



Health & Wellness  
**MOBILELIFE**<sup>®</sup>  
February 2009 *Today*

One Picture  
*My Style*

Your Yoga  
*Healing Cancer*  
*One Pose At A Time*

Let's Review  
*Healthy Lounge*

Your Car  
*Where the Tire Meets the Road*

## Why Christian Women 4 Should Exercise

God created you as a whole person and so you need to take care of your whole self, not just the individual parts. There is a direct relationship between physical and spiritual health.

## One Picture 8

I enjoy catching a moment in time. The glance that someone gives you, the stare of someone lost in thought. Though I sometimes work from life, much of my work is referenced by the photographs that I take.

## Your Yoga 10

Cancer survivors can experience a wide range of physical, emotional and mental trauma. Hately Aldous has put her expertise in the field of rehabilitation, yoga and mind-body synergy to work in helping them heal the body and improve mental and physical well-being.

## Let's Review 26

The Healthy LoungeIs it possible to completely rid your body of stress in 15 minutes? You bet your \$6,000 automated massage recliner it is. Creator and owner of downtown Greenville's Healthy Lounge, Jennifer Morrow, came up with the idea of creating a place for rapid relaxation after sitting in a massage chair at the mall.

## About the Cover

The cover photo was taken by Rebekah Mininger at her home. The bride is DeAna, the Publisher's wife of six month's. Best six month's ever!

## Columns

Your Car	14
Your House	17
Take A Break	18
Your Health	20
Your Business	22
Coffee, Tea, & Ice Cream	24

If you would like your business featured in **MOBILELIFE Today** please contact us at [info@mobilelifetoday.com](mailto:info@mobilelifetoday.com). Tell us what you think about **MOBILELIFE Today** [info@mobilelifetoday.com](mailto:info@mobilelifetoday.com) **Publisher:** David Nichols - [Dnichols@mobilelifetoday.com](mailto:Dnichols@mobilelifetoday.com) **Cover Photo:** Rebekah Mininger **Contributing Writers:** Gilbert B. Elwyn, Mellisa Brennemen Jennifer Morrow, Linda Jones Haight, Jon Eckert, Dr. Lisa Silva, George Clements, Mallie Majarais, Kimberley Payne, Frank Canna, John Elkin, Benjamin E.

Buck, Jason Pessemier, Micheal J. Murray, and Lydia Iatesta Johnson  
**Copyright 2009** © All rights Reserved. Reproduction without permission is prohibited.  
**MOBILELIFE Today** is published by **MODERNLIFE Enterprises**. [www.mobilelifetoday.com](http://www.mobilelifetoday.com)  
[info@mobilelifetoday.com](mailto:info@mobilelifetoday.com)

Sales and freelance writer opportunities are available. Please send inquiries to [hr@mobilelifetoday.com](mailto:hr@mobilelifetoday.com).

*Don't you know that you yourselves are God's temple and that God's Spirit lives in you?* (1 Corinthians 3:16 NIV)

**G**od created you as a whole person and so you need to take care of your whole self, not just the individual parts. There is a direct relationship between physical and spiritual health.

A healthy body will give you the energy and enthusiasm to carry out the purposes that God has for your life. Practicing healthy living is a

way to glorify God. God created your

body to be built for action therefore activity is needed to keep you fit. His law in nature is to exercise, eat right, and serve God. You need to take care of yourself and obey the law of nature.

**There are two types of exercise: cardiovascular and strength training.**

**There are two types of exercise: cardiovascular and strength training.**

Cardiovascular activity (aerobic exercise) helps

you to increase energy and keep moving. It is good for your heart, lungs and circulatory system. Regular cardiovascular exercise helps you burn calories faster, even when you are sitting still. It does this by raising your metabolism (the rate you burn calories) up to 15 hours after exercising.

Strength training (weight lifting) helps keep your muscles strong, reduces bone loss and improves balance and posture. It is not only for men or for younger people. Women of any age can also benefit, particularly those most likely to suffer from osteoporosis. Strength training helps you to better deal with everyday tasks.

Discover the many benefits to exercise including feelings of accomplishment and well being, increased energy, reduced stress and improved sleep patterns. You need to include both cardiovascular activity as well as strength training into your exercise program.

## 12 exercise strategies that work!

### 1. Take it slow and steady

Remember that fitness is not a "quick fix." This is a lifestyle

change and you may experience setbacks and plateaus.

### 2. Schedule exercise in

Take an honest look at how you spend your days. Schedule exercise in your daily planner just as you would with a business meeting or a doctor's appointment.

### 3. Track your progress

Keep a chart of your progress and small improvements will become noticeable.

### 4. Follow the 10-minute rule

Decide to do only 10 minutes of exercise and then you can stop if you want. Generally, once you have started exercising you will not want to stop.

### 5. Team up with a friend

A partner can make workouts more fun and push you to try harder. You will be more likely to stick to your plan if you have a partner. Join a walking club, a sports team or an aerobics class.

### 6. Do something else at the same time

You can read or listen to books on tape while riding a stationary bike. You can also watch TV,



Photo: Matt Williams



Photo: Ramasamy Chidambaram

day, break down your workouts into three or four smaller chunks of 10 minutes each.

