



The Personal Touch

R & R Productions, Inc. Newsletter

Fall/Winter 2002-2003

Your Path to a Healthier 2003 & Beyond

Mission Statement:

To work together
for the good health
and well-being of our
clients and communities.

Visit our guestbook at

www.randrproductions.net

click on "guestbook"

and leave a holiday message

R&R Productions, Inc.

Revitalize Renew Rejoice Rejuvenate

3510 N. Oakland Avenue
Suite 206
Shorewood, WI 53211

Tel: (414) 961-9300
Fax: (414) 355-1742

Email: renew@randrproductions.net
Website: www.randrproductions.net

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Newsletter and website designed by
Designs Around You (414) 355-0559



Lillian C. Pounds, President/CEO
R & R Productions, Inc.
State Certified Massage Therapist
Massage and Aerobics Instructor
Reiki Master
Certified in Diversified, Hot Rock Chair Massage
and Reflexology

Season Greetings. I believe we are all health conscious. However, practicing a healthier lifestyle to live a long, healthy and productive life can be challenging. Occasionally, we need to be reminded how to achieve a healthy spirit, soul and body.

Some of the health information in this newsletter may or may not be new to you. What may be new is a vitamin and mineral supplement program that is custom-made to "fit" the biochemistry of your body.

According to a Time Magazine report, of 180.8 million people, 66% of Americans take vitamins because they know the many positive health benefits that can result from a regimen of vitamin supplements. But we are all one-of-a-kind and so are our bodies.

Every individual needs to know which vitamins to take to better serve your body. So, doesn't it make sense to test your body to determine its nutritional supplements?

I was introduced to Ideal Health this past August and love it. Ideal Health, who created an alliance with MetaMetrix Clinical Laboratory (considered by many to be the leading clinical laboratory specializing in metabolic and nutritional science in the United States) and Douglas Laboratories, is the first to offer a customized nutritional supplement for the mass market. What this means is that MetaMetrix will perform your tests for a lot less than the retail cost.

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Did you know?

There is historical evidence of massage and reflexology painted on the wall of the physician's tomb in Saqqara, Egypt dating from 2330 B.C.

“Keep your Spirit, Soul &

The tests will identify:

- Your ability to handle challenges to your body's antioxidant system.
- The level of critical nutrients you need to remove toxic substances from your body.
- Your ability to balance production of a key compound that influences your immune, nervous and cardiovascular systems.

The test is easy and done in the privacy of your home. You send for the Priva Test Kit, Ideal Health conduct the lab test, make the specific nutritional supplements you need, and finally, ship your PrivaTest Results Report and your first monthly supply of Custom Essentials Vitamins. Oh, did I mention the convenience of having your custom-made vitamins delivered to you?

For more information on Ideal Health Custom Essentials, you can call me at the salon, pick up the information on your next visit or have it mailed to you.

- Eat a diet that is composed of 60% carbohydrates, 20% protein and 20% fat.
- Eat more fish, poultry, fruits, vegetables, whole grains and cereals, beans and peas.
- Combine food properly.
- Read food labels. Deciphering nutrition labels is key to smarter healthier eating.
- Find some new comfort foods.
- Chew your food well. It will do wonders for your digestion.
- Eat without the TV.
- Pray before each meal.



Happy



KWANZAA

Nutrition

- Eat simply and naturally. If it grows on a trunk or stalk, its good for you.
- Foods are healthiest in their natural form.
- Drink plenty of water (8+cups) daily. Water helps relieve indigestion, keeps weight down, hydrates the skin and quenches thirst.
- Drink alcohol and caffeine in moderation.
- Quit smoking.
- Stop frying in grease. Bake or broil your food.
- Cook with olive oil.
- Keep your caloric intake at 1200-1500 for females and 1500-1800 for males.

Stretch

A regular stretching program can lead to many benefits. Your overall flexibility will improve and consequently you will have:

- Less muscle soreness.
- Less chance of injury.
- Relief of small aches and pains related to movement and posture.
- Improved ease of movement.
- Relief of lower back pain.
- Less stress.
- Increase blood supply to muscles, therefore increase oxygen supply as well.



Body Healthy & Faultless”

1 Thessalonians 5:23
(Contemporary English Version)

Exercise 3-4x Weekly

Increases:

- Circulation
- Muscle Tone
- Flexibility
- Self Esteem
- Endurance
- Respiratory Function
- Metabolism
- Muscle Strength
- Cardiovascular Function
- General Well-being
- Ability to relax

Decreases/Helps Prevent:

- Risk of Heart Disease
- High Blood Pressure
- Headaches
- Chronic Pain
- Nervous Tension
- Obesity
- Stress
- Diabetes
- Ulcers
- Depression
- Injuries
- Menstrual Cramps
- Osteoporosis
- Anxiety

Other Benefits:

- Positively affects cholesterol levels (increasing HDL, decreasing LDL).
- Strengthens bones, ligaments, tendons.
- Improves coordination.
- Positively effects posture.

Feliz Navidad

Manage/Reduce Stress

Researchers have estimated that 80% of DIS-EASE is stress related. In addition to the other health suggestions for a healthier 2003 & beyond, here are few tips to help you manage or reduce stress:

- Learn to delegate/ask for help/network.
- Remove your name from national mailing lists.
- Just say no.
- Nip it in the bud.
- Get up an hour earlier.
- Laugh out loud.
- Limit or eliminate TV watching.
- Get a massage.



Harmony and Balance

- Breathe from the abdomen. Deep breathing helps detoxify and purify our systems and gives us more energy and vitality. It also helps us relax and maintain balance.
- Practice Yoga. It restores emotional balance, develops strength and stamina and harmony in your body and soul.
- Meditate. Meditation is one of the best ways to minimize stress, prioritize goals and gain perspective.
- Get your required sleep. Your mind works more effectively when rested. You also look healthier and happier.
- Use affirmations. Daily affirmations reinforce the power of positive thinking and effect positive change.
- Practice positive thinking.
- Reconnect with your roots.
- Let Mother Nature nurture you.
- Practice gratitude.
- Volunteer.



Medical Exams

Be proactive with your health. Get your medical exams (internist, gynecologist, dentist, ophthalmologist, gastroenterologist, dermatologist). Periodic tests, and self-examination may save your life.

Holiday Specials

Free one hour massage

gift certificate with a purchase of 3 1/2 hour massage gift certificates.

Special expires 12/21/02

Free 1/2 hour massage

gift certificate when you buy two 1-hour massage gift certificates
Purchase before 12/21/02

FEBRUARY/VALENTINE

Special

5% off

Valentine gift certificates

Expires 3/1/03



Holiday Gift Certificates

\$3.00 off

Offer ends 12/21/02

FEBRUARY/VALENTINE

Special

\$10 off

1-hour massage and paraffin foot bath gift certificates.

Expires 3/1/03

TREAT YOUR FEET

Special

\$45.00

During the holiday season, with a "Spa" Foot Treatment gift certificate.

The 1-hour session includes foot reflexology, foot bubble bath and paraffin wax

Purchase by 12/21/02

FEBRUARY/VALENTINE

Special

Save \$12

on gift certificates for couples.

Must visit at the same time for the discount

Expires 3/1/03

Holiday Specials can not be used with other discounts. Holiday Gift Certificates will be honored through June 28, 2003.



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May all your days be filled with prosperity, peace, and good health