



# THE **Healthy** LIFE

LIVING YOUR VERY BEST AT GLENEAGLES

ISSUE 20 • AUGUST 2019



## MELT Method Workshops

Reduce pain, soreness and stiffness, help prevent injuries and improve performance with this self-care technique.

### MELT for Tennis

September 17 at 3:30 pm  
Group Exercise Studio

### MELT for Golf

September 24 at 3:30 pm  
Group Exercise Studio

Call 561-495-2806 or email [fitness@gleneagles.cc](mailto:fitness@gleneagles.cc) to register!



## MELT Method



KAREN MIKUS  
Healthy Lifestyle Director

What does your morning look like? Do you bounce out of bed with a spring in your step or do you bury yourself under the covers with that nagging back pain? New science is pointing a finger at connective tissue as the more likely culprit for the aches and pains that plague us. This issue of *The Healthy Life* is about connective tissue and a self-care technique called MELT Method that will help release tension and stuck stress.

When we play sports, sit too much, recover from an injury, or even doing a few simple exercises can cause stress and tension in our bodies. This stress gets stuck literally in the connective tissue, which surrounds every joint, muscle, nerve, bone and organ. The stress accumulates and causes dehydration in the connective tissue, which interferes with the nervous system's ability to regulate itself causing the body's natural healing process to slow down. It's a vicious cycle!

Connective tissue is found to respond

favorably to gentle and brief compression and lengthening techniques that are part of the MELT Method. The techniques rehydrate the connective tissue, reduce inflammation, and rebalance the regulators of the nervous system that aid in cellular repair. MELT is being used by practitioners in fitness, sports, and rehabilitation.

You will also find information in this issue on the Golf and Tennis MELT Method workshops planned for September. A nutrition article on reducing inflammation in your body by Dr. Lillian Craggs-Dino is also included as well as a delicious and nutritious recipe from Chef Cooper.

Best of all, we already have a MELT class scheduled every Monday from 3:00 to 4:30 pm. All you have to do is show up.

The next issue of *The Healthy Life* will be out in November. We welcome your suggestions and feedback.

Be Healthy,

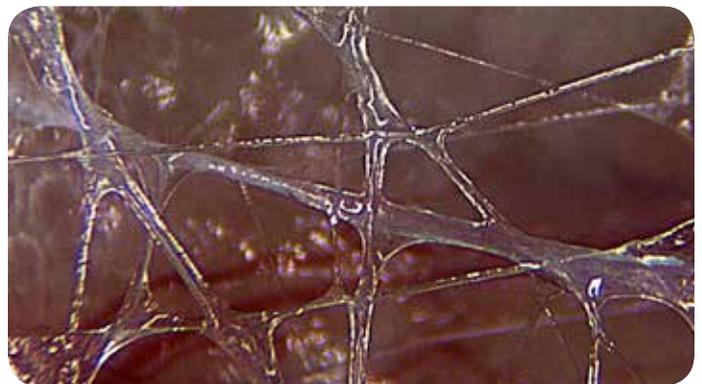
*Karen*



# The MELT Method

The secret to moving pain free is not in your muscles, but all the stuff that surrounds them.

**Our body's mobility, integrity, and resilience are largely determined by keeping our connective tissue system well-hydrated.** The picture below is connective tissue. This three-dimensional matrix is a fluid-based web that surrounds, supports, and stabilizes every structure in the body, including our organs, muscles, bones and nerve fibers. It's also our largest sensory organ. Housing 6 to 10 times more nerve endings than muscles; connective tissue is fundamental to our sense of proprioception (knowing where we are in space), which leads to easy, graceful movements.



**MELT is to the nervous system and connective tissue what exercise is to muscle and bones.** The MELT method uses a patented soft foam roller and little balls for the hands and feet. This easy self-care technique is an effective complement to your current wellness program. To experience long-lasting benefits, it is recommended to practice MELT for a minimum of 10-15 minutes, 3x weekly (max 60 minutes).

**MELT is for everyone.** If you are injured, post-surgery, overweight, sedentary, out of shape, have limited mobility, chronic pain, knee/hip replacements, or bone disorders – you can MELT. MELT is appropriate for anyone who wants to reduce the negative effects of the aging process and to live a pain free life. It simply helps people to move, perform and feel better.

**Benefits of MELT Method exercises:**

- Stimulates connective tissue cells to yield a fluid exchange, rehydrate areas of dehydration, restore fascial elasticity (improves glide ability of muscles).
- Releases joint compression which may cause chronic pain, inflammation, discomfort)
- Rebalance and de-stress the nervous system
- Address common alignment imbalances to promote healing.

# Monday MELT



Kathleen Ferguson teaches our Melt Method class every Monday from 3:00-4:30 pm. Kathleen is an AFAA personal and group fitness trainer. She was initially introduced to the MELT Method by a friend who knew she was having foot/heel issues and thought it might be a good fit for her. Within three weeks of using the MELT Method on her heels, her feet healed. Realizing the importance of the technique, she became an instructor for Hand and Foot MELT Roller Level 1 and Level 2, and Performance Level 1. She now teaches five plus classes per week on the MELT Method.

