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Cleansing Water, Inc. Newsletter

Meditation Benefits for Nurses and Patients

Meditation is gaining new respect among neurologists, psychiatrists and others who study the brain. An increasing volume of scientific study is not only showing that meditation helps reduce stress, but is offering some physiological clues about why it might be beneficial to the body and brain.

Recent studies of mindfulness meditation have shown evidence it may bolster the immune system and slow the progression of disease in patients with HIV/AIDS, improve blood pressure and reduce psychological distress in young adults, improve the emotional well-being and mental health of breast cancer patients, and be as effective as medications in treating insomnia.

There could be a future in which nurses receive mindfulness training just as they learn other nursing skills, so that it is in their arsenal to help themselves and their patients. Mindfulness meditation can change your responses to everyday challenges. It gives you a skill that you can use in all aspects of your life.

Mindfulness meditation is also called mindfulness stress reduction. The focus is on breathing, letting thoughts come and go, but always directing attention back to the breath. The idea is to develop an increased awareness of being mindful and living in the present moment, whether in breathing, eating, walking or doing yoga.

Compassion meditation focuses on another person instead of one's own breathing. Often the practitioner repeats a word, thought or phrase such as "May my family be free from suffering", or "May the world be at peace."

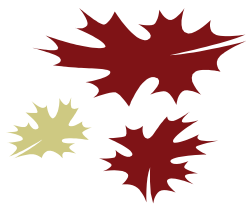
The most recent studies show how meditation affects the brain itself, acting on regions to help suppress fear or anxiety, or stimulating those that involve compassion. Researchers are especially interested in "neuroplasticity", the idea that the entire brain changes and develops over time, creating new neural pathways in response to outside stimulation rather than remaining fixed in certain regions since early childhood, as previously thought.

Mindfulness is a natural, basic science. It does not just reduce stress; it has now been shown to be crucial to your ability to promote the growth of your mind. An initial three minutes of focused breathing a day works the way a walk around the block might for a couch potato. Eventually practitioners build up their ability to meditate for longer periods of time, and to calm themselves more easily in stressful situations. You actually change the regulatory circuits in the brain. Part of the beauty of mindfulness meditation is it can be used from a secular approach, across the cultural, religious and spiritual spectrum.

Recommended technique is as follows:

Start with three to five minutes a day and building up to at least 20 minutes. Find a quiet location; a specific comfortable posture (lying, sitting, standing, or walking); a focus of attention, such as the sensation of breathing or a word or phrase; and an open attitude, allowing thoughts to come and go naturally.





The Benefits of Folic Acid

Folic acid, also known as folate and B9, is one of the B vitamins and it is necessary for the production of red blood cells and normal metabolism.

The benefits of folic acid may not be limited to women of child-bearing age.

Although there is still more research needed, folic acid has also been associated with a reduced risk for heart disease, stroke, and some forms of cancer and Alzheimer's.

Two thirds of women in the United States do not get enough folic acid in their diet.

It is a very important vitamin for pregnant women or women who are interested in becoming pregnant, as it can prevent the occurrence of birth defects and prevents infant spinal cord defects such as Spina Bifida.

There is no known toxic level in taking folic acid. The recommended daily amount is 400 mcg or 0.4mg. However, there are serious side effects if too much is taken every day. Dangerous levels of consumption are between 5000 and 15000 mcg.

You can find folic acid in fruits, green, leafy vegetables and dried beans and peas. Some foods have been fortified with folic acid, so you may find it in cereals, flours, and grain products. You can also take it as a supplement—either a single folic acid pill or in a multi-vitamin.



Crazy facts:

There are two words in the English language that have all five vowels in order: 'abstemious' and 'facetious'

A cat has 32 muscles in each ear.

Almonds are a member of the peach family.

IN THE LAST 4000 YEARS, NO NEW ANIMALS HAVE BEEN DOMESTICATED.

No word in the English language rhymes with month, orange, silver, or purple.

Leonardo Da Vinci invented the scissors.

Peanuts are one of the ingredients in dynamite.

The cruise ship QE2 moves only 6 inches for each gallon of diesel that it burns.

In the winter of 1932, it was so cold that Niagara Falls froze completely solid.

February 1865 is the only month in recorded history not to have a full moon.

CREDO

Don't criticize.

Don't complain.

Learn to love life the way it is.

Let go of "what should have been."

Never stop counting your blessings.

Find the gift in adversity.

Embrace change.

Find time for yourself.

Remember that suffering is optional.

Make plans for the future.

By Mary Jane

(This was written by our very own Mrs. Borman)

Breathe away more fat...

Oxygen helps fuel your fat burn, so the more efficiently you breathe, the better your workout results. The trick: breathe in and out through both your mouth and nose!

