

1995.02

Human Ecology Action League,
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248-1898.

THE ROLE OF SUGAR

In many cases, fatigue is the result of eating too much sugar.

Sugar and refined carbohydrates make your blood sugar rise. This signals the pancreas to produce insulin. Too much insulin leads to *hypoglycemia* (low blood sugar), which causes extreme fatigue.

If you suspect hypoglycemia, ask your doctor for an *oral glucose-tolerance test*. If, during the test, you experience heart palpitations, mental confusion or extreme fatigue, or feel dizzy or shaky, suspect a sugar problem—even if your doctor says your blood sugar levels are normal.

Treatment is simple—stop eating sugar. *Also helpful:* Eating six small meals instead of the usual three big meals. Small, frequent meals help stabilize blood sugar levels.

Finally, ask your doctor about taking ergogenic (energy-generating) dietary supplements, including vitamin B-15...L-carnitine...octacosanol, a wheat germ extract...ginseng. ■

SEND FOR

□ **Cholesterol & Triglycerides.** Understanding total cholesterol readings...dietary strategies...effective drugs. By Ellen Moyer. 190 pages.

People's Medical Society, 462 Walnut St., Allentown, Pennsylvania 18102. 800-624-8773. \$13.95.

□ **Luna and the Big Blur: A Story for Children Who Wear Glasses.** Helps children feel good about their eyeglasses and themselves. Illustrated. 32 pages. By Shirley Day.

Magination Press, Dept. EI, 19 Union Square W., New York 10003. \$11.95.

□ **Grief's Courageous Journey.** What should I do with my loved one's things? When will I feel ready to move on with my life? This workbook answers these and other questions about grief. By Sandi Caplan and Gordon Lang. 160 pages.

New Harbinger Publications, 5674 Shattuck Ave., Oakland, California 94609. 800-748-6273. \$16.75.

All prices include shipping costs. Add state sales tax where applicable.

MASSAGE WAS JUST THE BEGINNING

Thomas Claire

Hands-On Healing Which of These Methods Is Right For You?



Massage and other forms of "bodywork" afford more than a luxurious respite from daily living.

Used on a regular basis, they have a profound effect on overall health and well-being. They're helpful for easing psychological stress *and* for relieving pain and other physical discomfort.

Here are five common health problems and examples of bodywork that offer relief for each...

MUSCLE TENSION AND SORENESS

The most popular technique for relaxing tight, sore muscles is *Swedish massage*.

In this technique, the patient lies on a padded table as the massage therapist, using oil for lubrication, spends 30 to 60 minutes stroking the body with smooth, firmly applied hand movements (gliding, kneading, rubbing, etc.). *Cost:* \$30 to \$100 a session.

Swedish massage promotes relaxation and pain relief by stimulating the brain's production of "feel-good" compounds called *endorphins*. It also boosts blood flow to the muscles.

Swedish massage also seems to boost the immune system. In one recent study, HIV-positive men who got regular massages had increased levels of natural-killer cells.

Resource: American Massage Therapy Association (708-864-0123).

Another technique that may help chronic muscular problems

(including a sore back) is *rolfing*. As in Swedish massage, the patient lies on a padded table. The rolfer uses deep hand pressure to release long-held tension and to literally restructure the *myofascia*. That's the web of connective tissue that links the entire body.

A full rolfing program consists of 10 sessions spaced a week or two apart. Each 60- to 90-minute session focuses on a specific area of the body. *Cost:* \$75 to \$125 a session.

People who finish the program often report feeling not only more relaxed, but also taller and lighter. The release of deep muscle tension also leads to a heightened sense of mental well-being.

Resource: The Rolf Institute (800-530-8875).

A milder and less invasive approach to relieving deep muscle tension is *myofascial release*. In this technique, the therapist uses slow, gentle stretching motions (without oil) to warm and release the myofascia. The therapist typically feels for the part of the body that's tightest, and works on that area first, applying sustained, light pressure.

Myofascial release can provide effective long-term relief from chronic pain and tight muscles—especially in the neck and shoul-

Health Confidential interviewed Thomas Claire, the author of *Bodywork: What Type of Massage to Get—and How to Make the Most of It* (William Morrow, \$25). A licensed massage therapist, Claire lives, teaches and practices bodywork in New York City.



ders. Patients begin with an initial evaluation, usually followed by two or three sessions. *Cost:* \$30 to \$100 per hour.

Resource: MFR Treatment Center (800-327-2425).

