



633 Lassen Lane, Mt. Shasta
530-926-6010
M-F 5am-9pm, Sat/Sun 6am-6pm



1630 S. Mt. Shasta Blvd., MS
530-926-3589
M-F 5am-11pm, Sat/Sun 6am-9pm



778 S. Davis St., Weed
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HEALTHY HERALD



AUGUST 2011

www.mtshastapt.com

THE TRUTH ABOUT SALT

(Article from Zen to Fitness, by Chris, Feb. 22, 2011.)

As we all know **salt** is a controversial topic. One day we read that salt is essential for good health, the next it causes hypertension and all kinds of other health problems. What is for sure is that we need salt, it is essential for us to function. For instance, the Bible has over 50 references to salt, most of them positive – this should be an indicator as to how important salt is.

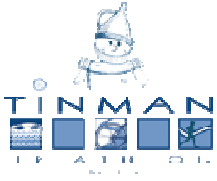
Conventional wisdom has gotten things right in that sodium chloride (the type we find commercially) or table salt is bad for us. This is due to the highly refined nature of the salt that has been heated up and heavily processed, thereby flushing out all the minerals and nutrients – in essence becoming the definition of a junk food product. This process also adds many toxic compounds like ‘alumino-silicate of sodium’ or ‘yellow prussiate of soda’ - both compounds of aluminium - which have been shown to be toxic to both the brain and the pancreas. As well as this, corn sugar is often added to table salt – making for a refined sugar and salt combo.

Why Do We Need Salt?

Real unrefined sea salt is essential to our bodies. We need to look at our bodies like the ocean with all the flow of body fluids: lymphatic, blood, and extra-cellular fluids. This makes it obvious that a good nutrient and mineral balance is necessary, especially because their constitution is so similar to sea water in terms of mineral content.

1. **Nourish the Adrenals** - Our adrenal glands run on sodium. But they need sodium with the full spectrum of minerals rather than the refined sodium chloride we eat in abundance today. Salt is more important in curing and preventing adrenal fatigue than any synthetic vitamin could be.
2. **Sleep** – It maybe linked to salt’s ability to relax the adrenals, but those who have been on either a low salt or “bad” salt diet for a while notice much deeper and more refreshing sleep once they switch to good salt.
3. **Blood Pressure** - It is the refined and processed salt that causes a slight hike in blood pressure. High quality unrefined salt actually works to reduce blood pressure in most cases.
4. **Swelling** – Salt is often associated with water retention. Introducing a good amount of unrefined salt has solved problems like edema and other fluid retention problems. This is because the mineral content helps balance out the body and prevent fluids accumulating.
5. **Digestion** – While commercial salt reduces digestive capabilities by neutralizing stomach acid, salt with a full spectrum of minerals actually does the opposite and strengthens digestion by stimulating HCL production.
6. **Congestion** – Many people have a chronically blocked sinus or nasal cavity. They are often quick to blame this on a wheat or dairy allergy, when in reality the problem could stem from a lack of good salt. Sea salt literally draws mucous from the body – many people notice this when they first introduce it to their diet.

Salt has been treasured since the beginning of time. It’s time we take advantage of its healing and nourishing properties for better health!



The Tinman Is Coming! Have you got your team together? It's not too late to start training for **The Mount Shasta Tinman Triathlon 2011** on Labor Day Weekend. With 22 solo (men & women) and 20 team categories, there is something for everyone! Go to http://www.dunsmuirrotary.org/Dunsmuir_Rotary/Tinman.html for entry details.

* * * * *

Help save trees, stamps and labor by signing up for auto-debit or credit card payments. By signing up, we save \$2.50 per bill which means you help keep membership rates low. Just fill out this form, and mail it or bring it in during your next workout!

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AUTHORIZATION AGREEMENT FOR AUTOMATIC DEBIT (ACH DEBIT)

I hereby authorize Mt. Shasta Physical Therapy, Inc. to initiate debit entries and to initiate, if necessary, credit entries and adjustments for any debit entries in error, to my _____ Checking _____ Savings Account (select one) indicated below to credit and/or debit the same to such account. *(please print)*

Financial Institution Name _____ Branch _____

City _____ State _____ Zip _____

Routing Number _____ Account Number _____

(This authorization is to remain in full force until Mt. Shasta Physical Therapy has received written notice from you of its termination in such time and in such manner as to afford Mt. Shasta Physical Therapy and your Financial Institution a reasonable time to act on it.)

Name _____

Date _____ Signed _____

All written credit authorizations should provide that the receiver may revoke the authorization by notifying the originator in the manner specified in the authorization.

