



Greetings To All Our Friends!
The summer is flying by! Hope
this letter finds everyone is
good health and good spirits!

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Magnesium and Your Health by Bob Gajda, RKT

Did you know magnesium influences many bodily processes, including digestion, energy production, muscle function, bone formation, creation of new cells, activation of B vitamins and relaxation of muscles, as well as assisting in the function of the heart, kidneys, adrenal, brain and nervous system? Lack of magnesium in the body can interfere with any or all of these processes.

Magnesium is an essential mineral. This means that the body doesn't manufacture it and it must be obtained through the diet. Unfortunately, our diets today, with their processed foods, refined sugar and flour, and fruits and vegetables of questionable nutritional value (caused by mineral-deficient soil and chemical farming methods), are commonly quite low in magnesium. The result? A significant percentage of the population have below healthy magnesium levels, including many who already use magnesium. Why is this? First, the amount of magnesium required by the body is greater than people think. Second, many magnesium capsules and tablets do not fully break down and are not completely absorbed by the body.

**Symptoms of magnesium depletion are stress; low energy;
fatigue/weakeness; PMS and hormonal imbalances; inability to sleep;**

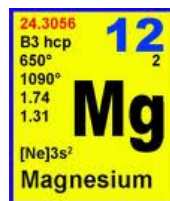
weakening bones; muscle tension; muscle spasms and cramps; abnormal heart rhythms; headaches; anxiousness; nervousness; irritability; constipation.

Magnesium deficiency can be caused by a number of things, including lack of adequate dietary magnesium, emotional stress, some drugs (diuretics, antibiotics, birth control pills, insulin, cortisone) heavy exercise, diabetes, gastrointestinal disorders and excessive calcium in the diet.

Calcium and magnesium are two different sides of the coin. Calcium excites nerves, while magnesium calms them down. Calcium makes muscles contract. Magnesium is necessary for the muscles to relax. Calcium is needed for blood clotting, but magnesium keeps the blood flowing freely. Maintaining balance in these minerals is vital.

The best way to take magnesium is in a form that can be completely dissolved in water. In this state it will absorb quickly into the body providing fast relief.

(Taken from Peter Gillham's Natual Vitality)



Words of Wisdom by Mary Lou Gajda

*"The way I see it,
if you want the rainbow,
you gotta put up with the rain."
- Dolly Parton*

August Reading Recommendations:

"The Science of Being Great"
The practical guide to a life of power
by Wallace Wattles

"Bedside Blessings"
Meditations
by Charles Swindoll

"The Timeless Path - Guide to Spiritual Evolution"
by Swami Rmakrishnananda Puri



Get Your Muscles Back On Line - *Discover Vibration Recovery Massage*
by John Stelnicki, Physical Therapist

For over 30 years, Bob Gajda has utilized G5 vibration massage combined with "hands on" massage to alleviate muscle pain, spasms and to help heal injuries. Bob's techniques with vibration massage reduce abnormal muscle tone to return your muscle to optimum working levels. Recovery from workouts is accelerated. You feel relaxed, pain is reduced and you perform better.

In addition, circulation is enhanced for blood and lymphatic fluids. Inflammation in painful areas is reduced. Fresh nutrients are brought into injured areas.

So, whether you are an elite athlete or an elite couch potato, and you want to get your muscles and body back on line, try our vibration massage techniques.



The Heat and Your Heart by Susie Lawrence

As temperatures climb this summer, everyone is feeling the effects of the heat and humidity. But people with heart disease are especially vulnerable in the extreme heat.

Dr. Alfred Bove, past president of the American College of Cardiology warns heart patients to be especially careful. He says to think of the skin as a radiator. When the temperature gets too high, the only way for the body to evaporate heat is to sweat. In order to power perspiration, the heart works extra hard to pump blood and sweating reduces blood volume. The resulting dehydration puts a strain on the heart. Healthy individuals can manage the extra strain, but heart patients can't, particularly if they're on medications, such as diuretics. Diuretics deplete the body's sodium. You need to drink fluids that replenish that sodium. Gatorade is a good example of a replenishing liquid.

Heat stroke symptoms include high fever, rapid pulse, nausea and pounding headaches. If not treated promptly, heat stroke can lead to permanent disability or death. So it's important to recognize when you've had too much heat. Common signs of heat exhaustion include the following:

- 1.) Excessive perspiration
- 2.) Dizziness
- 3.) Weakness
- 4.) Muscle cramps
- 5.) Nausea
- 6.) Headaches

If you experience any of these symptoms while out in the hot sun, take a break and cool off.

