

BE AWARE!
You may never have that first chest pain during the course of a HEART ATTACK.

You should know that not every heart attack symptom is going to be the left arm hurting. Also be aware of intense pain in the jaw line.

Nausea and intense sweating are also common symptoms. 60% of people who have a heart attack while they are asleep do not wake up.

Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know, the better chance we will survive...

The American Heart Association and other medical experts say the body likely will send one or more of these **Warning Signals of a Heart Attack:**

- **Uncomfortable pressure**, fullness, squeezing or pain in the center of the chest lasting more than a few minutes.
- **Pain** spreading to the shoulders, neck or arms. The pain may be mild to intense. It may feel like pressure, tightness, burning, or heavy weight. It may be located in the chest, upper abdomen, neck, jaw, or inside the arms or shoulders.
- **Chest discomfort** with lightheadedness, fainting, sweating, nausea or shortness of breath.
- **Anxiety**, nervousness and/or cold, sweaty skin.
- **Paleness** or pallor.
- **Increased or irregular heart rate.**
- **Feeling of impending doom.**

Not all of these signs occur in every attack. Sometimes they go away and return.

If some occur, get help fast. **IF YOU NOTICE ONE OR MORE OF THESE SIGNS IN YOURSELF OR OTHERS, DON'T WAIT. CALL EMERGENCY MEDICAL SERVICES (9-1-1) RIGHT AWAY!** In the event of cardiopulmonary arrest (no breathing or pulse), call 9-1-1 and begin cardiopulmonary resuscitation (CPR) immediately.

Are You Getting Enough IRON?

Consuming iron-rich foods can prevent fatigue, supply you with energy and help keep your immune system in top form. Failing to take in the required amount of iron affects everything from your red blood cells to your brain to your attention span; it may even put you at risk for anemia, a serious condition in which the body doesn't produce enough red blood cells. The good news is that most people can get enough of this mineral simply by eating the right combination of iron-rich foods and other nutrients which support the absorption of iron. (Examples: Clams, oysters, liver, beef, shrimp, turkey, cooked or canned beans, pumpkin seeds, enriched pasta, blackstrap molasses, enriched breakfast cereals, baked potatoes with skin.)

Some foods can enhance your absorption of iron:

- ◆ *White wine*
- ◆ *Meat/fish/poultry*
- ◆ *Fruits: Orange, Orange Juice, Cantaloupe, Strawberries, Grapefruit, etc.*
- ◆ *Vegetables: Broccoli, Brussels Sprouts, Tomato, Tomato juice, Potatoes*
- ◆ *Green & Red Peppers*



Some can interfere with iron absorption. Avoid eating these at the same time as the iron-rich foods to maximize iron absorption. Inhibitors include:

- ◆ *Red wine, coffee & tea*
- ◆ *Soy and Soy products*
- ◆ *Some veggies: spinach, chard, beet greens, rhubarb and sweet potato*
- ◆ *Whole grains and bran.*



Massages really are good for you, besides making you feel better. A study from the University of Miami showed patients who received massages three times a week for five weeks total had improved immune function, aiding in the body's recovery from chemotherapy and radiation treatments.

Another study showed that patients with fibromyalgia who were massaged for 30 minutes, twice a week for five weeks total, experienced less stiffness, pain and fatigue, and also slept better. Experts say studies such as these prove the effectiveness of massage therapy to soothe the body and lift stress, making it a wonderful homeopathic medical alternative for many.

So now that you know the benefits of massage, are you ready to learn how to be your own massage therapist and give yourself a great massage?

How to Give Yourself Happy Feet

First of all, for supplies, you will need a warm water bath to soak your feet in, dry towels and scented lotion or massage oils. Secondly, it is important to remember to use a firm touch, but not to press too hard, when massaging your feet. If you are pushing so hard that it hurts, lighten up on your touch. If it tickles (feet are very sensitive and ticklish) press harder, but again, not so hard that it hurts.

Also, any time your hands feel overworked, take a moment to just shake the tension loose, and then continue with your massage. Now that you've got this down, you're ready for a great foot massage.

- Begin with clean, dry feet. Soak feet in a warm soapy bath for a few minutes and then dry completely to clean and soften the skin. If a bath is not accessible where you are, feel free to skip this step.

- Sit in a comfortable chair and prop your left foot up on your right knee in a position that's comfortable for you.

- Put some of the lotion or massage oil in your hands, or dab it on your feet and rub the lotion or oil into your foot using firm finger strokes, so that it won't tickle.

Once you've successfully rubbed the lotion or oil into your foot, the real massage will begin...

Massage Techniques

- Wrap your hands around your feet with the thumbs on the soles and fingers on the top of your foot. Start by making circular motions with your thumbs and cover the entire area of the heel, soles, ball, and toes.