## 10. Vary your routine

You may

be less likely to get bored or injured if you change your routine. Walk one day and bicycle the next.

## 11. Have fun

Take the “work” out of workouts. Try something new and experiment until you find one that you like doing. The best fitness plan is one that you can easily include in your busy schedule and not just another thing to add to your “to-do” list.

## 12. Celebrate goals reached

Every time you reach a goal, celebrate. Reward ideas may include making a long-distance phone call, treating yourself to a bubble bath, getting a pedicure,

buying an extravagant bouquet, or subscribing to a magazine.

**Before you begin, it is important to check your physical condition. You should receive your doctor’s approval before beginning an exercise program.**

(Excerpt taken from “Fit for Faith – 7 weeks to improved spiritual & physical health” by Kimberley Payne)

## Blessings on the road to health!

*Kimberley Payne, a former Personal Trainer who lives in Ontario, combines Christian commitment with ten years experience in the health and wellness arena. Visit her Website [MLT](http://www.kimberleypayne.com)*

Kimberley Payne, a former Personal Trainer who lives in Ontario, combines Christian commitment with ten years experience in the health and wellness arena. Visit her Website [www.kimberleypayne.com](http://www.kimberleypayne.com) her Blog [www.fitforfaith.blogspot.com](http://www.fitforfaith.blogspot.com), and you can connect over Twitter: @fitforfaith.



Photo: Meliha Gojak

listen to music, talk to God or think about a Scripture reading.

## 7. Create space

Create an area to call your own and make exercise so accessible that you have no excuse. Buy some low-priced equipment: an exercise bike, a resistance band, a set of dumbbells, a stretching mat, a jump rope and an exercise video.

## 8. Look the part

Put on workout clothes – do not just change into running shoes. If you look the part, you will feel the part.

## 9. Time it right

Remember, if you do not have the time for a full workout each



## One Picture

### My Style

By Cassia Leidigh

I enjoy catching a moment in time. The glance that someone gives you, the stare of someone lost in thought. Though I sometimes work from life, much of my work is referenced by the photographs that I take. By taking the photos myself, I can choose the mood and angle of the picture. I enjoy unusual natural poses for portraits. I then sketch the drawing, sometimes on paper first, sometimes directly on the canvas. After that, when working in oil, I block in general colors and try to get right relationships between objects. I then try to perfect the painting till it looks satisfactory to me. In watercolor it is a more deliberate process of applying pigment and taking it away. I especially enjoy painting people. They are of great interest to me and are hard to figure out. I would like to capture how a person's facial features relate to one another and to their whole being, creating an aura of that very person. What is inside of them is displayed on the outside as well.

Another thing I like to do is to draw attention to things that usually go unnoticed. I would like to cause people to look closer at the vegetables on the table catching the light, or the random trashcan in the corner. My art is an expression of my thoughts, my feelings, my intellect, and myself.

*(Cassia Leidigh is a commissioned portrait artist living in Greenville, SC. She recently graduated with a Bachelor of Fine Arts Degree from Bob Jones University and is currently working on show to be held at Aabstract's Gallery in Fountain Inn, March 7th. To see more work by Cassia Leidigh, visit her website at [www.cassialeidigh.com](http://www.cassialeidigh.com))*



## Your Yoga

By Susi Hately

# Healing Cancer One Pose At A Time

*Susi Hately Aldous and University of Calgary Cancer Center Develops Yoga for Cancer Survivors DVD*

