



Optimum Health for Life

Holiday Newsletter 2019

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Relax & Sleep More in 2020!

What a year it has been, birthing my book **The Pause to Relax Ladies for Robust Heart Health** which has been in the creative process for years! From

one medical moment of Atrial Fibrillation that I experienced years ago, to the many life lessons I have learned, women of all ages can now see the correlation between stress, lifestyle choices and cardiovascular disease. That cardiovascular disease is our #1 killer for women, surpassing men in the mid 1980's, may not surprise you, but there are many who still do not know this medical fact. From the publication in November, to the present book signings and outreach efforts designed to get the word out, it is a thrill to be able to offer stress reducing tips along with timely wisdom for a robust heart-healthy life. Should you have a group or company that you'd like me to visit to speak briefly and then sign copies of my book, that would bring me immense joy! You can now purchase the book on Amazon and will be in E-book format real soon.

The seven chapters of this book begin with *The Pace of the Race*, painting a picture of my racing career as a jockey involving speed and pace, to my current profession as an LMT slowing clients down around the massage table, and how one complimented the other. Along the way I share *The Hard Heart Truth*, revealing medical research and, in the third chapter, *The Urgent Need to Relax* and how this physiologically affects heart health. My *9 Pillars of Heart Disease Prevention* is a foundational chapter, in that you can see the many solutions once your heart radar is raised! The last two chapters, *The Birth of Your Wellness Team* (Wellcare Reform) and *The Call to Heart Action* invite you to explore your wellness providers that you pro-actively visit through the year, and a gentle nudge to take action for your heart's protection for life.

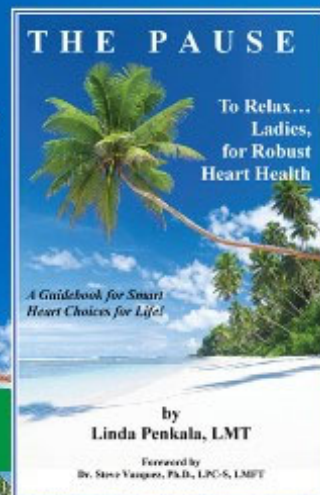
This is no longer a "man's disease" ladies, not just a moment of thought in February when heart health

**AVAILABLE NOW —
The NEW Book from Linda Penkala**

The Pause to Relax Ladies

A Superb Gift for Every Woman, Everywhere!

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media glares it loud and strong. Quite the opposite as our hearts beat 100,000 times per day, pushing 6 quarts of blood through 60,000 miles of arteries and vessels, so there is no one month that should be any more profound than the other 11! She never gets a day off! The fact that women die from cardiovascular disease more than all the cancers combined tells you the magnitude of this epidemic. Hence, my book that I hope you can lovingly share, as a gift of health, and an extension of heartfelt caring to another woman.

The first week of December gave me an entire day to be in a local seminar entitled *The Sleep-Loss Epidemic: Understanding & Managing Sleep Disorders*, put on by INR or the Institute for Natural Resources, for my licensing CEU's. Dr. Hullon's humor throughout a session discussing such a serious, pervasive issue in the U.S. allowed us to take in these scientific facts of our status. The CDC declared sleep disorders are a Public Health Epidemic, with 23% surveyed having concentration problems, 11% said less sleep impaired driving, and 8.6% reported that sleep deficiency interfered with job performance. Some highlights to share:

WHAT IS SLEEP?

- A reversible, quiet, partially-conscious state that involves a species-specific body posture, that is different from a coma
- A cyclical pattern through the night composed of several sleep stages
- During some parts of sleep, heart rate slows, muscles relax, body temp drops, BUT at other times, heart rate increases, muscles go active, temp rises
- The brain and body do not "rest" during sleep – hundreds of biological processes in the body and

brain continue as certain areas of the brain are even more active in parts of sleep than when awake

WHY THE NEED FOR SLEEP

- The need builds up during the day and enhances optimal biological processes
- Body cells and mechanisms are repaired, while blood supply to muscles increases
- Tissue growth occurs, and immune chemicals are synthesized
- Immune cells are generated and repaired
- Important hormones are released for growth and development