SOFT-TISSUE INJURY

A variant of Swedish massage called *medical massage* is ideal

HEALTHY COOKING



Anticancer Coleslaw

Dr. James Duke, a US Department of Agriculture expert on medicinal plants, is convinced that this delicious slaw may help ward off colon cancer.

- 2 cups cauliflower florets
- 1 small, firm green cabbage, shredded
- 1 large carrot, shredded
- 1/2 green bell pepper, chopped
- 4 radishes, trimmed and thinly sliced
- 4 scallions, trimmed and thinly sliced
- 1/2 cup white-wine vinegar
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon dark sesame oil
- 2 teaspoons peeled, grated gingerroot
- 2 cloves garlic, minced
- 1/4 to 1/2 teaspoon red-pepper flakes
- 1 tablespoon sesame seeds, toasted

1. Steam cauliflower until tender-crisp, about five minutes. Place vegetables in a large bowl.

2. Place vinegar, soy sauce, sesame oil, ginger, garlic and red-pepper flakes in a blender and process until smooth.

3. Stir in sesame seeds. Pour the dressing over the vegetables and toss well. The slaw can be made up to 24 hours ahead and refrigerated.

Serves eight. *Per serving:* 27 calories, 1 g protein, 1 g fat, 5 g carbohydrates, 79 mg sodium, 0 mg cholesterol.

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for treating tennis elbow, bursitis, sciatica, sprains and spinal curvature (scoliosis), as well as everyday muscle injuries.

A medical massage session is shorter and more focused than a full-body Swedish massage. The therapist concentrates on the problem area—to boost circulation to the injury and break up scar tissue.

Doctors often prescribe medical massage. To find a medical massage therapist on your own, contact the American Massage Therapy Association (see above).

BACK PAIN

While medical massage can provide temporary relief from lower back pain, long-term relief is often reported with the *Alexander Technique*.

This form of bodywork—a favorite of dancers and other performing artists—involves a mix of “table work,” in which the therapist facilitates better alignment of the client’s body and spine, and movement exercises done while sitting and standing.

The goal is to learn a new awareness of how you carry your head, neck and torso.

While you may feel better after a single session, 20 to 30 sessions are typically recommended to fully “internalize” this new way of carrying yourself. *Cost:* \$35 to \$80 a session.

Resource: North American Society of Teachers of the Alexander Technique (800-473-0620).

HEADACHES AND JAW PAIN

Almost any form of bodywork can help sufferers of stress-related headaches feel better. *Craniosacral therapy* works specifically with the head. It is often used to treat temporomandibular joint (TMJ) pain and chronic headaches (including migraines).

In this relatively new technique, the therapist uses *extremely* light pressure to manipulate the bones and soft tissue of the spine and skull.

In addition to headaches and TMJ pain, craniosacral therapy

is effective against sinus problems, dizziness, ringing in the ears and even chronic back pain. It’s often used on children suffering from paralysis, cerebral palsy, attention-deficit hyperactivity disorder and learning disabilities.

Resource: The Upledger Institute (407-622-4706).

PSYCHOLOGICAL STRESS

When it comes to boosting general health and well-being—both physical and mental—many people swear by the centuries-old Japanese system of massage known as *shiatsu* (also known as acupressure).

A shiatsu therapist uses finger pressure on specific areas of the body associated with the flow of “life energy,” known in Japan as *Ki* (pronounced *key*). By balancing this energy, shiatsu practitioners promote blood and lymph circulation and induce a deep sense of relaxation.

Resource: Ohashi Institute (800-810-4190), or the American Oriental Bodywork Therapy Association (609-782-1616).

There are some conditions for which bodywork is inappropriate, or for which special care should be exercised.

If you have a particular medical concern, check with your doctor before starting a bodywork program. ■

ARMCHAIR SHOPPING

□ **Car ionizer** generates negative ions that remove pollutants and odors. Plugs into cigarette lighter. 4½ inches long.

Real Goods, 555 Leslie St., Ukiah, California 95482. 800-762-7325. Item 53-706. \$40.25.

□ **Extra-large bathtub mat.** 270 suction cups help prevent slipping and provide a comfortable cushion of air for sitting. 15¾ by 41 inches.

Perfectly Safe, 7245 Whipple Ave. NW, North Canton, Ohio 44720. 800-837-5437. Item 88101. \$26.85.

□ **PotMaker.** Wooden tool to recycle old newspapers into starter pots for young plants and seedlings. No glue needed.

Real Goods, 555 Leslie St., Ukiah, California 95482. 800-762-7325. Item 63-225. \$16.95.

All prices include shipping costs. Add state sales tax where applicable.