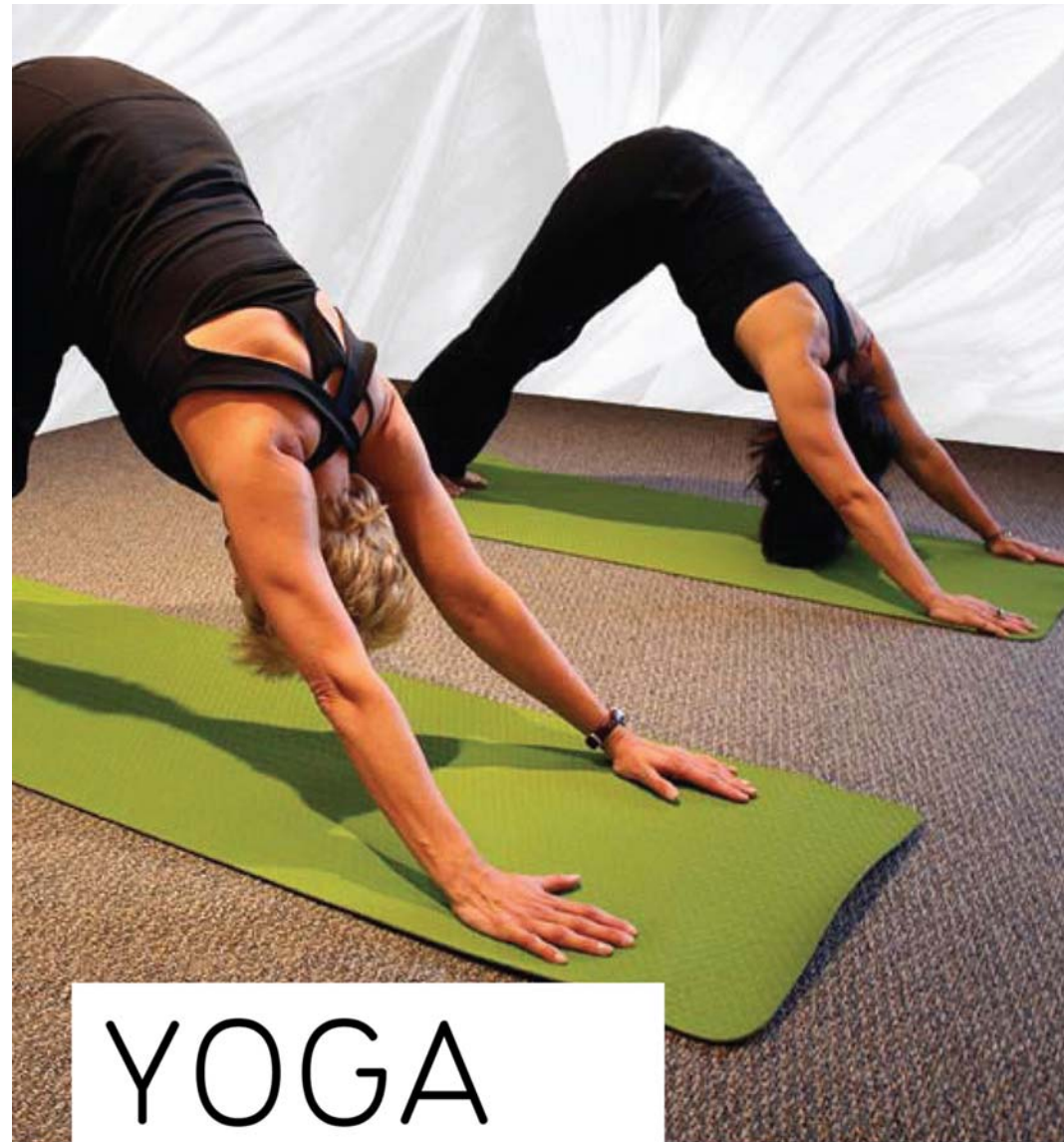
Together with Susi Hately Aldous, renowned yoga teacher, kinesiologist and founder of Functional Synergy, the University of Calgary Physical Activity and Cancer Center announce the release of the first yoga DVD customized for cancer survivors. This gentle 7-session therapeutic yoga program is based on Hatha yoga, but has been modified for people who have completed their chemotherapy and/or radiation treatment and are looking for a gentle yoga program to relax, and progressively build flexibility, strength and balance. Each session is 75 minutes and no previous yoga experience is required.

Cancer survivors can experience a wide range of physical, emotional and mental trauma. Hately Aldous has put her expertise in the field of

rehabilitation, yoga and mind-body synergy to work in helping them heal the body and improve mental and physical well-being. "There are many facets cancer survivors often go through, from the effects of chemotherapy to surgery, as well as lack of energy and emotional issues," says Hately Aldous. "Previous cancer survivors who have completed this program have found significant benefits in physical strength and function, overall mood, stress levels and quality of life."

*Yoga for Cancer Survivors* is a four-disc (9 ½ hour long) DVD series based on a seven-week yoga program offered at Calgary's Tom Baker Cancer Centre. This course has been scientifically proven to improve a cancer survivors' quality of life and the exercises

Continued on page 12



# YOGA

for Cancer Survivors

 Alberta  
CANCER BOARD

Tom Baker Cancer Centre



UNIVERSITY OF  
CALGARY  
KINESIOLOGY

were specifically chosen and modified for cancer survivors.

Research has shown that regular physical activity improves a cancer survivor's chances of survival. It can also help them get over the debilitating fatigue that affects so many survivors, improve their cardiovascular performance and allow them to return to their activities of daily living.

The *Yoga for Cancer Survivors* research is under the direction of Dr. Nicole Culos-Reed, one of Canada's leading experts in the field of physical activity and cancer. The yoga therapy program was developed by Hately Aldous to meet the specific needs of cancer survivors. The DVD series begins with a gentle, introductory routine and progresses to more challenging yoga poses as the viewer progresses.

The *Yoga for Cancer Survivors* DVD can be purchased from Functional Synergy ([www.functionalsynergy.com](http://www.functionalsynergy.com) or 866-229-2645) for \$29.95. A portion of the proceeds

from each disc will go to support the cancer and physical activity research being done in Dr. Culos-Reed's lab.

Starting in January 2009, Hately Aldous will be leading a series of *Yoga for Cancer Survivors* workshops in USA, Canada and Europe. These 1-day events will be open for cancer survivors post treatment and will be complimentary with the purchase of the *Yoga for Cancer Survivors* DVD. No prior knowledge of yoga is needed to participate.