Heat exhaustion is easy to repair, but that's not the case with heat stroke. The best advice is to protect yourself. If you've been diagnosed with heart disease, take the following precautions in the hot weather:

- 1.) Avoid going outside at the hottest points of the day.
- 2.) Select a shady or breezy area if you want to exercise or work outside. Or work in the early morning or evening when temperatures are less extreme.
- 3.) Stay well hydrated and drink periodically while working or exercising.
- 4.) Wear lightweight clothing.
- 5.) Find a public place with air conditioning that you can visit during the day if you don't have air conditioning at home.
- 6.) Make sure you have someone with you when you're outside - a friend or family member who will notice if you're exhibiting signs of heat exhaustion.

Just remember to listen to your body and exercise with someone who can help you if you start to feel badly.

(log onto www.aolhealth.com/conditions/heatstroke for more information)



The Evils of the Overcooked Egg by Robert Gajda

We recommend you eat your eggs poached, boiled or fried in such a way that the yolks remain intact, protecting their cholesterol contents from peroxidation. Egg yolks contain a large amount of cholesterol that is easily oxidized when subjected to heat and air. When we scramble eggs, we break the yolks and expose the cholesterol to both heat and air, producing a slurry of cholesterol peroxides, which along with lipid peroxides should be avoided. Powdered eggs, which contain lipid peroxides, are routinely used in commercially prepared foods requiring eggs, especially bakery goods. Commercial bakery goods are loaded with trans fatty acids and lipid peroxides, so do yourself a favor and avoid them.

(The Protein Power Life Plan, Michael R. Eades, MD and Mary Dan Eades, MD)



Which Sports Has The Best Athletes? by Robert Weil, Sports Podiatrist

Boy, that's a great question, isn't it? Of course there is no "right" answer but everyone has an opinion. I was sitting with Denise Provenzano, owner of Zano Salons, and we were watching three different sports at the same time. The Blackhawks in the Stanley Cup finals, the Lakers and Celtics in the NBA finals and some French Open tennis with champion Rafael Nadal. Only 5-10 minutes of each as we were really watching and cheering for the Hawks! Two of my favorite orthotics patients from the 80's were ex-Hawks, the late Keith Magnuson and present Sharks GM, Doug Wilson.

Playing the role of "The Sports Doctor", I asked Denise the title question, which sports have the best athletes? As many of you remember, Denise participated in all the excitement and hoopla celebration with Naperville's Olympic Gold Medalist skater and Dancing with the Stars runner up, Evan Lysacek. I often told her that world class figure skaters were among the best of athletes, let alone combining his skating tour with the DWTS competition being "off the charts" athletically.

As I am writing this article, the Tour de France is started and I've always considered the Tour one of the most demanding of the athletic events. Denise couldn't believe the speed and power and athleticism of hockey. The NBA basketball players running full blast up and down the court was explosive. Nadal playing a 3 1/2 hour, 5 set tennis match was awesome. Then the World

Cup soccer matches were starting.

The criteria for the best athletes involve both physical-speed, strength, stamina, quickness, agility - and the mental side as well. Things like focus, concentration, performing under pressure in the clutch come to mind. Anyway, let's hear from you readers - which sports involve the best athletes? Email me at drweilsportsdoctor@yahoo.com . I'll mention some of your answers in my next article or on an upcoming Sportsdoctor Radio Show. By the way, one of my votes goes to Lysacek. He's got it all, of course, I'm slightly biased. Another vote would go to my two year old grandson, Lincoln, who I've been chasing around the last few days up and down the stairs 150 times! A little bias there also.



Check out Dr Weil's website at www.sportsdoctorradio.com

Patient Testimonial by Robert Kaul

When I tore my left shoulder rotator cuff I felt lucky since I am right handed. I did not realize, at that moment, that there was more luck coming my way. That luck came from having recommendations from personnel at College Park Athletic Club directing me to see Bob Gajda. With Bob's expertise I decided to have physical therapy and not have surgery. Now, many months later, that turned out to be the wise choice. The left arm that could not be raised to toss a tennis ball for a serve now is just about fully functional. The additional benefit of learning how to correct my posture and strengthen my shoulder, back and core muscles, through the help of Bob Gajda and John Stelnicki, was a plus that I had not contemplated.

I want to thank Bob Gajda and all the Gajda Health Plus staff for their caring help.



Bob Kaul

Discover ASEA

Discover your body's Strongest Defense, Natural Balance and Best Performance. Introducing ASEA...the only patented product that gives your body the natural molecules that assist the body to fight cellular inflammation, increase endurance, speed up recovery, and create chemical balance that is required for optimal immune function.

Log onto www.teamasea.com/ghpn for more information on this great new product!!



Free Injury Assessment!!

Got a nagging injury that won't seem to go away? Call us at either location and mention our August newsletter and receive a free 15 minute injury assessment.



Article Headline

Happiness is when what you think, what you say, and what you do are in harmony.

- Mahatma Gandhi

As always, we'd all like to thank you for your continued trust in us.

-The Gajda Health Plus Family