

The Balanced Body Shoppe News

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Help for Holiday Over Indulgence

Drinking responsibly is important to well-being on several levels. Having said that, overdoing a holiday celebration is not uncommon, and the morning-after effects can be unpleasant. Following are some natural remedies to help or alleviate the “morning after” according to several sources I found.

- Vitamin B complex: The fatigue and shaky feeling on the morning after are likely due to a depletion of B vitamins, which are, among other things, responsible for the metabolism of fats, carbohydrates and proteins. So be sure to get a good Vitamin B complex to keep on hand and take regularly, but in this case, especially the morning after.

- Ginger root (*Zingiber officinale*): Long used to quell motion sickness, ginger tea contains anti-spasmodic effects to calm nausea. I carry the ginger slices that have been crystallized. They can be chewed (you either like or hate the taste) or pour water over them and make a tea. They are also good for soothing a sore throat and for general digestion.

- Nux vomica: This homeopathic remedy also has a long history of righting an upside-down stomach.

- N-acetyl-cysteine (NAC): An amino acid, NAC contributes to the production of glutathione, which helps flush the body of toxins and alleviates a hangover.

Other tips: Drink lots of water before, during and after the party and eat before drinking. Finally, choose pure alcohol over mixed drinks. It is thought that vodka, gin and white wine will cause less severe hangovers than scotch, bourbon, red wine and brandy.

Remember that alcohol is extremely dehydrating and continue to hydrate with good pure water throughout the following days.

Consider BANA water (sold at Bi-Lo grocery store and also carried at The Balanced Body Shoppe. Explore their site here: <http://www.banadrink.com/who>

Note: Do NOT get a massage if you have been drinking alcohol because it could very easily make you have a terrible headache!

Is Wild better than Farm Raised?

I don't know about you, but this is one more reason for me to lean towards organic and wild caught if I am putting it in my body.

The more I read, the less I want to eat farm raised fish.

http://www.purezing.com/living/food_articles/living_articles_7salmon.htm.

Specials

Price good through 21 December ONLY.

Cherry Pit Packs: Normally \$25 ea.. (if you mention this ad)
Buy 2 for \$20 ea. plus tax. Buy 3 for \$19 each plus tax.

Cryoderm: Roll on or spray (limited quantities – once they are gone I won't have more till next year) – Suggested retail is \$19.95, my price is \$16.95. Great for all those aches and pains.

Winter Season Products for Health & Wellness:

Biotin (for hair, nail and skin health), cocoa and shea butter lotions/creams to protect your skin from inside heat and Comforting Massage Oil for daily use. 10% off w/this coupon

The store also has walnuts, roasted and salted almonds, a type of trail mix, pumpkin seeds, cashews, pecans and other snacks to give you those wonderful omegas that your body needs.

Get a good multi vitamin as well as some specific products aimed at helping you with your nutrition. (10% off in December)

Cancellation Reminder

Our cancellation policy is a **minimum 24 hours** notice. Those who cancel with less than 24 hours notice may be charged the full amount if the therapist is unable to reschedule the time that has been **reserved for YOU**. We appreciate your understanding and cooperation with this policy. If you must cancel with less than 24 hours notice, **consider sending someone in your place**.

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Please recycle this newsletter-**Share it with your friends, co-workers and family** who can sign up by emailing me with the subject line "Sign me up for the BBS News" at balancedbodyshop@att.net

Appointments are scheduled **by phone only** (although we accept walk-ins if a therapist is available). Please call the office at **286-6700** and leave your preferred dates and times and all pertinent phone #s. The voicemail is checked between sessions and your call will be returned promptly. **We do not schedule appointments by email, so please call us!**

Gift Certificates for Christmas

I will be open on Christmas Eve till noon for you to get those last minute gift certificates. But **DON'T WAIT TILL THEN!** Call ahead and I can get your certificates ready for pick up. It's the gift they can use long after Christmas has come and gone and they thank you twice for it; once when they receive it and once when they use it!

The Skin – Your First Line of Defense

How often do you really think about (and appreciate) your skin? I hope that some of the things I'm about to share with you will help you to do just that!

Did you know that your skin is your first line of defense, and therefore considered a major player in your immune system?

One way that it works is well known; if it is not healthy and has abrasions and cuts or scratches, germs can enter through those openings or weak areas, causing localized or even systemic infections (think staff germs).

Much less recognized is the ability of your skin to simply kill germs that contact it by keeping the PH levels at the correct acidity. When germs contact the skin they are either neutralized (killed) or live to travel on it to other parts of your body.

It is said that the easiest places for germs to enter your body are through your eyes and nose since these give

direct access and have mucous membranes. Neutralized germs never make it to your eyes and nose because your body eliminates many of them upon contact with your healthy skin.

Please note that I am not a skin care specialist; however, as part of massage therapy anatomy & physiology and self-care, we study the skin (which is the body's largest organ). It is important for us as therapists to keep our skin in good condition, both for our own protection and for our clients' well-being.

That includes, for myself, NOT washing with germicidal synthetic chemicals (which have been said to lower your natural immunity) but using PH balanced soaps with natural germ neutralizing benefits (such as essential oils), using a good non-commercial skin softener to keep my skin healthy and making sure that I don't use products with synthetic chemicals or alcohols which actually dry the skin out more than moisturize it! (Most lotions sold have synthetic chemicals and preservatives as well as alcohol.) Some of these ingredients are suspected or proven to cause negative cellular changes when used.

So, take this opportunity to look at your habits and the products you use on your skin. If you don't think they are what you need to protect yourself and your skin, look for some new ones at your local health food store.

The BBS retail area has some products for your convenience that are great for everyday use on the skin. You might also consider using Apple Cider Vinegar in your bath or shower occasionally to keep your skin more acidic as it needs to be to kill those germs that fall on it! ACV is also great for your hair and to soak in for sore muscles. I keep a gallon in the bathroom so that it is easily accessible.

Remember that things that affect your skin can also affect your health and your overall body!

Student Massage Update

The students will be with me through Dec. 8th. A separate email was sent out with specific times and dates if you are on my email list. Take advantage of this opportunity to avail yourself of a good Swedish massage for only \$40!

Once they are finished with this externship I do not know when I will have another student. It may be a year or more.

If you can't find your earlier email, call and I can let you know the exact dates and times that are available.

286-6700