Susi Hately Aldous is a renowned yoga teacher and author of several international best-selling yoga books. Her latest title, *Advancing Your Yoga Practice: the Art of Slowing Down* launched in September 2008 and follows her other titles



including *Therapeutic Yoga, Yoga for the Desk Jockey* and, *Anatomy and Asana: Preventing Yoga Injuries Series*. Her yoga skills are enhanced by her B.Sc. in kinesiology, post-graduate training in mind-body medicine and ergonomics and, practical field experience assisting companies with disability management and workplace safety issues.

Susi's main focus and expertise is in helping people overcome pain and injuries with her customized yoga therapy programs. Since 2004, Susi teaches a comprehensive therapeutic certification program for aspiring instructors to learn the importance of well-being as it affects various conditions. This training program, based on the Hatha yoga method, encompasses her wide range of acquired disciplines including

kinesiology, yoga iRest (yoga nidra), rehabilitation, modern mind-body science and practical experience as an exercise therapist and ergonomics consultant. Find more info at [www.functionalsynergy.com](http://www.functionalsynergy.com). MLT



### THE TRUMPET FOR HIRE



**JOHN HOPPE - 325-6778**

Trumpeters Two - Grumpy Old Jazzmen  
A Touch of Brass - The Swing Shift Combo  
also available for lessons & Free-lance

## Where the Tire Meets the Road

As we motor through the seasons, tires are sometimes one of our forgotten car maintenance items. Think about it. When was the last time you checked the air pressure in your tires?

### Check your tire pressure once a month.

It is a little known fact that tire pressure can vary dramatically in either extreme cold or hot weather conditions. The actual air pressure in your tires can change by 1 pound per square inch for every 10 degrees Fahrenheit change in outside air temperature. For example, the actual fluctuation in outside air temperature between summer and winter can sometimes vary

more than 50 degrees. Going from the extreme heat of a hot summer day to a cold day in winter can result in a 5 psi decrease in tire pressure. Likewise, going from cold winter temperatures to driving in the heat of the summer could actually add 5 psi of air pressure to your tires.

As you can see, tire pressures can vary quite a bit depending on the changes in outside air temperatures. Maintaining proper tire inflation pressure is vital to making sure you have good traction and handling throughout the year.

Another major benefit of maintaining proper tire pressure is the advantage of getting the most out of your tires. After all, keeping your tires rolling at the specified pressure will help you get the best wear out of a set of tires, which in turn will save you money in the long run. That in itself is probably the biggest

reason why it makes good sense to get into the habit of checking your tire pressure at least once a month.

You can find the correct tire inflation specifications for your car listed in your owner's manual and also on a sticker located at the lower, inside section of your driver's door. Tire inflation specifications will normally be designated in pound per square inch (psi). And it is not unusual to find the front tires and rear tires have different inflation specifications. This is common and it all depends on the make and model of your car.

### Always check your tires when they are cold.

It is important to remember that your tires should always be checked when the tires are cold. What this means is that you should simply check your tire pressure before the car has been driven that day. That is when the

temperature of the air inside your tires is relatively equal to the temperature outside your tires. Doing it this way will insure that the air inside your tires is just about equal to the temperature of the outside air. That is the only sure way to make certain that you are getting a true reading of your exact tire inflation pressure.

Just one additional thought. In case you are planning a road trip and you are thinking about raising the air pressure in your tires above the specifications before you go, don't do it. Thanks to those fancy tire sensors that now come with many of today's new cars, I found out on a recent road trip that tire inflation pressure can actually increase quite a bit, even



Photo: Jay Simmons



Photo: John De Boer

## Local Real Estate Kept in Perspective

in cold winter temperatures. Here is what I discovered. As the tires began to heat up after driving a few hours at highway speeds, the tire pressure as it was indicated on the dash information display, clearly showed that the actual pressure in each tire had gradually increased from 30 psi to 35 psi. That is an increase of 5 psi after only a few hours of highway driving. Considering that the outside air temperature on that November day was around 40 degrees, you can only imagine the increase in tire pressure your tires would experience during a road trip in the extreme heat of the summer. Plan ahead. Buy yourself a new tire pressure gage and check your tire pressure at least once a month.

### Rotate your tires and save money.

Okay, so it's not very convenient to have your tires rotated every 5,000 or 10,000 miles. The simple truth is, in the long run you will save money and gain the most out of the tread life of your tires. Whether you rotate your tires according to mileage or once a year, either way you will benefit from this necessary routine car maintenance.

Think about it this way. Your front tires wear differently and more quickly compared to your rear tires. After all, your front tires are responsible for the steering and also the majority of vehicle braking, while the rear tires are basically just following behind in a relatively straight line. It makes sense to even out this wear by simply switching them around every once in a while.

If it's been a while since your last tire rotation, put it on your things to do list. And the best news of all is that your local tire dealer may actually already offer rotation as a free service.

Look for a few more routine car maintenance tips you can do yourself in next month's issue.


### Happy Motoring!

Frank Canna has been in the detailing business for more than 20 years and is the owner of Mirror Finish Detailing, Williamstown, NJ. He can be reached at <http://mysite.verizon.net/cannaorcanna@verizon.net>

The official numbers for all homes sold in the Greenville MLS in 2008 are in and the Greenville market is still doing fine overall. This is especially true when keeping things in perspective from the last 10 years and not just comparing 2008 to the two previous years. The amount of total solds for 2008 (including single family, condos, and townhomes) is 8021. This is down quite a bit from 2007 and 2006, however, it is doing good when compared with 2004 that had 8247 and 2003 that only had 7174. The 2003 and 2004 numbers were thought of as fair at that time which means that our market today would have looked pretty good in 2003.

