

Around & About

A journal of everyday wellness



5671 N. Clark Street
Chicago, Illinois 60660

773-728-STUDIO
continuumstudio.com

A NEWSLETTER FROM CONTINUUM STUDIO

MAY 2006

Off and Running

"We are finally open!" These words do not come lightly for small business owners, but they are certainly a joy to shout out loud! We are so grateful for the support of our clients and our family and friends. It is so meaningful to finally bring our concept of health and healing to life, and to begin to see results with our clients from the very beginning.

In this first issue, we cover some topics that are of interest as we enter the long-awaited summer season and all of its related outdoor activities. We hope that this newsletter will help you carry good health into your daily life. We plan to share wellness tips, research, industry news and upcoming events and promotions at Continuum Studio.

Let us know your thoughts and ideas – please send us feedback on this first issue – we expect to keep learning from you every day!



Pictured at our opening celebration (from left): Johnnie Grozenski (owner), Dermalogica sales representative Mindy Roberts, and Paul Hasenwinkel (co-owner).

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Tip for Parents

The EPA website can help kids become smart about UV exposure, including interactive "Survivor" challenges on various sun topics.

See www.epa.gov/sunwise and click on the Kids link.

As part of its daily forecast, the National Weather Service publishes the UV index for each area of the country. Go to <http://www.epa.gov/sunwise/uvindex.html> and enter your zip code to find your UV index for the day. The Weather Channel and most local TV stations include the UV index in their weather forecast. The new UV index ranges from 0-11 with guidelines as follows:

0-2: low

Minimal exposure for the average person, but watch for reflected UV from sand and water.

3-5: moderate

Stay in the shade during midday. Cover up outside.

6-7: high

Wear a hat, sunglasses and sunscreen with a minimum sun protection factor (SPF) of 15. Avoid midday sun.

8-10: very high

Take extra precautions: avoid midday sun and wear protective clothing.

11: extreme

Take all precautions, seek shade and avoid midday sun. If possible, stay indoors.

Skin Care News

Continuum Studio offers solar protection products that feature the newest UV and free radical blocking ingredients to protect and improve skin health.

SkinCeuticals provides industry-leading topical antioxidants in its Correct and Prevent line of serums, and provides a full UV Defense line of products designed for even the most sensitive skin.

Dermalogica recently introduced new product formulations, adding its sophisticated UV Smart Booster technology to the complete Solar Defense line of products for sun protection every day.

Bodywork News



Research Update: UV Protection

Those of us born before the debut of the sun protection factor (SPF) system in 1978 accepted sunburn as an unavoidable part of summertime fun. However, we now know that overexposure to UV rays causes wrinkles and premature aging, skin cancer, cataracts, and immune system suppression. For women who are pregnant or using oral contraceptives, UV exposure can also cause chloasma, a darkening of skin on the face and body.

Some of us use sunscreen daily, even if only outdoors for a short time. But most of us use sunscreens only when we plan to be outdoors or in the sun for an extended period of time.

The research on sunscreens is conflicting. However, research *has* confirmed problems with most readily available sunscreens: as they absorb UV rays on our skin they produce damaging free radicals and heat; plus, some chemicals used in sunscreens can damage skin cells with exposure to heat.

Based on these problems, using drugstore-brand sunscreen alone (or using it excessively) is not the best option. Today, experts guide us to *first* be careful in our exposure to sunlight. They also guide us to use safe, effective sunscreens with UVB and UVA protection, plus antioxidants to insulate skin from free radical production. Other important measures:

Dress smart: your wardrobe should include hats, sunglasses and clothing that covers skin

Be shade-loving outdoors: find awnings, umbrellas and other screens from direct sun

Avoid sun exposure: this is true particularly between 10AM and 2PM, but also keep an eye on the daily UV index forecast for your location.

Sunday, May 21 from 11AM to 2PM: Join Continuum Studio on for a free UV clinic and skin analysis! See the back page for details.

Enhance Athletic Performance with Massage

Professional athletes have known about the benefits of regular massage for some time, but amateur athletes and even weekend warriors find that massage is important for them, too. Most trainers and coaches advise their clients to get regular massage to enhance workouts, recover from competition, and rehabilitate injuries.