*Try MELT with Kathleen!*  
**Mondays, 3:00 - 4:30 pm**



My name is Arlene Jakers and I am very active at Camp Gleneagles, as a result I get issues in my tissues. I started attending a class with a funny name, the MELT class. It is truly heavenly and a great way to release tension, stress, improve balance and most importantly relief from pain. Give it a try! Your body will thank you.

**MELT Method Workshop for Tennis**

Tuesday, September 17  
 3:30 pm

Group Exercise Studio

Registration required  
 561-495-2806  
 fitness@gleneagles.cc

Registration required  
 561-495-2806  
 fitness@gleneagles.cc

Tuesday, September 24  
 3:30 pm

Group Exercise Studio

**MELT Method Workshop for Golf**

# Foods that Reduce Inflammation



DR. LILLIAN CRAGGS-DINO  
Dietician DHA,  
RDN, LDN, CLT

**What is inflammation and how does it cause harm?** Inflammation is the body’s response to physical trauma, chemical pollutants, radioactive materials, infectious organisms and diseases like cancer and diabetes. Inflammation is a natural biological response designed to activate the body’s immune system to protect and inhibit destruction caused by these harmful agents. Unfortunately, and paradoxically, the consequence of inflammation is linked to systemic problems like advanced aging, Alzheimer’s disease, heart disease, age-related macular degeneration, atherosclerosis, skin problems and others.

Even certain foods and beverages are linked to the inflammatory process. Excessive

alcohol, overly processed foods, sugar, salt, and fat are all known to elicit the inflammatory process and ultimately cause harm. These types of foods release cytokines, and in turn, these cytokines release chemicals like interleukin 6 (IL-6) and C-reactive protein (CRP) that cause oxidative stress to our body’s cells. Foods such as cakes, pastries, candy, bacon, artificial sweeteners, pizza, salty chips, French fries, hotdogs, sausages, vegetable oils, fast foods, and others cause an adverse bodily response and inflammation.

Just as “bad” foods can cause harm, “good” foods can heal and prevent illness. Foods like fruits, vegetables, whole grains, and healthy fats like omega-3 fatty

acids found in seafood, nuts, and seeds can all be protective against inflammation. Green, black and oolong teas, coffee, and some spices such as ginger, cinnamon, garlic, turmeric and cayenne pepper are also shown to reduce the body’s inflammation process.

So how much of these “good” foods should we eat to gain the protective benefits? See the table below to give you an idea of the servings per day.

In conclusion, to reduce the detrimental effects of the inflammatory process, limit your intake of trans and saturated fats, sugar, salt, and alcohol, and processed foods. Good or poor health is the cumulative effect of the foods we choose to eat most frequently.

Food or Beverage	Serving Size	Servings Per Day
Green, Black or Oolong teas or Coffee	8 ounce	2-4
Vegetables (especially green leafy ones)	½ cup cooked or 1 cup raw	3-7
Fruits (especially berries)	½ cup cut, 1 small whole, or 6 ounces juice	2-4
Nuts (especially walnuts and almonds)	1/3 cup	1
Seeds (especially flax, pumpkin)	2 Tablespoons	1
100% Whole Grains	½ cup cooked grain or 1 ounce bread	4-8
Seafood (especially fatty fish)	1 ounce, cooked	5-7
Olive oil	2 Tablespoons	2-4



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SCOTT  
COOPER  
Executive  
Chef

I hope you are having a relaxing and pleasurable summer! Below you'll find one of my favorite and healthy salads. Packed with whole food ingredients that have amazing anti-inflammatory properties and healthy fats, this Blueberry Salmon Salad makes for a light yet totally satisfying lunch.

**Bon Appetit!**

*Chef Cooper*

## What's In Season



### PASSION FRUIT

Pleasantly sweet and tart, Passion fruit is brimming with many plant-derived nourishing essentials offering optimum health. Passion Fruit is a rich source of antioxidants, minerals, vitamins and fiber. 110g contains about 97 calories. An excellent source of Vitamin C, Vitamin A, potassium, iron, copper, magnesium and phosphorus.

## CHEF'S FAVORITE

# Summer Salad

### Ingredients *Yields 8 servings*

#### Ginger Citrus Vinaigrette

- 1 cup extra-virgin olive oil
- ½ cup orange juice
- 4 tbsp apple cider vinegar
- 2 tsp finely grated ginger
- 4 tsp dijon mustard
- 4 tsp raw honey
- sea salt + black pepper, to taste

#### Blueberry Salmon Salad

- 4 cups baby spinach
- 4 cups watercress
- 2 lb smoked salmon, thinly sliced
- 1 cup blueberries
- 1 cup raw unsalted walnut halves
- 1 small avocado, sliced or diced
- 2 T thinly sliced red onion
- 2 T each torn mint and basil
- sprouts for garnish

### Directions

Make the dressing: In a small container or mason jar, shake up all of the ingredients. Add a few pinches of sea salt + black pepper to taste. (Alternatively, if you want it to be super smooth, use a food processor to blend out the ginger bits.) Set aside. Wash the greens, trimming if needed. Pat dry with a paper towel and place them in a big bowl with the herbs, blueberries and walnuts. Add some of the dressing and toss well to coat. Gently mix in the avocado, then divide the greens between four bowls. Arrange the smoked salmon pieces between the bowls, followed by the sprouts to garnish.

