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Please tell ten friends to tell ten today. The Breast Cancer site is having trouble getting enough people to click on it daily to meet their quota of donating at least one free mammogram a day to an underprivileged woman. It takes less than a minute to go to their site and click on "donating a mammogram" for free (pink window in the middle). This doesn't cost you a thing. Their corporate sponsors/advertisers use the number of daily visits to donate a mammogram in exchange for advertising.

Here's the web site! Please pass it along to 10 people you know. > > >
<http://www.thebreastcancersite.com/>

Hi All,

Welcome to March Newsletter!

In this Newsletter,

The X with a hat!! By Karen Toth

How To Retain Calcium by Victoria

Just a friendly reminder to sign up for your favourite class. Most sessions starting the week of April 12th, 2004

To find a time and place that is suitable for your busy schedule check my web site,

<http://www.stretchyourlife.com/info.i?cmd=builder&pageid=5> Large group

<http://www.stretchyourlife.com/info.i?cmd=builder&pageid=18> Small group

Article,

The X with a hat!! By Karen Toth

For those of you that are or have been attending my classes I have discovered a way to go deeper into the core. Remember the X? Well I now know how to put a hat on it..

The X is an excellent way to increase sexual pleasure, reduce incontinence, and increase function of the pelvic floor muscles after child birth.

To first discover the X stand tall, in neutral pelvis, (hip bone and pubic bone on the same plain).

It helps sometimes to close your eyes and picture the bones being pulled together.

Bring your right side of you pubic bone to your left sitting bone, hold it, bring your left side of your pubic bone to the right sitting bone. Hold. Now the hat parts, without squeezing the superficial muscles of the buttox, squeeze the internal muscles by the sitting bone together. That will create the X with a hat.

You may do this driving, sitting at work, and standing in line at the grocery store. Most would never know you are doing it.

Add the X with a hat to your rollup, 100's and other Pilates exercises and you will create more power.

How To Retain Calcium by Victoria

If you are concerned with getting enough calcium, do be more concerned with how much calcium you are really absorbing. Foods you may be eating could be depleting your bones right now. I know you hear it from me over and over again, but the junk and phony foods will only cause problems for you. Remember, live off an instant diet and you are assured a quicker death or a life full of symptoms. Here is a list of foods that increase calcium depletion:

Sugar -- it affects your bones among other things.

Sodas -- they have a high phosphorus content that depletes calcium

Coffee -- it affects PH balance. Dr. Corsello explains, "A good natural defense against osteoporosis is to keep the acidity of your blood in proper balance. If you don't, your body will, by removing calcium from your bones to defend the PH balance of your blood". Betty Kamen, Ph.D. states, "My personal conclusion is that coffee and soft drinks contribute to more osteoporosis than current thinking acknowledges. I'm not waiting for more research. These drinks [sodas and coffee] are out of my diet permanently."

Chlorinated Water -- especially if consumed with a high fat diet reduces calcium absorption.

Oxalic Acid Foods -- decrease calcium absorption. Beet greens, chard, spinach, rhubarb are OA foods (eat them with some real butter to help with absorption).

Foods High In Phosphorus -- all junk foods, processed meats and cheeses, baked foods, breads, cereals, phosphate food additives.

What does help with calcium absorption? Eating fatty fish, eggs, butter and liver make calcium absorption more efficient. Eggs are a good source of vitamin D, the main regulator of calcium.

Speaking of vitamin D, you need to be getting some sun everyday on your skin -- no sunscreen.

One 30-minute sunbath provides 300-350 units of vitamin D. Two large dried figs contain 80mgs of calcium, one raw portion of greens contains 250mgs of calcium, and 4 oz of salmon contains 291 mgs. Summer vegetables have more calcium than winter vegetables. In the frequently asked questions section of the LW Plan, there is a list of foods high in calcium so do check that list if you are looking for sources.

Try this soup to help build bones:

Bone Building Broth

3 quarts of water

1 package beef marrow bones (I use grassfed beef bones)

Lots of green veggies of your choice

3-4 crushed garlic cloves Seasoning to taste

2 quartered onions -- leave the tough outer skin on as it contains high amounts of quercetin which is good for the bones.

Note: Male rats fed 1 gram of onion powder per day for a period of only four weeks increased the mineral content of their bones by over 17 percent, the thickness increased by over 13 percent and the mineral density increased by over 13 percent! Bring to a boil and simmer over low heat for 45 minutes. Remove the tough onion skins before serving. You can throw in more veggies if you like.

About the Author: Victoria writes some articles that I read frequently.

I am off to Jamaica and wish you all a great month!!

Till next time,
Keep fit, have fun, and remember to laugh.

Karen Toth