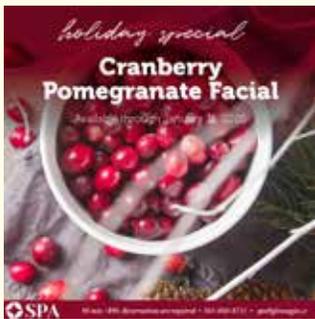




THE **Healthy** LIFE

LIVING YOUR VERY BEST AT GLENEAGLES

ISSUE 22 • JANUARY 2020



Call today to schedule!
561-860-8711 or email
spa@gleneagles.cc



7:00 am Registration
8:00 Run/Walk begins
8:15 am 1 Mile Fun Walk

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

Massage Benefits



KAREN MIKUS
Healthy Lifestyle Director

Brush aside any thoughts that massage is only a feel-good way to indulge or pamper yourself. In fact, massage can be a powerful tool to help you take charge of your health and well-being.

If you experience physical pain such as sore muscles, joint pain, or even bad circulation, a massage can help as it stimulates the body to produce more natural lubricants to help relieve any stiffness caused by age, lack of use or even change in weather.

According to the American Massage Therapists Association (AMTA), not only do 88% of patients agree that massage is effective in injury rehabilitation and overall wellness, but now even physicians are leading the way by strongly encouraging their patients to get massages.

In this issue of *The Healthy Life* newsletter, we include articles on why

Massage is a necessity, not a luxury, tips to get the most benefit from your massage, and why massage is such a great gift for any occasion.

Dr. Lillian Craggs-Dino has an article on foods that detoxify naturally and Chef Cooper has another delightful recipe that you are sure to love.

It's time to stop thinking of massage as a luxurious indulgence, but rather a research-backed tool that can improve your health. It can reduce anxiety and depression, boost immunity, help to reduce inflammation, increase serotonin levels to help you drift off to sleep, increase alertness, and help back pain.

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

Be Healthy,

Karen



Massage:

Necessity or Luxury?

It's easy to see why massage is commonly described as a luxury: You enter an environment that is tranquil, with mood lighting, lovely aromas and gentle music – all your senses come alive to enjoy and surrender to the experience. You melt into a cocoon of sanctuary bliss, disconnected from everything. Seriously, does that sound normal? It should be!

Regular massages help to establish and maintain good health and wellness. Massages should be categorized

as one of life's "healthy necessities," like getting your teeth cleaned or going to the gym. Massages are not just a self-indulgent splurge, they should be part of your ongoing wellness regimen.

Let's look at some of the reasons why you should consider massage as a valuable component of a well-rounded healthcare regimen and why it is worth the time and investment.

Benefits of Massage:

DECREASES STRESS, ANXIETY AND DEPRESSION

It's true that the power of human touch heals. Studies have shown that massage treatment can reduce the stress hormone cortisol, and also increase dopamine and serotonin which are the feel-good neurotransmitters in our bodies. Recent studies suggest that these endorphins enhance the immune system and slow the aging process. Large amounts of endorphins are released into the bloodstream during massage.

BOOSTS IMMUNITY

Researchers from Cedars-Sinai Medical Center in Los Angeles have reported that a 45-minute massage will increase the number of lymphocytes, which are white blood cells that play a large role in defending the body from disease.

REDUCES INFLAMMATION

Chronic inflammation is the root of many of our health issues including sore muscles and even arthritis and muscular dystrophy. A massage can reduce inflammation in muscle tissue.

IMPROVES SLEEP

Massage increases the serotonin levels that help you drift off to sleep. If you are one of the 10 percent of Americans who suffer from chronic insomnia, massage therapy could be for you. High quality sleep reduces our chances of developing heart attacks, dementia and Alzheimer's Disease. The impact of good sleep is huge.

EASES ACHES AND PAINS

If you experience physical pain such as sore muscles, joint pain and even bad circulation, a massage can help as it stimulates the body to produce more natural lubricants to help relieve any stiffness caused by age, lack of use or even change in weather.

IMPROVES SKIN

A facial massage will increase collagen production and improve skin elasticity. It will reduce under eye puffiness, discoloration and sinus blockages. A facial massage helps to detoxify, nourish and thoroughly revitalize your skin to help to even skin tone.