The average days on market are were up to 96 in 2008 which is up by 9 days from the previous year, however, it is less than the average of 99 from 2004. Average sold price is also down a little coming in at \$183,816 for a drop of 1.3% from the previous year. Greenville is very fortunate compared to other major cities in the country which are experiencing up to 20% declines in average sales prices. Let's compare to 2004 again. The average sales price then was \$156,916 compared to \$183,816 in 2008. Pretty good

increase in four years.

So you might be wondering what areas of real estate are doing well in Greenville and what are not. The average priced homes and below are doing great especially when you get below the \$150,000's and even better when you get below \$100,000. In fact, the market in those lowest priced homes is not even considered a buyer's market by NAR standards. On the other hand, the large custom homes are not doing well. The higher the price the worse the market is. The problem is that there is just too much supply in the area right now on the higher priced homes for what the market will allow. The good news is that any home in any price range will sell if it is priced right and staged right compared to the competition. Those higher priced homes that are at the bottom of the competition in pricing and staging can expect to be on the market for a long time. 



George Clements  
(864) 238-4815  
gclements@kw.com  
www.homestolive.in  
Twitter: @gclements






helping you build your future

• Free Pre-Qualification • Custom Financing

**CALL BETHANY ZITLAW**

O: 864.255.5115 ext. 112 • C: 864.918.2160 • [bzitlaw@hanovermtg.com](mailto:bzitlaw@hanovermtg.com)

# Take A Break

By Jennifer Morrow

## The Breaking Point

You're constantly on edge at work... you feel tired and unmotivated only 10 minutes into your workout... you're going to scream if your child says "Mommy" one more time.



any more." Some argue that stress is all in a day's work, but that daily

pressure may be harming your health.

"Chronic stress has seriously damaging effects," says Naomi Swanson,

Ph.D., a researcher with the National Institute for Occupational Safety and Health. "If your job stresses you out, your natural defenses are constantly on high alert." Stress hormones, like cortisol, flood your body, and the buildup may have a wear-and-tear effect.

Work stress can be just as bad on your mental and physical well-being as smoking and not exercising.

Speaking of exercising, a growing number of male and female athletes are actually working out too much. Overtraining can cause overuse injuries and chronic fatigue. Not



only does your body need time to recover, but you will have a better chance of reaching your desired physical goals. "It is no secret



stressed out, unhappy and sometimes resentful," says Life Coach Aurelia Williams of RealLifeCoaching.net. "Everybody has a breaking point," says Dr.

Robinson. "The goal is to realize you've hit yours long before the physical symptoms of stress set in." So listen to your body and commit yourself to taking breaks when those signals go off. Taking breaks can go a long way in helping your body recover from any activity. A great tip is to schedule recovery days into your weekly routine. Healthy Lounge in Downtown Greenville is a convenient and affordable place to do just that. Rapid Recharge with hi-tech massage, an Oxygen session or a healthy drink or snack. Your body will thank you! For more information, visit [www.healthylounge.com](http://www.healthylounge.com) or e-mail Jennifer at [jennifer@healthylounge.com](mailto:jennifer@healthylounge.com) you can also connect though Twitter @healthylounge **MILT** "It can become so easy to fall into the mommy guilt trap where you start to neglect yourself. Many moms feel guilty if they take time for themselves and end up taking care of everyone else around them, pushing their own needs aside. This ultimately will leave you feeling burnt out,

Robinson. "The goal is to realize you've hit yours long before the physical symptoms of stress set in." So listen to your body and commit yourself to taking breaks when those signals go off.

Taking breaks can go a long way in helping your body recover from any activity. A great tip is to schedule recovery days into your weekly routine. Healthy Lounge in Downtown Greenville is a convenient and affordable place to do just that. Rapid Recharge with hi-tech massage, an Oxygen session or a healthy drink or snack. Your body will thank you! For more information, visit [www.healthylounge.com](http://www.healthylounge.com) or e-mail Jennifer at [jennifer@healthylounge.com](mailto:jennifer@healthylounge.com) you can also connect though Twitter @healthylounge **MILT**



## Forward Head Posture

The effect of posture on health is becoming more evident.

“Spinal pain, headache, mood, blood pressure, pulse, and lung capacity are among the functions most easily influenced by posture. The corollary of these observations is that many symptoms, including pain, may be moderated or eliminated by improved posture”.

