

Women on Wheels - Tips for Moving More

Head	Sacral-Occipital Technique (SOT), cranial and spinal fluid work Energy work; reiki, healing touch, scalp massage very helpful and relaxing for the head and neck great for clearing sinuses
Ears	Sedentary wax build up. Clean ears out once or twice a year candling, or softening the wax for two days then removal by a doctor
Mouth	Drinking hot water decreases illnesses by flushing your system Lip moisturizer needed because many meds dry the mouth out Colloidal Silver (500 ppm) is nature's antibiotic put three droppers full under the tongue, hold for 30 seconds then swallow
Throat	Easy to choke on food, phlegm, bugs, air-borne pollen chew foods, be aware of what's floating in the air, use steam to clear phlegm
Under Arm	With the inability to sweat and to cool off quickly wet a washcloth, put in freezer 4 minutes, put on back of neck
Heart	Move your body – chair dancing, Theraband stretching, yoga, weight lifting, Functional Electronic Stimulation bike. Exercise to raise your heart beat
Lungs/ Diaphragm	Do not smoke. To cough – have a cupped hand firmly tap on your back
Stomach	Papaya Enzymes for stomach acid, chew 3 tablets then swallow Probiotics (use refrigerated) prevents yeast growth from oral antibiotics and sitting
Gut	Intuition; listen to it. Trust it. Close your eyes, breathe and listen for messages
Liver	Milk Thistle – liver boosting enzymes - a dropper full in a small glass of juice www.gaiaherbs.com Hepatitis C/Fatty Liver - silent killers, check your liver enzymes

Bladder	<p>Cathing vs. In-dwelling. Do what's best for you.</p> <p>CranActin Cranberry AF Extract by Solaray – clinically proven to lessen infections www.solaray.com</p> <p>UTI-Clear, Native Remedies http://www.nativeremedies.com/</p> <p>Maintenance antibiotic (consult with urologist)</p> <p>Test Strips monitor your nitrates (bladder infections), leukocytes (a general infection/yeast) your acidic levels, protein, ect. Leukocytes may be at “trace” level because of trace amounts of blood due to the cathing process</p>
Bowel	<p>Have regular routine – every other morning or evening</p> <p>bisacodyl suppositories, eat fruit, raisins, prune juice Miralax</p> <p>limit junk food, fast food and fried foods</p> <p>relax the mind to aide in releasing waste</p>
Vagina	<p>Wipe front to back - clean bowel accidents thoroughly</p> <p>Shave pubic hair to a minimum – keeps bacteria and odor down</p> <p>Probiotics and yogurt cut yeast production</p> <p>Summer – after shower blow dry area on cool setting</p> <p>Wear 100% cotton underwear</p>
Ovaries	<p>Tampons are clean and easy on caregivers</p> <p>Mittelschmerz is pain when the egg is released/ovulation</p> <p>Cysts – painful, monitor with vaginal ultrasound every 2 months</p> <p>See a gynecologist regularly</p>
Fingernails	<p>Keep short, clean every day with soap and water, moisturize</p> <p>Nail fungus can be treated with soaking in vinegar and water for as long as it takes to go away.</p>
Toenails	<p>Keep short, wear roomy shoes (wide size)</p> <p>wearing polish increases fungus</p> <p>see podiatrist, wear open toe shoes to air out nails</p>
Kidney	<p>Too much protein can create stones</p> <p>limit red meat and sodium (salt)</p>
Skin	<p>Knuckles, knees and arms</p> <p>avoid moving hot liquids with hands or arms</p> <p>be aware of low tables for knee and leg clearance</p> <p>be aware of space heaters on legs and arms by keeping a good distance</p> <p>never use electric blankets</p> <p>treat burns with Scar Gel www.dermae.com</p>