

Health Hints, Fun Facts and Quick Tips

*The Monthly Newsletter Designed To Brighten Your Day,
Enhance Your Body and Enliven Your Spirit*

What's New?

By Chris Vercelli MATcms, RTS, CPT

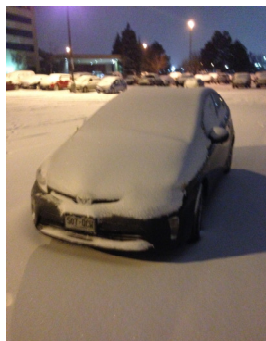
Greetings my friend! I hope you had a great month! As I'm writing this I'm coming off a great Thanksgiving holiday that was filled with great food, family and lots of thankfulness. It's funny how when you really stop and think about it how even though we all have a few things we wish were better, we are still truly blessed. One of those blessings that you and I share became even clearer when I took a trip to Denver last month for a MAT Masters Conference. As you can see by the picture below, while there I was greeted by a substantial snowstorm. What a crazy adventure that was to drive 40 miles in fresh snow trying to discern where the lanes begin and end, white knuckling the wheel going 35 miles an hour on the highway with a half numb foot that can barely feel the gas pedal, praying the whole way that I don't hit anyone. After that little excursion I was saying my thank yous for living in Florida during the winter! Another cool (no pun intended) highlight was that I was on TV again! I was so excited to have made my first appearance on the weekly show Health Matters where I got to discuss the influence our muscle system has on preventing injury and healing from orthopedic problems. It was great! I had nearly 8 minutes to talk about this topic that I'm so passionate about and I had an incredible response. If you missed it, check out the video on my website www.NonFictionFitness.com. I'll be hoping for a nice warm Christmas and Chanukah season coming up and I hope you thoroughly enjoy it!!! God bless you!

Page 1:
What's New?

Page 2:
December
Goof, Riddle,
Fun Facts,
Quotes and
New Client
Welcome

Page 3:
Things Your
Doctor
Doesn't Tell
You About
Your
Medications-
Part 3

Page 4: Client
Highlights



Adventures in Denver



Watching myself on TV



Goofing off while I'm gone

December Goof



"Perhaps you could tell us how you know if we've been bad or good?"

A Warm Welcome to My Newest Clients

Lucy and Ian Black (welcome back!)

Rebecca Jacobson

John O'Brien (welcome back!)

Dick Sheldon (welcome back!)

Cindy Chardonay (referred by Greg Roskopf)

Mary Haslett (referred by Lucy Black)

Joan Kingsbury (referred by Crystal Romeo)

Tony Watson (referred by Russell Martin and Travis Snider)

"I sincerely thank all of you who have put your trust in me. I am very grateful for the opportunity to make a positive difference in your life. It is an honor and a privilege. Thank you also to those who refer people to me, which is the highest compliment I can get."

-Chris Vercelli

December Riddle

Be one of the first 5 to tell me the right answer and be entered to win a prize- Chris@NonFictionFitness.com

"If your sock drawer has 6 black socks, 4 brown socks, 8 white socks, and 2 tan socks, how many socks would you have to pull out in the dark to be sure you had a matching pair?"

Answer to last month's riddle- "Mary"

Congratulations to Jester Knepp, Yuki Brown and Susan Purser for solving last month's riddle

Congratulations to Cindy Schlotterback and Paul Klein for solving last month's game

DECEMBER QUOTES

"I am convinced that life is 10% what happens to me and 90% how I react to it."

Charles Swindoll

"This is the day that the Lord has made; let us rejoice and be glad in it."

Psalm 118:24

DECEMBER FUN FACTS

There's a book titled "Everything men know about women" that has over 100 blank pages.

The Guinness Book of Records was originally published by Guinness Breweries as a reference for settling bar arguments.

In 2012, a man wore 70 clothing items through a Chinese airport to avoid paying extra baggage charges.

Britney Spears' music is used by the British Navy to scare off Somali pirates.

In 2005, a man named Ronald MacDonald robbed a Wendy's.

Things Your Doctor Doesn't Tell You about Your Medications- Part 3

We're now in month 3 in this series of articles designed to expose the hidden truths about commonly prescribed medications. Last month I had great feedback from my article on cortisone and the risks of it. If you missed that one and would like to see it, email me and I'll get it to you. This month I want to discuss the "ugly truth" about another popular class of drugs, diuretics. There are many different diuretic medications, mostly used to control high blood pressure by chemically forcing the walls of the vessels relax. Although this can have the short term benefit of reducing blood pressure, it may not be worth the other effects.