One of the most common postural problems is the forward head posture (FHP). Since we live in a forward facing world, the

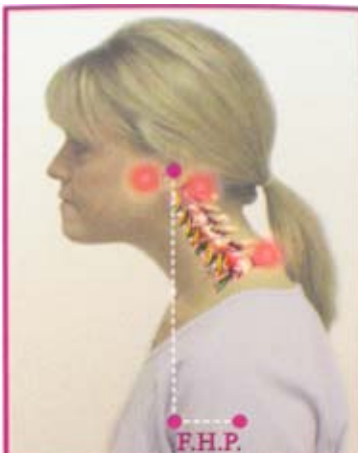
repetitive use of computers, TV, video games, trauma, and even back packs have forced the body to adapt to a forward head posture. Repetitive movements in a certain direction will strengthen nerve and muscle pathways to move that way more readily. An example would be the

adaptation of the body to do gymnastics easily after repetitive practice. It is the repetitions of forward head movements combined with poor ergonomics postures and/or trauma that cause the body to adapt to a forward head posture.

Ideally, the head should sit directly on the neck and shoulders, like a golf ball sits on a tee. The weight of the head is more like a bowling ball than like a golf ball, so holding it



Forward Head Posture, or F.H.P.



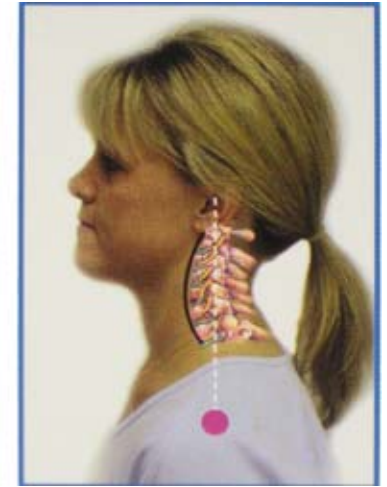
forward, out of alignment, puts a strain on your neck and upper back muscles.

The result can be muscle fatigue and, all too often, an aching neck. Because the neck and shoulders have to carry this weight all day in an isometric contradiction, this cause neck muscles to loose blood, get damaged, fatigued, strain, and cause pain, burning and fibromyalgia. When spinal tissues are subject to a significant load for a sustained period of time, they deform and undergo remodeling changes that could become permanent. This is why it takes time to correct FHP. In addition, FHP has been shown to flatten the normal neck curve, resulting in disc compression, damage and early arthritis. This abnormal position is also responsible for many tension headaches, often termed carcinogenic headaches.

FHP is relatively easy to detect. Have the person you are checking look up at the ceiling, down at the floor, and then straight ahead. Find the center of the shoulder and draw an imaginary line up. It should land through the middle of the ear's holes. Any forward head posture should be checked by a chiropractor. Medical doctors



Proper head and shoulder alignment



cannot fix these types of problems. “Despite considerable evidence that posture affects physiology and function, the significant influence of posture on health is not addressed by most physicians”. Remember long standing problems like FHP will cause spine and nerve damage, and symptoms are rarely present early on. **MLT**



**Dr. David Mruz**  
3014 Wade  
Hampton Blvd.  
Taylors, SC 29687.  
[www.eastsidechiro.com](http://www.eastsidechiro.com)  
Follow him on his  
Facebook group and  
on Twitter @dhmruz



## Celebrating Black History Month: Civil Rights and the Workplace

“We hold these Truths to be self-evident, that all Men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the Pursuit of Happiness ...” - from the Declaration of Independence.

Our founding fathers laid the groundwork more than 200 years ago. Unfortunately, these “unalienable Rights” did not apply to African Americans (slavery was still legal at the time) or women (who could not vote). African, Hispanic, and Asian Americans have spent the last two centuries fighting for equality in the eyes of the law, law enforcement, courts, and public opinion. The black Civil Rights Movement of the 1960s galvanized the nation and led to sweeping legislation - the Civil Rights Act of 1964. Title VII of the Civil Rights Act of 1964 protects individuals against employment discrimination on the basis of sex (including pregnancy), race, color, national origin, and religion. The statute applies to private sector

employers with 15 or more employees and public sector employers at the federal, state, and local level. Title VII prohibits employment decisions based on stereotypes and assumptions about abilities, traits, or the performance of individuals on the basis of their protected status.

After 40 years of the Civil Rights Act, where do we stand now?

There have been some momentous improvements, to be sure. Here are just a few:

- Civil rights polarized America in the 1960s; today 81% of Americans now say the movement was “extremely” or “very important.”
- Most Americans report living in racially diverse communities.
- In 1958, an overwhelming 94% said they opposed interracial marriage; in 2003, 73% of Americans approved of it.
- The passing of the Act allowed Americans to vote for a black presidential candidate.



Photo: Ervin Bacik


• In a 2003 survey, 70% of Americans said the quality of life for blacks has improved during the past 10 years. In 2008, the US Equal Employment Opportunity Commission (EEOC), the federal agency that enforces laws including Title VII

(prohibiting discrimination on various bases including sex, race, ethnicity, and national origin), disclosed that it received 95,402 private sector charges (formal complaints) of discrimination in 2008, a 15.2% increase over 2007. Many experts predict that the volatile economic environment will contribute to further increases in employee litigation in 2009. As jobs become scarcer and layoffs more common, employees have both heightened sensitivity to the possibility of losing their jobs and economic incentives to try to obtain money through legal action.