Spotlight on... Bethania Edwards

Bethania Edwards is a Certified and Licensed Esthetician and Massage Therapist in the State of Florida. She prides herself on her ability to care and listen to the needs of others. She is well versed in anatomy and physiology, pathology, and ethics to name a few. Bethania believes in tailoring a massage towards the individual needs of each client by using multiple modalities to get the best results possible.

Bethania was born in Caracas, Venezuela, and came to the United States in 1980, becoming a citizen in 1985. Arriving in New York, following her dream to be a Healthcare and Wellness giver, she graduated from the Mandle School in Long Island, NY as a Medical and Dental Assistant. In Long Island she worked as a Medical Assistant for almost 20 years. Continuing with her career interests when she moved with her family to Florida, she attended the American Institute in Coconut Creek, and graduated as an Esthetician and Massage Therapist. After completing a 750-hour program, Bethania graduated in 2006 and passed the exam of the State Board of Massage Therapy. She also passed the license exam by The National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) in 2007, 2011, and 2016.

She has worked with many different types of clients with different needs, from infants to teens to adults and those in their golden years. Some of the common problems she has addressed for her clients are headaches, muscle tension, carpal tunnel, sports injuries, MS and fibromyalgia. With her nurturing touch, she has had thousands of happy, satisfied clients over the years, many of whom she still keeps in touch with to this day.

It is her belief that one of the things that makes a good massage therapist is continuing education, which she does on a regular basis. This allows her to help people through the expansion of her skills. She is looking forward to developing the same successful relationships she had in previous jobs, with her clients at Gleneagles Country Club.

Bethania lives with her husband Kent in Delray Beach. Kent is a dual Master's degree environmental professional, with more than 25 years experience managing environmental systems in the State of Florida.

Food that Detoxify

Naturally



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

It's that time of year when we desire to detox from the opulent holiday eating and drinking. But what does it mean to detoxify? Nutritionists refer to detoxifying the body as cleaning the liver and digestive tract. The liver is a large organ that is responsible for many bodily functions such as metabolism, cleaning the blood, digestion, and immunity. When we have a sick liver, we don't feel well. You know you need to detoxify if you feel the following symptoms: sluggishness, fatigue, achy joints, digestive issues, irritability, and weight gain.

The human body naturally cleanses but there are foods you can eat to help eliminate toxins that build up faster than the liver can eliminate them. Detoxifying is a process that includes three steps: 1) Choosing foods that detoxify both the digestive system and the liver; 2) Increase fluids so your urinary system can assist to eliminate toxins; and 3) Timing and interval of eating and drinking.

Foods that naturally assist the body to rid of toxins are those that are considered nutrient dense and contain high fiber, antioxidants, omega-3s, vitamins, and minerals. Try to incorporate 3-5 servings of these foods daily.

Therefore, while the body works hard to naturally rid of toxins and harmful substances that can harm our health, consuming these foods and beverages can assist the process by supporting the liver and digestive tract. Consider adding these foods daily and limiting your exposure to toxins to the best of your ability. Good health is a cumulative effect of what we eat and drink, how we behave, and the effort we put into a lifestyle conducive to healthy living.

GREEN LEAFY VEGETABLES such as kale, spinach, escarole, swiss chard, arugula, and wheatgrass. The green color of these veggies is from a pigment called chlorophyll and this pigment rids the body of pesticides, heavy metals, and other environmental pollutants.

GARLIC Garlic stimulates the liver to produce naturally occurring enzymes that filter toxic residues produced during digestion. Eat garlic cooked or raw. Either way is beneficial.

GREEN TEA This antioxidant powerhouse beverage contains catechins that stimulate a strong and healthy liver. Good health is promoted by this amazing organ. Drink green tea hot or cold for healthy detoxifying effects.

MUNG BEANS These beans have been used in Asian cuisine for thousands of years and are known to absorb toxins from the intestines. Eat mung beans in a salad or soup, raw or cooked for a nutty, healthy way to detoxify.