1. Diuretics make you lose water! Water is vital for the health and function of literally every cell in our body. Think about a plant that doesn't get watered for a while- what happens? It dies! Your body is the same. It is completely dependent on water for the survival of every cell. This is why we cannot live long without water, because of brain, heart, lungs, kidneys and every other organ in our body will wither away and die. Most people drink nowhere near the amount of water their body needs and they are aging faster and developing more health problems as a result. If your body health is struggling enough to abnormally raise your blood pressure, reducing the water content in your body is throwing gasoline on an already burning health fire.
2. Diuretics remove essential trace minerals from your body, namely sodium, potassium and magnesium. These minerals are vital for proper nerve conduction, energy and organ function. Many people report being more tired or lightheaded while on these drugs and the removal of these minerals plays a huge role in that. Magnesium is also critical for stress management so losing magnesium would increase stress, thereby elevating blood pressure even more.
3. Diuretics don't address the cause of the problem. Think about it, can the body ever be deficient in a drug? Then why are drugs the solution? When you exercise, eat healthy, drink enough water, consume enough vitamins and minerals and manage stress well, blood pressure problems are virtually nonexistent. Don't cop out and say it's "genetics" or that you're the exception to the rule. Try to address the real causes of the problem and save yourself a ton of other problems caused by taking these kinds of drugs.

If you are not on a diuretic, but someone you know is- PLEASE share this with them.

Muscle of the Month: Psoas Major

This month's muscle is one that is identified by most therapists as a muscle that can greatly influence lower back and hip health. The Psoas Major is the muscular connection between the spine and the hip and it plays a major role in the function of the entire core area. Because of its attachment on the front of the lower spine, it helps pull the lower spine forward into its ideal lordotic curve, which helps keep it in proper alignment. When the Psoas Major is shut down, the pull that it needs to exert on the spine is greatly reduced, which will cause other muscles to excessively tighten. This often causes pain, especially when sitting or bending forward.

Because of its attachment on the femur (thigh bone) it also helps move and stabilize the leg at the hip joint. When the Psoas Major is shut down it can cause tightness in the thigh or hamstrings, restrict hip movement, or cause hip pain.

Curious if your Psoas Major or any other muscle is shut down? Get it tested with Muscle Activation Techniques (MAT)

Note: Inhibited or "shut down" muscles are muscles that have lost ideal communication with the nervous system (your body's computer) because of stress, trauma or overuse. Testing a muscle takes a total of 2 seconds and is done only with my hands.

To find out more about how muscle inhibition is influencing your specific problem or condition, call the new MAT hotline to hear the free recorded message 1-844-MAT-INFO



I know this space is usually reserved for The Game of the Month and I promise it will return next month.

Sometimes I get success stories from people that are too powerful to shorten for the sake of saving space.

I hope they encourage you!!

Client Highlights

"About 5 years ago, I noticed that I was experiencing a lot more pain and numbness on the left side of my body and in particular, the lower part. My Doctor sent me to physical therapy and I spent quite a bit of time and money trying to fix the problem. They stretched my muscles and for a short period of time, the pain and numbness was gone. I am a fitness nut and work out almost every day. I started working out again and the same problem returned only this time it was much more intense. I have been a professional skier, a rock climber, a runner and rode my bike across the United States in the past. This time, the pain and numbness was causing me to stop all physical activity. I knew I had to do something or in a few years I would probably not be walking very well. I started researching alternative solutions and saw a TV show highlighting MAT and Chris Vercelli in Sarasota, Florida. After a series of tests with Chris, I decided to try MAT. After the first session, the pain was gone in my left leg and to this day has not returned. I was so happy and could not believe what was happening. I spent a lot of time understanding the process and now am a true believer. Using Muscle Activation Techniques and a series of exercises designed by Chris, I am able to work out again, play golf, and do all this without pain. Working with Chris led to the discovery of the real source of the problem and allowed us to address the process of repairing my body properly. I have had several surgeries including breast cancer, radiation and chemo in the past. Little did I understand what stress really does to a body until I started working out with Chris and using Muscle Activation Techniques. I have my life and mobility back and have Chris and MAT to thank."

Carol Hilliard, Bradenton

"For 38 years, in addition to operating a dental practice I spent many hours on the tennis court after work and on the weekends. My hard work paid off enough to earn local and regional championship titles and a national ranking for my age group. Once I retired I was looking forward to playing even more. Unfortunately, I suffered a rotator cuff injury that forced me to have surgery and because of the pain and the weakness I was unable to play for 8 months afterwards. Frustrated and anxious to play again I called Chris after seeing one of his articles in a local tennis magazine and a friend and former dental colleague encouraged me to go through the MAT process. Within about a month I was back on the tennis court hitting balls and now I'm playing four days a week with almost no pain or restriction. I'm feeling much more like my old self again and I'm very happy about it. I would recommend the MAT process to others too."

Dr. Tony Kenworthy D.D.S. (retired), Sarasota