## Five Common Complaints...

# 1

# Simple Solution

NICOLE TROMBETTO, Certified Personal Trainer

If you desire to stay active and reduce the aches and pains in your body, the MELT Method is the solution.

This is a simple self-care technique addressing the listed five areas of complaint. What research is discovering is that repetitive movements create stuck stress in our bodies. Stuck stress can be experienced as the stiffness you feel when you wake up in the morning or the achiness in your joints the longer you sit in a chair. The MELT Method is the solution to directly address this stuck stress and erase the chronic pain keeping you from being active.



### ARTHRITIS IN THE HANDS

We need our hands to navigate through life. If you have experienced your hands not being able to open a jar, hold items securely, or play the recreational sport you enjoy, the MELT Method can achieve relief by performing the Hand Treatment. In just ten minutes a day you can experience more ease of movement, a decrease in pain, and get back to the activities you enjoy.



### PAINFUL NECK

If you are having difficulty turning your head to change lanes while driving, experience decreased range of motion, and have poor posture; give the MELT Method a try. This self-care technique has sequences that are easy to perform to loosen a neck that is tight and stiff. Explore a new way to function without pain.



### HURTING SHOULDERS

Poor posture, injuries, and surgeries are often the cause of dysfunction in the shoulders. Studies have revealed from Stanford University School of Medicine that chronic inflammation, not compression or wear and tear is the primary cause of joint damage. The MELT Method will provide hydration to the surrounding shoulder joint to allow an increased freedom of movement.



### SORE FEET/PLANTAR FASCITIS

We are on our feet most of the day. How much self-care do we designate to the feet to ensure they function to carry us to our daily life activities? The MELT Foot Treatment is a great way to start your day, stimulating over 7,000 nerve endings in the feet that correspond to every organ and system in the body.



### ACHY BACK

There is scientific proof published in 2017, the MELT Method reduces chronic low back pain, initiates real changes in the connective tissue, and increases flexibility. The study revealed a 43% reduction in pain and a reduction in the thickness of the fascial layer. The MELT Method has a variety of sequences to get you out of pain.

### Spotlight on...

### Nicole Trombetta, Certified Personal Trainer



Nicole has been a Certified Personal Trainer since 2003. She holds certifications in several categories, including Sport Yoga, Mat Pilates, Trigger Point Therapy, Rehab, and Pre/Post Natal. Nicole's interest in health and fitness began at the age of four when she started dance classes. She began competing in solo performances in the eighth grade and continued through her high school years. The rigorousness of competing took a toll on her body and sparked her search for self-care techniques to alleviate pain. When Nicole found a school that taught Trigger Point Therapy, she enrolled and began applying the principles. In 2013, Nicole was listening to a pod cast from Sue Hitzmann, developer of the MELT Method, speaking about a system in the body called fascia. Nicole attended a local workshop to educate herself

on the benefits of MELT Method and personally experienced amazing results. This led Nicole to invest in the Hand and Foot Training as well as the MELT Roller Teacher Training to educate others about the importance of this simple self-care technique. Nicole has been incorporating the principles and sequences of this method into her personal training sessions. She continuously strives to expand her knowledge and learn from the many researchers exploring the importance of this three dimensional matrix that is the support structure of the body.

When Nicole is not working she is taking care of her three abundant energy-bound toddlers!



## Member Spotlight: DENNISSE GOBITAS

Dennesse Gobitas was born and raised in Florida. Dennesse and her husband Mark lived in Peru and Argentina for nine years. Even though they really enjoyed the experience particularly Peru, it was the grandchildren that finally brought them back to the States.

Eventually she developed some small aches and pains in her body along with thyroid problems and weight gain, that made her realize it was time to get back to exercise.

She started working with a personal trainer and began taking the MELT Method Class. Dennesse says, "It helps all the aches and pains that don't come out on a MRI but leave you feeling lousy." The class has helped her balance and proprioception. Sometimes when she would bend over to pick something up, she would feel out of balance when straightening up. As a result of taking the MELT class consistently, she doesn't feel so klutzy.

Dennesse has lived in Gleneagles since 2013. She loves the Gleneagles Community and loves the Healthy Lifestyle Center.



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**BOXING CLASS**  
with trainer  
**Kyle Eberts**  
Friday, August 16  
10:00 am  
*Registration required*  
561-495-2806 • fitness@gleneagles.cc

Lifting makes you feel strong,  
Boxing makes you feel *invincible!*

Nutrition Education LECTURE SERIES with Dr. Lillian Griggs-Dino  
**KNOW YOUR Numbers**  
August 22 • 4:00 - 5:30 pm • Multipurpose Room

*Control Your*  
**CHOLESTEROL**  
September 26 • 4:00 - 5:30 pm • Waterfall Room

**COMMON DIETING ERRORS**  
October 24 • 4:00 - 5:30 pm • Multipurpose Room  
*Registration required* • 561-495-2806 • fitness@gleneagles.cc