- Then, use your thumbs to make long, deep strokes on the soles of your feet from the heel to the balls of your feet. If you feel some soreness in one area, spend some extra time there to soften it up.- Don't forget your toes! Spend a minute on each toe, one at a time, rubbing and massaging it all the way from the base to the tip. Use small circular motions and then long strokes from base to tip, and don't forget in-between the toes, too. Finally, pull each toe away from the foot; don't pull too hard, it's more of a gentle tug.

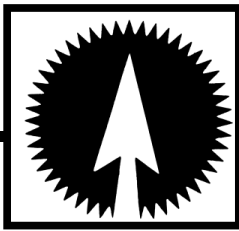
- Once you're done with your toes, focus on the foot as a whole again. Wrap both hands around the foot, like you would hold a cylindrical object (such as a glass) with the thumbs on the soles again. Now pull your thumbs outward along the width of the foot, from the center of the sole to the sides, and continue doing this massage technique over the whole area of the foot. Your thumbs will be massaging the soles and sides of your feet, while your other fingers will cover the top area of the foot. This one feels great!

- Do the twist: Take your foot in your hands and gently rotate it at the ankle – first to the right and then to the left

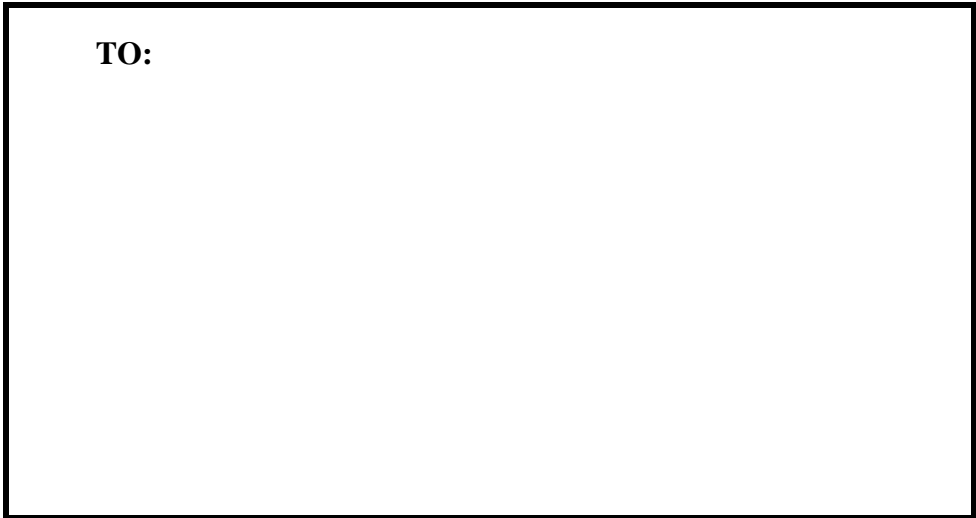
- Then twist the foot gently from side to side to loosen up the ankle even more.

- Finally, massage the entire foot again, like you did when you first rubbed the lotion or oil into it.

Bingo! Your massage is done, and I bet you feel a million times better. Put on a pair of comfy cotton socks or slippers and enjoy the serene feelings of calm, knowing that you've erased some amount of tension from your busy day. P.S. It's even better if you can get someone else to do it for you...



111 Stedman St., Suite 200
Ketchikan, Alaska 99901
Phone: 907-225-6114
Fax: 907-225-5920
Email: answers@akforest.org



TO:

How's Your Savings Plan?

Estimated U.S.A. medical costs in retirement have increased 7.5%. The average 65-year-old couple who retire this year will need about \$215,000 just to cover medical costs after they stop working.

Good News : Researchers at UCLA found that curcumin, a compound in turmeric, was more effective at preventing the development of brain-damaging plaques seen in Alzheimer's disease than any drug being tested. It is probably no coincidence that India's populace has the lowest rate of Alzheimer's in the world -- and a diet rich in turmeric, which is a major ingredient of curry.

Have a Sore throat & Nothing in the Medicine Cabinet?

Just mix 1/4 cup of vinegar with 1/4 cup of honey and take 1 tablespoon every 4 hours.

And Remember ..

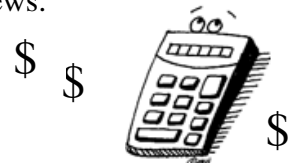
If you go to Tennessee it is illegal to fire a gun at any wild game other than WHALES from a moving car.

Did You Know?

Most people associate vitamin C with oranges, but if you look at oranges versus strawberries, ounce per ounce, strawberries actually contain more vitamin C than oranges.

HOW MUCH IS A BILLION?

The next time you hear anyone use the phrase "billion dollars" in a casual manner, think about this as you read the news.



A billion is a difficult number to comprehend, but one advertising agency did a good job of putting that figure into some perspective in one of its releases.

1. A billion seconds ago it was 1959.
2. A billion minutes ago Jesus was alive.
3. A billion hours ago our ancestors were living in the Stone Age.
4. A billion days ago no-one walked on the earth on two feet.
5. A billion dollars ago was only 8 hours and 20 minutes, in the Federal Budget.

I'm Really Good for you!



VS.

But I'm Better!