In today's business climate, the question is not whether they will be the target of employee legal action, but how much they will be affected by it. More than ever it is important to reinforce the

fundamental elements of litigation loss control: Having the right policies in place, training the workforce (especially supervisors), and instituting effective procedures to detect, investigate, and respond to concerns. In light of the recent important changes in the regulation of employment, continuous training and review takes on new importance; organizations cannot rely on outdated knowledge.

Having regular access to expert advisors may now take on the importance of a necessity rather than a luxury.

Please contact a friendly, trusted advisor at First Place Employer Services for questions concerning the workplace at (877) 634-7787. 



If you have questions concerning your personal health care crunch please contact Micheal Murray at [michael@1stplaceemployer.com](mailto:michael@1stplaceemployer.com) [www.1stplaceemployer.com](http://www.1stplaceemployer.com) You can also find them on Twitter @firstplaceemployer

Photo: Barrym67

# Coffee, Tea, & Ice Cream

By Mallie Majarais

## Making The Perfect Cup

### Preparation Of Tea

While coffee and tea are both sources of caffeine, the amount of caffeine in any single serving of these beverages varies significantly. An average serving of coffee contains the most caffeine, yet the same serving size of tea provides only 1/2 to 1/3 as much. One of the more confusing aspects of caffeine content is the fact that coffee contains *less* caffeine than tea **when measured in its dry form.** The caffeine content of a **prepared cup** of coffee is significantly higher than the caffeine content of a prepared cup of tea. All real tea comes from the same botanical, *Camellia Sinensis*, which contains caffeine. **Herbal infusions** are made from botanicals not related to *Camellia Sinensis*, and they are naturally caffeine free. Chamomile and Peppermint are examples of herbal infusions. The amount of caffeine in coffee or tea depends on a number of factors, including the method and length of steeping. The longer the tea leaves have fermented in processing, the greater their caffeine content. With tea, studies also show that leaf location on the tea plant affects content of caffeine in that tea. This is why amounts reported are so variable. Caffeine content is also altered by the length of the infusion in water. Black tea (or flavored black) infused

for 5 minutes yields about 40 milligrams. A cup of Oolong tea yields 30 milligrams, 20 mg for green and 15 for white. Now, compare this to coffee: the same volume yields at least double the amount at 80 mg. In fact, most colas have more caffeine as well, containing 45 mg on average. There has been much concern in the United States recently about the possible dangers of caffeine. Caffeine tolerance varies greatly among individuals, some more caffeine sensitive than others. During the past decade, extensive research on caffeine in relation to cardiovascular disease, fibrocystic breast disease, reproductive function, behavior in children, birth defects, and cancer has identified **no significant health hazard from normal caffeine consumption.** As with nearly everything in life... moderation is key! A common misconception is that those who are caffeine intolerant should stock up on Decaf tea. Decaffeinated tea, in fact, is not caffeine free. It-still may containing about 5-10 mg per cup. It is the relief from fatigue that tea provides that is a big reason for its popularity. This is due to the fact that the caffeine in tea is water soluble so your body digests it easily and passes through your system (much

faster than coffee). This brings a quick, tangible feeling of relief and relaxation. On the other hand, caffeine in coffee is not water soluble so it stays in your system longer keeping you awake well into the night, not as effective relaxing agent. **MIT**



Please visit us at 300 River St., Suite 122 Greenville, SC 29601 864-283-6702 We are located below the Hampton Inn and Lazy Goat restaurant on the River Walk, West End Greenville. [www.ochateabaronline.com](http://www.ochateabaronline.com) Twitter: @ochateabar



Photo by Gayle's

Camellia Sinensis

Type of Tea / Amount of Caffeine / Examples	
<b>Black tea</b>	Contains caffeine in nature, can be decaffeinated (removing most of the caffeine) English Breakfast, Chai Spice, Earl Grey
<b>Oolong tea</b>	Contains caffeine in nature, generally less than black tea, can be decaffeinated (removing most of the caffeine) China Oolong, Formosa Oolong, Orange Blossom Oolong
<b>Green tea</b>	Contains caffeine in nature, generally less than oolong tea, can be decaffeinated (removing most of the caffeine) Japanese Sencha, Chinese Jasmine Green
<b>White tea</b>	Contains caffeine in nature, generally less than green tea, can be decaffeinated (removing most of the caffeine) Mutan White, Silver Needle, Adam's Peak
<b>Decaffeinated tea</b>	Results of removing most of the caffeine from black, oolong, green, or white tea Decaf Earl Grey, Decaf Chai Spice, Decaf Sencha Green
<b>Herbal "tea"</b>	Naturally caffeine free Chamomile, Peppermint, Rooibos

# Let's Review

By Melissa Brenneman

## Healthy Lounge

# HEALTHY LOUNGE™

rapid recharge

the Healthy Lounge offers high-end equipment for you to use without having to buy the equipment

The Healthy Lounge is it possible to completely rid your body of stress in 15 minutes? You bet your \$6,000 automated massage recliner it is. Creator and owner of downtown Greenville's Healthy Lounge, Jennifer Morrow,

came up with the idea of creating a place for rapid relaxation after sitting in a massage chair at the

mall. She designed the Healthy Lounge for those individuals who need to quickly, affordably, and healthily relax.

