



Cleansing Water Newsletter

AUGUST 2013

You've got to get up every morning with determination if you're going to go to bed with satisfaction.

Wonders of Watermelon

92% Water!
Yes it's a hydrating food

46 calories per 1-cup serving

40% More cancer fighting lycopene than tomatoes



Balancing Act: Working now to prevent falls later

You put in three or four days a week of cardiovascular work, squeeze in two sessions of strength training, even find time in a busy schedule to do some stretching. Isn't that enough to keep an aging body healthy?

Sorry, it isn't. Everyone from gerontologists to personal trainers say you need to work on your balance as well.

If you're in your 40s, 50s, or early 60s, you probably move through life securely without even thinking about it. But studies show that balance declines with age, especially if the complex system that governs it isn't challenged regularly. For most of us, it isn't. When is the last time you had to stand on one foot for any length of time, or negotiate a narrow pathway?

The results of that decline can be catastrophic. One out of three people age 65 and older falls each year, and 20,400 people in that age group were killed in falls in 2009. Falls are the top cause of injury death among that population, according to the CDC.

Men are more likely than women to be killed in falls. But women suffer nonfatal injuries or fractured bones more frequently. Women are almost three times as likely to fracture a hip, one of the most debilitating results of falls among older adults.

According to the American Academy of Orthopaedic Surgeons, 9 percent of people who suffer hip fractures die within 30 days, a figure that rises to 43 percent for those who contract pneumonia in that period.

To help improve your balance, try a few of these tricks:

- Stand on one foot for 10 seconds, then switch to the other foot. Do 10 repetitions.
- Heel-toe walk: Take 20 steps while looking straight ahead. Think of a sobriety test.
- Exercising on a half-ball, which is hard and flat on one side but rounded on another (called a Bosu).

It's never too early — or too late — to start. You can benefit, whether you're in your 20s, 50s, or 80s. Starting early is always the best choice.

Ada Washington: Employee Spotlight

Ada has been with Cleansing Water since April 2009. She was born and raised in Virginia. Ada has one son, and one grandson. In her spare time she enjoys cooking and spending time with her grandson.

Ada's primary job is with Gainesville Rehab. She also works 3 days a week for Cleansing Water. She is an asset to our team.





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Raspberry-Tarragon Salad Dressing Recipe

1 cup fresh raspberries

1/2 c walnut or canola oil

1/3 c raspberry vinegar or other fruity vinegar

1/4 c chopped shallot

1/4 c fresh tarragon

1/2 teaspoon salt

1/4 teaspoon sugar

Blend in food processor or blender until smooth and creamy. Enjoy.

Flip-Flops: You Get What You Pay For

Before you purchase cheap flip-flops, remember you get what you pay for. Inexpensive flip-flops may seem like a bargain, but you'll pay in other ways:

- ◇ **Spongy soles offer no heel, arch or structural support.** This can cause heel, arch, and/or toe pain.
- ◇ **Lack of proper support can also cause pain and discomfort in your knees, hip and back.** This can happen as the result of repeated impact and misalignment.
- ◇ **Flat flip-flops place excessive strain on your Achilles tendons.** Flat shoes may overstretch your calf muscles.
- ◇ **They can increase your risk of falling or injuring yourself.** The flimsy nature of the footwear can cause falls easily.
- ◇ **Low-quality flip-flops offer little protection.** It's easy for sharp objects to puncture the shoes and your feet. Wearing poor quality flip-flops can also cause calluses and blisters.

Moderation is the key. For the beach or the pool, flip-flops could be a great option. Walking long distances....bad idea. Many brands offer structural support and quality. When compared to what you invest in quality running shoes, the price really is not that bad.



Chicken thighs are more nutritious than chicken breasts.

Thighs have twice as much iron and nearly three times as much zinc — which boosts the immune system. Skinless thighs contain only one more gram of fat per serving than skinless breasts — and are less likely to dry out during cooking. Thighs cost less, too.