OMEGA-3 OILS These oils include flaxseed oil, avocado, hemp, walnut, or olive oils. These oils help to lubricate the digestive system and prevent toxins from sticking to the walls of the intestines.

RAW VEGETABLES Whether in a salad or a juice, vegetables such as beets, carrots, Brussels sprouts, broccoli, cauliflower, asparagus, artichokes, onions, leeks and others contain high levels of both sulfur and glutathione used by the liver to purge toxins.

GINGER AND TURMERIC These spicy roots can be eaten raw or cooked. The fragrant gingerroot is closely related to turmeric, another powerful detoxifier. Both are anti-inflammatory foods and helps the colon and liver rid the body of toxins. Ginger also contains gingerol and shoga, natural chemicals that are anti-spasmodic and aids in bloating and GI distress.

WALNUTS Walnuts contain L-arginine, glutathione, and omega-3 fatty acids. They provide cardiovascular support and detoxify the liver of harmful ammonia buildup.

What's In Season



BRUSSELS SPROUTS

Low in calories but high in fiber, vitamins and minerals. Rich in Vitamin K, which is necessary for blood clotting and bone health. They are high in Vitamin C, which helps promote iron absorption and is involved in tissue repair and immune function. Their high fiber content helps support regularity and gut health. Brussels Sprouts also contain vitamin B6, potassium, iron, thiamine, magnesium and phosphorus. Last but not least, Brussels Sprouts are a good source of ALA omega-3 fatty acids, which can reduce inflammation, insulin resistance, cognitive decline and blood triglycerides.

Adding Brussels Sprouts to a balanced diet that's rich in fruits, vegetables and whole grains has the potential to make a major positive impact on your health.

Green Tea Poached Salmon

with Roasted Brussels Sprouts



SCOTT
COOPER
Executive
Chef

Ingredients *Yields 2 servings*

Green Tea Poached Salmon

- 4 bags organic Green Tea
- 2 half-pound salmon steaks
- 2 cups boiling water
- 5 cloves minced garlic
- 1 t ground ginger
- 1 t sesame oil
- 1 T olive oil
- 1 t salt/pepper
- ½ lemon

Roasted Brussels Sprouts

- 2 lbs. Brussels Sprouts
- ½ cup red onion, diced
- 1/3 cup olive oil
- 1 t kosher salt
- ½ teaspoon fresh cracked pepper

Directions

Steep tea in boiling water for 2-4 minutes, remove bags and add garlic, ginger and sesame oil to tea. In skillet, heat oil and once hot add salmon. If salmon still has skin, place skin side up and sear other side. Sear for 2-3 minutes. Turn salmon over and add tea mixture. Bring to a boil, reduce heat, cover and poach for 6-9 minutes. Salmon should flake easily. Once plated, squeeze lemon and sprinkle with salt/pepper. Enjoy!

Wash Brussels sprouts. Peel off any yellow leaves. Trim off the stem. Cut Brussels sprouts in half. Discard any undesirable ones. Dice the onion, you can add more if desired. Place cut Brussels sprouts and onions in a bowl and drizzle olive oil on them, and give them a stir. Season them with salt & pepper. Lay the Brussels sprouts on the baking sheet, make sure they are in one layer. Roast for approximately 25 minutes at 400 degrees.





Getting the Most from Your Massage

Tips for enjoying your Massage at the Healthy Lifestyle Spa

From stress reduction to better sleep, the benefits of massage are plenty. It may seem like all you have to do is show up and relax, but there are some things you can do to make your massage experience more enjoyable and longer lasting.

ARRIVE EARLY

When it comes to scheduling your massage appointment, be strategic about the timing. Some people feel invigorated after receiving massage and prefer to start the day that way, while others prefer later in the day to help relieve stress. You also need to consider booking a time that will allow you to arrive at least 15 to 20 minutes early. If you are new to our Spa, we have a healthcare questionnaire for you to complete and we would love for you to relax in the quiet room with a warm cup of tea or fruit infused water

prior to your treatment. Arriving in a frenzied, rushed state will impede relaxation. If you show up late, your treatment might need to be shortened if there is not time extension available on the menu. And after your massage, the soothing benefits are prolonged if you can kick back and relax when you get off the massage table.