Our muscles are designed to adapt to the demand of strenuous exercise. Athletic training and competition, or even exertion from heavy physical work, tears down the muscles involved. When muscles are allowed to recover following a workout, they increase their number of fibers to respond to the demand. This adaptation process builds strength in muscles and in the structural support of the surrounding soft tissues. It also affects their ability to relax.

Regular massage reduces the risk of injury by maintaining flexibility and range of motion. By helping the body eliminate the metabolic by-products of a workout, massage shortens recovery time and reduces soreness. In addition, massage improves circulation, which enhances athletic performance by increasing the oxygen and nutrient supply to the muscles.

Triathletes and runners aren't the only athletes who benefit. Cyclists and other sports fanatics are taking to massage as well. A massage therapist can help assess each athlete's problem

areas and target these specifically. Massage is most effective when integrated throughout an individual's training program.

Muscle strains, bruises from contact sports, and chronic soreness need special attention. Massage therapists can work closely with doctors and athletic trainers to establish a schedule for therapy. Specific manual techniques reduce scar tissue and muscle spasm, and the enhanced circulation achieved from massage is crucial to healing.

Whether its marathon training or weekend warrior sports, getting a massage can ease muscle soreness, help your body recover more quickly, and get you ready to go again.

- Portions of this content courtesy of Associated Bodywork & Massage Professionals

Wellness News

Study finds anger associated with injury

Anger greatly increases a person's chances of injury, especially among men, according to a study of more than 2,500 patients reported in the January/February 2006 issue of *Annals of Family Medicine*.

Based on interviews of patients who had been seriously injured and were seeking care at an emergency department, researchers found that 31.7% reported some degree of irritability just before the injury, 18.1% reported feeling angry, and 13.2% reported feeling hostile. The relationship between anger and injury is stronger in men than women. In addition, risk of injury is higher for greater degrees of anger.

De-stressing the Commute

The average American commuter spends an hour a day traveling to and from work. During this stressful time, it's likely that blood pressure increases, adrenaline begins pumping, and muscles constrict and tighten, especially when driving. By the time you get home, you're wiped out and grumpy, and you have less to offer for those at home. If this sounds familiar, recognize that you have the power to reduce commuter stress. Here are a few tips to make your commuter time contribute to – rather than detract from – your life.

- Practice breathing. When stress occurs, breathing becomes shallow and constricted. Taking full, deep breaths gives the body more oxygen, helping to regulate physical and mental – function. Exhaling fully releases tension and built up toxins.

- To successfully sidestep the late-afternoon slump often caused by the stress hormone cortisol, keep some healthy snacks in your briefcase or bag. Celery, string cheese, water, and nuts (especially raw almonds) are good options.

- Download podcasts or borrow books-on-tape/CD from the library. Consider purely entertaining topics to ease the intensity of the journey.

- Use your commute as an opportunity for spiritual or emotional growth. When stressing about a delay or traffic jam, breathe and remind yourself that it's completely out of your control.

- Employ adjustable back cushions, pillows, wedges, and lumbar supports for a more comfortable commute.

For more ideas on achieving calm in a busy world, consider reading *Serenity to Go: Calming Techniques for Your Hectic Life* (New Harbinger Publications, 2001) by Mina Hamilton.



May Promotions & Special Offers

Sunday, May 14 – Mother's Day Gift Packages

Consider giving mom the gift of health – treatments from Continuum Studio. We have assembled three packages terrific for all kinds of moms, perfect for helping her relax and improve her health. The services range from one to two hours, and each package includes wonderful products for mom to take home. Call or see our website for details.

Sunday, May 21 – Here Comes the Sun: Free UV Clinic & Skin Analysis

Did you know 99% of skin aging is caused by the sun, including exposure to daylight? Join Continuum Studio between 11am and 2pm to hear the latest on research and technology in UV protective skin care from both the medical profession and product manufacturers. Join clinics at noon and 1pm. Our staff will also perform individual skin analyses. Bodywork is good health – solar defense is a great way to maintain healthy skin and prevent signs of aging!

Wedding Bells Are Ringing

Calling all brides and grooms! Spring and summer weddings and commitment ceremonies are a great opportunity to improve your health and wellness at Continuum Studio. We can help ensure you and your wedding party are relaxed and glowing for the most important celebration of your life! We can also help arrange wellness days at Continuum Studio for your attendants. Call us for suggestions for bodywork and skin care packages.



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