FOUR STAGES OF SLEEP – measured by EEG brain wave patterns

- Stage 1 NREM (non REM) Light Theta Wave Sleep – the waking state of the brain is in beta waves, then alpha waves begin with drowsiness, as the brain shifts here at initiation of sleep.
- Stage 2 NREM True Light Theta Wave Sleep – EEG Theta waves slow down further, eye movement stops, with heart rate and breathing slower, as we spend more time in this stage than any other, 45-60% of sleep.
- Stage 3 Deep Slow Wave Delta Sleep – eyes can slowly roll, even slower heart rate, with deep renewal and restoration and less blood flow to the brain as it cools. Dreams occur, but not recalled and this stage is essential for health.
- REM Rapid Eye Movement Sleep – visual dreaming occurs, with eyes moving laterally, with alcohol and sleep meds suppressing this stage. Loss of both REM sleep and Stage 3 slow-wave deep sleep can disrupt memory, with

*Sleep is the golden chain
that ties health and one's
body together.*

Thomas Dekker





power naps of 12-90 minutes increasing memory recall and problem solving. Interrupted sleep results in memory dysfunction.

SLEEP HYGIENE

- Light/Temperature – the pineal gland secretes melatonin with darkness, so make your bedroom as dark as possible, no bright clock, TV or lights on, and temp cool from 60-68 degrees
- Sound – calming music can initially be helpful, keeping out all noise and use ear plugs if snoring by another is an issue (World's Finest Ear Plugs)
- Scents – diffuse essential oils in the room one hour before, or all night, smell essential oils in a hot Epsom salt bath to calm and restore balance (Cedarwood, Bergamot, Lavender) as your skin receives the magnesium from the salts, to further relaxation



A good laugh and a long sleep are the best cares in the doctor's book.

- Irish Proverb

- Pre-Sleep Habits – chamomile tea, coconut milk or almond (high calcium) with Young Living's Lavender Vitality and Orange Vitality (2 drops each) into the box of milk, and drink a glass prior to bed. Unplug from all devices 1-2 hours before sleep, as the blue light is not helpful for deep rest. Take a moment for prayer, meditation, or writing in a gratitude journal. Typically I put Cedarwood on my feet, spray magnesium then rub together, and apply Rutavala roll on behind my ears, on my heart, neck and wrists along with smelling its earthy scent.
- Weekly Habits – exercise 3x/week as this is one excellent choice for sleep & heart health
- Monthly Habits – relax with massage therapy, acupuncture, yoga or any you find calming
- PM Eating – try not eating after 7 PM as it takes the body's energy, when resting is the priority
- Pick a set time to sleep – helps melatonin secretion as 2 hours before sleep it's increasing

Happy Holidays to You & Yours!



"Tension is who you think you should be. Relaxation is who you are."

— Chinese Proverb

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NATURE TO NURTURE:

- Essential oils from Young Living offer a safe, simple way to surrender to sleep:
- Single oils: Lavender, Valerian, Bergamot, Cedarwood, Orange, Roman Chamomile
- Blends: Rutavala, Peace and Calming, Valor, Tranquill, Stress Away (all roll ons)



As we wrap up this year, I thank you for following me in April to my new office to the **Howard County Holistic Center** in Columbia. All your massages next year will be in the room off the waiting room to the right. My hope is that you feel the calm shift upon walking into this beautiful healing space and that no steps and ample, close parking are a plus!

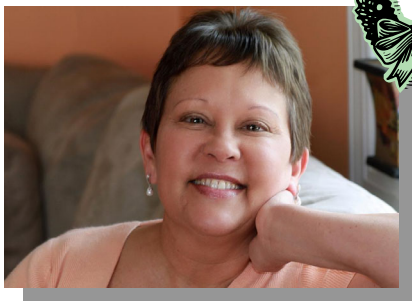


My heart is **deeply grateful** that I am able, after 3 decades in this holistic modality, to continue on your wellness team! This is an honor. May you and your loved ones have quiet moments to PAUSE, and share in all the Blessings God has bestowed upon you! Merry Christmas, Happy Holidays and a Happy New Year!

With Love and Gratitude,

Linda

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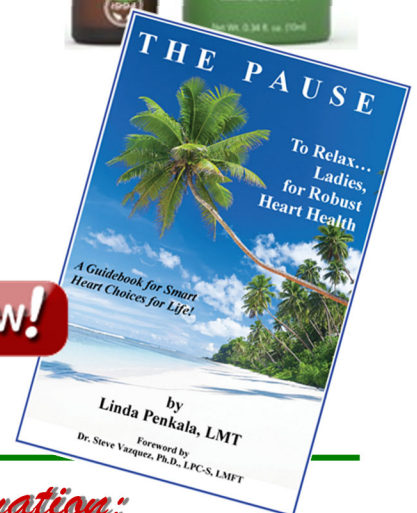


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Linda Penkala's *New Address & Contact Information:*

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