



OPTIMUM HEALTH FOR LIFE

SUMMER NEWSLETTER 2023

An update from *Linda*



How fast did that first half of this year fly by as we enjoy these summer months ahead of us! My hope is that it has been a year so far of balanced health and vitality for you and your family. It is always my goal to partner with you to enhance wellness by lessening stress and making solid lifestyle choices, the foundation of health. Quite possibly this could be a perfect time midyear for a little reset or recalibration coming into more relaxing months.

Receiving a therapeutic massage is simply one decision within your intentional choices throughout the year. And I am thrilled that this continues, on Wednesday through Fridays along with other healing modalities. As I learn and grow, and teach as a wellness educator, it becomes a WIN/WIN for not only clients but for students, universities, businesses and faith filled organizations. Here are some new offerings that are all on my website: www.lindapenkala.com

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LINDA**

IN THE MEDIA

**WELLNESS
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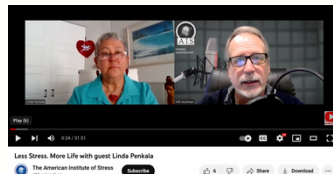
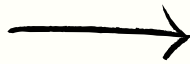
**SELF-CARE
ARTICLES**

**SUMMER DIY
RECIPES**

OPTIMUM HEALTH FOR LIFE IN THE MEDIA

The American Institute of Stress – the Contentment Podcast I was interviewed on in May, is now online on stress.org. Will, who interviewed me, asked engaging questions of how I help many with a mindful eye toward stress and its effects. We had plenty of time to go over my 9 Pillars of Heart Disease Prevention from my book *The Pause to Relax Ladies*.

Watch or Listen to the episode!



Leading 2 breathing tools I share, **Box Breathing** taught to the Navy Seals is one simple technique to help focus and be calm, plus my signature Stim Vn Breathing, to self-regulate your Vagus Nerve. Please feel free to share and post on your SM feeds, so others can benefit as well.



Shining the Light On Pain and Remedies of Hope

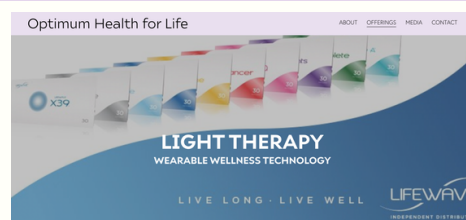
Your Health Magazine – June’s article I wrote on pain and the many modalities that are available from the holistic, natural realm.

Your Health Magazine – May’s issue that covered the healing benefits of light for healing, from phototherapy and the application of non-transdermal patches placed on the skin like a band aid except they are like a 50 cent piece size. This wearable wellness technology has been helping clients, family and yours truly with pain, sleep and inflammation.



The Simple Healing Benefits Of Light Via Phototherapy For The Body

Learn more about Light Therapy





Is Marriage Helping Or Hurting Your Heart Health?

Is Marriage Helping or Hurting Your Heart Health – My January article on the effects of negativity and anger in marriage.

ABMP's **massage therapist count** - in each state, see how they have gone down this year after a steady rise every year since 1998.



HOW MANY MASSAGE THERAPISTS ARE IN THE US?

New Young Living essential oil blend - called Season Essentials oil blend for fall/spring to support your respiratory system. Not only does it have the LPL that I have been sharing for years as a DIY made from Lavender, Peppermint and Lemon, but YL added Goldenrod and Eucalyptus. It can be diffused, put on topically or ingested 1-3x per day, with 1-2 drops along with a carrier oil and put under the tongue, or in a capsule: [[Shop](#)]



LINDA'S PRESENTATIONS

In the last few years, I created many Power Points that I teach, whether as a featured speaker, for UMB or teaching company's employees. A few that may interest you is **Ergonomics 101** that is short and a good visual to see just what improper posture and keyboard placement does to your muscles, and mind. Another I just taught is the Benefits of Journaling and the many positive blessings to your body/mind/ mental ease by simply writing on a regular basis, in the morning or night. If you wish for me to teach these or any of my PPs, I am here for you and can meet on Zoom if enough are interested. [Check them out on my website.](#)



Did you know volunteering is amazing for your health, and there are many benefits from giving back? ([The Health Benefits of Volunteering](#))

The month of June was fun for me as a group of Central Maryland Chamber members went to MTR or Maryland Therapeutic Riding to help clear out and paint their sensory trail for the adults and kids on horseback that use the trail regularly. [Horsesthatheal.org](#) is their site, where connecting humans with horses offers robust healing. Another moment was attending the spa day for cancer thrivers at Respite Retreat as one of 5 LMT's that gave 2 attendees foot massages. What an uplifting day for all, helping them to relax, and feel special! They are always looking for volunteers for these spa days, so please check out their link: [respiteretreats.org](#).

SUMMER DIY RECIPES



For those who favor making their own sunscreen that is way safer than most in stores, ([EWG's Guide to Sunscreen](#)) here is the SPF values of carrier oils. Personally, to avocado oil, I add carrot seed oil, and at times lavender to protect my skin, and nourish it in the process of being in the sun or water:

Almond oil: SPF5

Avocado oil: SPF 4-15

Coconut oil: SPF 2-8

Jobba oil: SPF 4

SUMMER RED TEA RECIPE: brew organic hibiscus tea and let sit for a few hours, at least 6 bags for a ½ gallon. Cut up slices of organic cucumber, (half), lemon (one) and muddle some mint/spearmint and put that all in a bowl, fill with water to marinate and put in the freezer for a few hours. Then pour them all together in a pitcher, or big beverage dispenser, and add more water, club soda. Enjoy, and great for kids too, as all my G kids love my red tea!!



My emerging techno skills allowed me this year to create my new logo and 2 QR codes, so have fun with these to simply checkout on your phone.



OPTIMUM HEALTH FOR LIFE
Holistic Health & Wellness



SCAN FOR MY WEBSITE

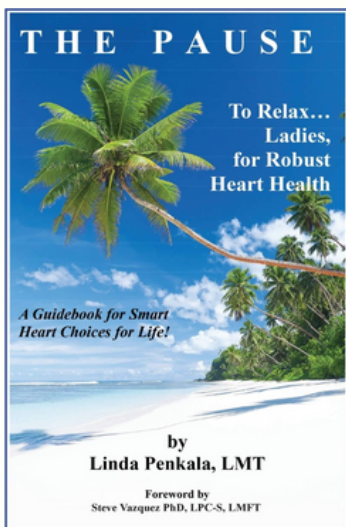


SCAN FOR LIFEWAVE

I hope you have moments this summer to enjoy a sunset, connect with family, have funny times with friends, or simply sit on the beach or mountain alone to recharge and find grounding through the sand or dirt. And make it a point to have some firsts – first time traveling to a different state, take up a class, first time to parasail, or take up pickle ball like so many! My firsts in May and June were golf tournaments, then I also took up a glass-making class that was creative and colorful, resulting in 2-night lights and a bark on art piece!

**Relax, Recharge and Restore this summer! May God Bless your safe journey!
On the Wellness Path ~**

Linda



Looking to give a "healthy" gift? Consider ***The Pause to Relax Ladies.***

Gift Certificates for massage and virtual relaxing are also excellent options!

The Pause to Relax Ladies on [Amazon](#) & E Books


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Optimum Health for Life ~
Massage/Aromatherapy

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