

The HANDS-ON HEALER

A Complimentary Health & Wellness Newsletter for Clients of Michael Clifford, NMT



Michael A. Clifford, NMT

You have in your hand the first addition of my newsletter, *The Hands-On Healer*. Given the vast amount of health & wellness information coming at us from all directions, I see the need to share those articles which are beneficial to my clients. The goal, as always, is to support optimal health for you and your loved ones. I'm sure you'll find them informative and useful.

Michael

WATER - The Elderly's Best Medicine

In their search for the fountain of youth, the age-crazed have dwindled fortunes and even tried bizarre "treatments," all in the name of perpetuity. The irony is that the best age-defying elixir we have is as accessible as our kitchen faucet.

Water is the time-borne tonic designed to nurture, heal, strengthen, and replenish our bodies. For the elderly, it's this process that can stave off disease and disintegration of the body's systems, potentially adding time back on the clock.

Life's Elixir

The human body is primarily a vessel of water -- more than 60 percent of total body weight for young adults, 50 percent for the elderly.^{1,2} Everything about us relies on water. The magnificent processes of the brain are fueled by its 85 percent water content.³ The lungs couldn't properly respire without their 90 percent water content.⁴ Even the form and structure of bone tissue is dependent on water (22 percent).⁵ In fact, all our systems and tissues are reliant on the life-giving properties of water.



Maintaining a balance between what we take in and what we put out is key. But that's often easier said than done, as up to 12 cups of water is lost each day through perspiration, tears, urine, respiratory exhalation, and other avenues, even without heat or exercise thrown into the mix.⁹ Replenishing that fluid is critical to maintaining balance in the body. And therein lies the problem, especially for seniors.

Fighting Against Us

As we age, the body's reliance on water becomes increasingly important for overall health. Yet, just at that point in life when we need the nurturing effects of water most, our bodies start betraying us. First, our thirst sensation becomes impaired or slow to respond with age, sometimes failing to trigger a reaction even at the most critical stages of dehydration.

If impaired thirst sensation wasn't enough, then we factor in that an older body is already working at a level of water deficit. Add to that cellular changes and the dehydrating side effects of pharmaceuticals and the elderly population has a

lot of obstacles to overcome in reaching and maintaining proper hydration.

Dehydration Dangers

Without enough water an elderly person's blood pressure can plummet dangerously low, blood clots can form and block vessels, kidney function can be diminished resulting in toxic concentrations of drugs, and constipation can become chronic.¹⁵

Case in point comes from researchers WenYen Juan, Ph.D., and Peter Basiotis, Ph.D., who found that "one in three Americans over the age of 60 may not be consuming enough total water."¹⁶

In emergency rooms around the country, dehydration is one of the most frequent causes of hospitalization for people over 65.

What To Do? Drink Up!

There's really only one solution to thwart dehydration and keep the body from aging prematurely. The difference between a young cell and an aged cell is that the

Food For Thought...

The Doctor of the Future

*The doctor of the future
will give no medicine,
But will interest his patients in
The care of the human frame,
in diet and
The causes and prevention
of disease.*

*- Thomas Alva Edison
1847-1931*

aged cell is dehydrated and shrunken. Water is the key.

What we do know today is that there's really no way around the fact that adequate water intake is imperative for good health. "Optimal cell function demands optimal cell hydration," write Holloway and Joiner-Bey. We dare not neglect a substance that is so critical to our well-being."²³

Source: By Karrie Osborn - Originally published in *Massage & Bodywork Magazine*, Oct/Nov 2005. Copyright 2005. Associated Bodywork and Massage Professionals. All rights reserved. Karrie Osborn is contributing editor to *Massage & Bodywork* magazine.

Author's Note: It's important to note that making a significant change to dietary or exercise regimens should come under the advice of a healthcare professional. When increasing water intake, the above is especially true for those with cardiac, renal, and/or kidney problems.

References

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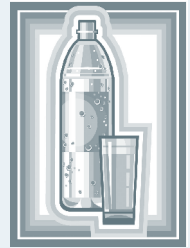
WATER WORKS!

Besides decreasing headaches, heartburn, constipation, fatigue and kidney stones, getting your fair share of water each day may help prevent serious illnesses including heart disease, high blood pressure, cancer and asthma. One study at the University of Loma Linda, California, showed that people who drink five or more glasses of water every day cut their risk of suffering a fatal heart attack in half. Researchers believe because water, unlike other beverages, is absorbed immediately into the blood stream, it thins the blood and reduces clot risk. This also helps moderate blood pressure because it's easier for the heart to pump thinner rather than thicker blood. Furthermore, researchers at Harvard reported men who drank six cups of water daily reduced bladder cancer risk by 50 percent. Other studies indicate that high water intake also curbs the risk of breast and colon cancers. And even asthma sufferers have reason to gulp it down. A University of Buffalo study revealed dehydration reduces lung function and triggers bronchial spasms, especially while exercising.

By Lara Evans Bracciante

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WATER - The Most Important Cosmetic

Creams, nutritional supplements, treatments, lotions, and potions. We are always looking for the next miracle product to keep skin looking healthy and young. However, there is one essential, inexpensive, and often overlooked nutrient right at your fingertips: water.

Just as a car cannot function without oil, our bodies cannot function without water. After oxygen, H₂O is the most important component of the body, responsible for 65-70 percent of its composition. And of this, 80 percent is dedicated to the skin.

Water is the medium for various enzymatic and chemical reactions in the body. It moves nutrients, hormones, antibodies, and oxygen through the blood and lymphatic systems, and it also helps form the matrix of the skin.

It's likely that the moment a person feels thirsty, mild dehydration has already set in. To keep the complexion looking smooth and blemish-free, it is important to begin drinking water upon waking and continue drinking it throughout the day at one- to two-hour intervals.

It is not recommended one increase water intake all at once, as the kidneys and digestive system need time to efficiently process the additional water. Also, thirst pangs are often misinterpreted as hunger pangs. If you feel hungry, try having a glass of water first.

What counts toward your daily water intake? Just the basics: water and herbal tea. On the other hand, caffeinated beverages, alcoholic drinks, and soda are not efficient hydrators. In fact, caffeine and alcohol are diuretics that can contribute to dehydration.

Not only is water important for skin health, it can also play a key role in the prevention of disease.

By Shelley Burns, ND. Shelley Burns, a doctor of naturopathic medicine, completed studies at the Canadian College of Naturopathic Medicine and has certification in Complementary and Integrative Medicine from Harvard University. She can be reached at the Scientia Health Centre at shelley.burns@scientiahealth.com or 905-270-8318.

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The Leprechaun's Secret

by Douglas A. Cox
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Who dances in the
pale moonlight?

Who keeps to shade
when the sun is bright?

Who knows what lies
at rainbows end
And treasure's cool
of wooded glen?

His hat and pipe
we know full well
Some stories only he can tell.

His magic, kept 'tween
nose and chin,
No more than yours,
unleash your grin!

And have a beautiful
Saint Patrick's Day!

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