RELAX

Take a shower before your massage. If the purpose of your massage session is to loosen tight muscles, a hot shower will help relax your muscles and help you to relax before your treatment.

HYDRATE

Don't eat or drink a lot right before your massage. Avoid eating or drinking one hour before your massage. You don't want to be digesting food during your massage and you don't want to have to interrupt your massage by having to go to the restroom. Do drink more water than usual after the massage to rehydrate your muscles and to flush out toxins.

TALK IT OUT

Communicate with your massage therapist. Let your Professional know your expectations and reasons for the massage. Do you have allergies to oils or lotions? Do you like music during your treatment or find it distracting? Do you want your therapist to talk or stay quiet? Give feedback to the massage therapist to let them know about amount of pressure, speed of hand movement or anything else you want them to know. It's important that you be as comfortable as

possible with your massage therapist, they are professionals dedicated to doing their best to help you feel at ease and to get the best massage possible.

BREATHE

Practice Deep Breathing during your massage. When you breathe deeply, you slow your mind and calm your body. You become more relaxed, which will allow you to really enjoy your massage.

KEEP GOING BACK

Though treating yourself to a massage every now and then is a valuable boost to your self-care, you're likely to see even more benefits with regular treatments. The work your therapist does in each session builds on itself, helping your body maintain its relaxed state and your muscles remain pliable. You don't need to go every week, but once or twice a month is a good option for most people. Book again before you leave.

YOGA + SPA *Retreat*

SATURDAY, JANUARY 18

9:00 am - 4:00 pm

Join us for a unique, health-focused day to help you unwind, connect with the inner you, and learn time-tested strategies to develop a deeper personal at-home self-care practice.

During the course of the day you will choose among three components: [1] a selection of scheduled classes; [2] a group of retreat workshops; and [3] a menu of spa treatments. Be careful with your choices to avoid any time conflicts because some of our activities occur simultaneously. Each individual component requires registration. The day culminates with the Sound Bath Meditation – a reward for retreat participants. *Space is limited. Please call 561-860-8711 to register.*



Member Spotlight:

SHEILA YERUSALIM

This year will mark our 20-year anniversary at Gleneagles. I enjoy playing golf, cards and mah jongg. The most enjoyable time is when I have my wonderful facials and massages at our Healthy Lifestyle Center Spa. Since the spa was built, it's the number one feature I tell everyone about. My husband Bob and I both enjoy massages once a month, loving the friendly, warm atmosphere and relaxation we feel here. It's a welcoming experience that I encourage everyone to try. The fitness center encourages an active lifestyle from exercising to physical therapy when needed. The staff at the spa and fitness center are always helpful and kind. It's our home outside of home.



Massage is the Best Gift

A massage gift certificate tucked into a gift card may seem unassuming, but its benefits are powerful. Here are five reasons why massage should be at the top of your gift list.

THE GIFT OF STRESS RELIEF

Birthdays, Holidays, Graduations, Weddings and all other special events can seem distracting and stressful. Massage makes the best gift because it calms the nervous system and provides an oasis of respite from our busy lives.

THE GIFT OF PAIN REMOVAL

Playing golf or tennis, standing on your feet too long or sitting too long playing cards can create strain, sprain and pain. Massage makes the best gift because it addresses pain and stiffness by increasing circulation, improving flexibility and releasing tight spots from muscles.

THE GIFT OF RAISED SPIRITS

Life's jolly moments can also be filled with family conflict, feelings of grief and other mood-stressors. Massage makes the best gift because it can boost mood. The release of the feel-good hormone, oxytocin, is increased during massage, as is the release of serotonin and dopamine.

THE GIFT OF EASE

Give yourself the gift of a super-simple present to purchase. Massage makes the best holiday gift because it's simple to purchase. You don't have to worry about size, color or style. Head straight to our Concierge desk in the main lobby to purchase a massage gift card.

THE GIFT OF GOING GREEN The gift of massage is environmentally friendly. Massage makes the best gift because it will not sit on a shelf gathering dust, stay hidden in the back of a closet or end up in a landfill.