

Fitting News

Guest Article

Did you know that therapeutic-grade essential oils are a natural health care solution?



What is an essential oil?

An essential oil is steam distilled or cold-pressed, extracted directly from the plant.

The natural aromatic compounds of plants can be more potent in the form of essential oils.

The oils may have powerful and safe benefits without any side effects.

How do we use essential oils?

AROMATIC - Diffuse in a room to purify the air or to change emotion

TOPICAL- Apply directly to skin during massage or for topical therapy

INTERNAL- Consume as a dietary supplement for targeted wellness

What are the Benefits and Uses of essential oils?

Essential oils have been used medicinally throughout history. Medical applications proposed by those who sell medicinal oils range from skin treatments to remedies for cancer and often are based solely on historical accounts of use of essential oils for these purposes. Claims for the efficacy of medical treatments, and treatment of cancers in particular, are now subject to regulation in most countries.

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Stretch to Your Heart's Content (Part 2 of 2)

Top Five FAQs About Stretching and Flexibility

Q. What kind of stretching method should I use?

A. It depends on the goal. Some stretches are meant to lengthen the muscles (static-active), or improve your movement (static passive); others for strength (dynamic active) or relaxing (dynamic passive).

Q. How many days a week should you stretch?

A. It is best to stretch no less than two to three days a week, but for more benefits related to flexibility, I recommend five to seven days a week. Listen to your body.

Q. How long do I hold the stretch?

A. Though it is very personal, some research states that there are many range-of-motion methods, but none are crystal clear. For example, Yoga poses (static) are held anywhere from 20 seconds to two minutes or longer depending on the type of class. Other, more dynamic stretches (slow movement held for a few seconds) are sometimes preferred.

Q. How far should I push myself?

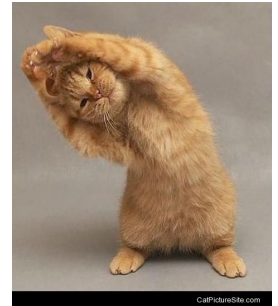
A. Hold a stretch until you feel the sensation, breathe fully and do not bounce. The risk of injury here is just as great as in any exercise. Pay attention to those areas where you are more stiff or have pain.

Q. Will stretching relieve my pain in my back?

A. Stretching will give you relief from tight muscles. In order to get relief from back pain, you need to also strengthen opposing muscles. For instance, working your abs are not enough to strengthen your back, you need to also work the muscles in your back.

More Information

If you are not sure how to get started, remember, you don't need any equipment, just a comfortable spot to spread out and move. I use various equipment to make it interesting and eliminate boredom. For more information on stretching, [on the Lori Michiel Fitness website, click "Blog" on the menu.](#)



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