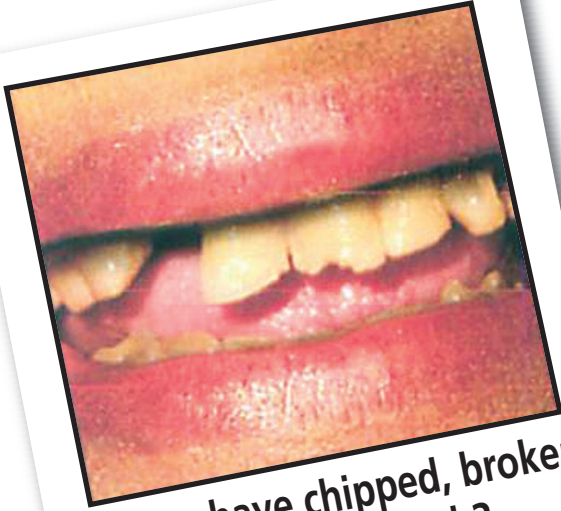
\$5⁰⁰ OFF

Purchase of \$45.00

Good only at Health Cupboard. Not valid with any other offer. Cannot be combined with other coupons. Offer Expires 3-31-17. WP

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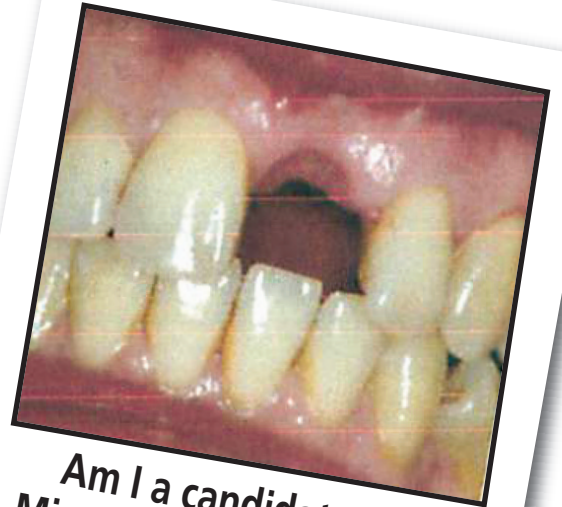
Have you heard of... **Miracle Dental Implants?** for Smiles that Last a Lifetime



Do you have chipped, broken,
or missing teeth?



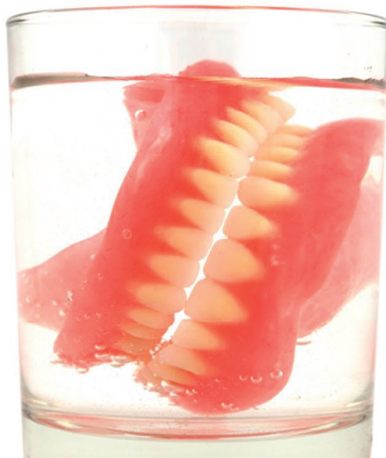
Would you like to have
a natural looking smile?



Am I a candidate for
Miracle Dental Implants?



Would you like to have
permanent teeth
instead of dentures?



Do you use
dental adhesive or have
loose poor fitting dentures?



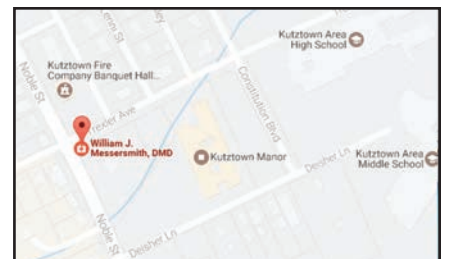
Would you like to chew
comfortably and confidently
all your favorite foods?

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Wednesday, February 8 at 6:30 pm

Call to reserve your seat today!
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Knowledge is Power!
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