Similar to a tanning salon,

yourself. Anyone can walk in or schedule an appointment, and spend 15-30 minutes relaxing in a massage recliner or recharging with an oxygen session. Fortunately, when I went to the Healthy Lounge, I

had enough time to experience everything this unique hideaway had to offer.

Upon entering the Healthy Lounge at

downtown Greenville's Riverplace, I got the feel of a hip, modern hangout. Bright colors and industrial fixtures set the tone for the displayed



Photo: Melissa Brenneman

original artwork. Dividers along a hallway defined four rooms that were blocked off by curtains.

As Jennifer guided me into the last room, a monster chair known as Sogno greeted me. Sogno As I settled into Sogno, Jennifer explained that the chair would first scan me to understand my body type, and then proceed to give me the best possible massage. After I slipped on the nearby headphones and set the music to a soothing jazz, Sogno began scanning me. Jennifer showed me where to press the call button, just in case things got too rough, and left Sogno and I together alone. It felt like someone wearing a warm leather jacket was hugging me. As Sogno kneaded my back, perfect pressure released tension in my feet and hands. As I sat there in awe of the

precision of this machine, I began to compare Sogno to a massage by an actual person. I first thought about how nice it was that I didn't have to undress and be partially exposed to a complete stranger. Having stayed fully clothed and away from human eyes, I didn't wonder if Sogno was secretly thinking I'd be a good candidate for a plus-sized model. My second thought was that Sogno was more attentive than an actual person. Sogno worked my neck, lower back, calves and wrists at the same time. My human masseuse can effectively attend only one part of my body at a time. Drifting



Photo: Melissa Brenneman

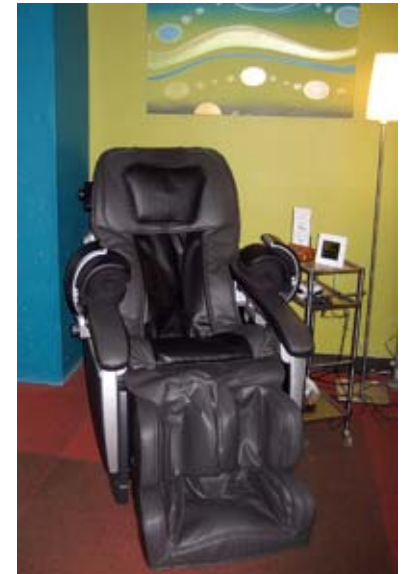


Photo: Melissa Brenneman

off into a daze, I couldn't help but think that the makers of this machine had named him properly - Sogno is the Italian word for dream.

Robo Chair After 15 minutes, I reluctantly left Sogno to spend time with his brother, Robo Chair. His mission is to give deep-tissue massages. Though the same company designs Sogno and Robo Chair, they offer completely different experiences. Robo Chair applied more pressure to my feet, legs, arms and hands. It wasn't uncomfortable, but Robo Chair gives a harder massage. I felt tension leave my limbs as the rollers in Robo Chair started at my shoulders and thighs, and worked down to my fingers and toes. It took

the makers of Robo Chair seven years of research, development and testing to perfect its pressure and application. Based on my experience with Robo Chair, I'd say they were successful at creating a unique machine that provides the feel of a legitimate deep-tissue massage.

Following my massage with Robo Chair, I experienced my first ever oxygen session. In a lounge-like sitting area, Jennifer explained to me what an oxygen session was. Basically,

the air we breathe is about 21% oxygen. Oxygen Session Lounge However, by hooking up to the oxygen filters at the Healthy Lounge, you can breathe in four to five times that amount. Why



Photo: Melissa Brenneman

breathe in high amounts of pure oxygen? Well the information cards at the Healthy Lounge explain it to you. Some benefits of

oxygen are a heightened sense of concentration and memory, and the development of healthy sleeping patterns. After putting breathing tubes in my nose, I relaxed and enjoyed the oxygen that was scented with aromatherapy oils. Within minutes I started feeling more alert. Having always dealt with minor asthma, I noticed that my lungs felt lighter. It was refreshing. My mind was a little clearer and my lungs felt clean.

The Healthy Lounge is great for anyone on a time and money budget. A 15-minute session of any service is only \$15. They also offer special package deals and chill out sessions designed for groups or parties (find out more at [www.healthylounge.com](http://www.healthylounge.com)). A

retail section offers items like travel accessories and canned oxygen. The Healthy Lounge also has a healthy snack section including granola, health bars and teas. In the spring, Jennifer plans to open a full service beverage bar that provides performance shakes and natural juices. This will be convenient for those who jog along the Swamp Rabbit trail right in front of the Healthy Lounge's front entrance. With such great prices and unique services, the Healthy Lounge is a place that everyone must check out. The technology of the chairs alone is worth going by for a visit.

I hope to go back soon for another visit at the Healthy Lounge. My Italian dream, Sogno, left quite the impression. **MLT**

Healthy Lounge  
300 River Street, Suite 203  
Greenville, SC 29601  
[www.healthylounge.com](http://www.healthylounge.com)  
Twitter: @healthylounge



Photo: Melissa Brenneman