CREDIT CARD AUTHORIZATION

I authorize the billing of monthly dues incurred at Mt. Shasta Physical Therapy, Inc. to the credit card listed below. I agree to all terms and conditions set forth by Mt. Shasta Physical Therapy Inc. and understand that **ALL SALES ARE FINAL**. By signing this agreement, I relinquish the right to dispute the charge.

Type of Credit Card: (Circle One) **Visa** **MasterCard** **Discover**

Account Number: _____

Expiration Date: _____ Verification Code Number: _____

Card Holder's Name as it Appears on the Credit Card: _____

Authorized Signature: _____

Starting August 4!
expanded community-style acupuncture clinic

Tuesdays: 1-5 p.m.

Thursday mornings: 7:30 a.m. – 11:00 a.m.

Walk-in; first-come, first-served; \$35

For more information, call Lynn at 926-4114

MT. SHASTA FITNESS CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
6:00AM - 7:00AM	SPIN CLASS	VICTORIA	SPINROOM	🚲		🚲		🚲		
7:15AM – 8:15AM	SPIN CLASS	VICTORIA	SPINROOM	🚲		🚲		🚲		
8:45AM - 9:45AM	SPIN CLASS	JOGETTE	SPINROOM	🚲		🚲		🚲	8:30AM	
5:30PM – 6:30PM	SPIN CLASS	VICTORIA	SPINROOM	🚲		🚲				

SCHOOL HILL WELLNESS CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
8:00 AM – 9:00 AM	YOGA	BILL RUST	CLASSROOM	●		●		●		
9:30 AM – 10:30 AM	WATER AEROBICS	ALICE	POOL		●		●			
9:30 AM – 10:30 AM	WATER AEROBICS	MEL	POOL	●		●		●		
3:00 PM – 4:00 PM	QUIET WATER TIME		POOL	🕊	🕊	🕊	🕊	🕊	🕊	
4:00 PM – 5:00 PM	LINE DANCING	SIGI	CLASSROOM	●						
5:30 PM - 6:30 PM	CARDIO CIRCUIT	TBD	GYM		●		●			
5:30 PM – 6:30 PM	SPIN CLASS	JILL	CLASSROOM	🚲		🚲				
6:45 PM – 7:45 PM	BALLROOM DANCING	RICK AND PEGGY	CLASSROOM			●				

THE WELLNESS CENTER WATER CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
11:00 AM – 12:00 PM	LOW INTENSITY AQUA	LINDA V.		●		●		●		
NOON – 2:00 PM	FAMILY SWIM		POOL							●
12:30 PM - 1:30 PM	CUSTOM H2O CONDITIONING CLASS	JULIE ANGELA	POOL	●		●		●		
2:00 PM – 3:00 PM	QUIET WATER TIME		POOL	☯	☯	☯	☯	☯	☯	
5:30 PM – 6:30 PM	LIQUID ENDURANCE	JULIE	POOL	●		●		●		

THE WELLNESS CENTER CLASS SCHEDULE

TIME	CLASS	INSTRUCTOR	LOCATION	MON.	TUE.	WED.	THUR.	FRI.	SAT.	SUN.
6:15 AM – 7:15 AM	BOOT CAMP	VICTORIA	CLASSROOM		●		●			
6:15 AM – 7:15 AM	FIT-U	LINDA V	GYM	●		●				
7:30 AM – 9:00 AM	YOGA	DEBBIE/LYNN	CLASSROOM	●		●		●		
7:30 AM – 8:15 AM	FLEXIBILITY TRAINING	VICTORIA	CLASSROOM		●		●			
8:30 AM - 9:45 AM	BODY SCULPT	ANGIE	CLASSROOM		●		●			
8:30 AM – 9:30 AM	KICK-BOX & SCULPT	LESA	CLASSROOM						●	
10:00 AM - 11:00 AM	PILATES 1	KAREE SANDRA JACKIE	CLASSROOM	●		●		●		
10:00 AM - 11:00 AM	VINYASA YOGA	STEVEN	CLASSROOM		●		●			
11:00 AM – NOON	PILATES 2	SANDRA	CLASSROOM		●		●			
1:00 PM – 2:00 PM	PILATES 2	SANDRA	CLASSROOM	●		●				
2:00 PM – 3:15 PM	YOGA	SAHADEV	CLASSROOM		●		●			
4:00 PM – 5:00 PM	YOGA	JAN	CLASSROOM	●		●				
5:30 PM – 7:00 PM	CARDIO CIRCUIT	ANGELA	GYM		●		●			
5:30 PM – 6:30 PM	BELLYDANCE	DEONESEA	CLASSROOM	●						
5:30 PM - 6:30 PM	KICKBOXING	ERICA/DEE	CLASSROOM		●		●			
6:30 PM – 7:30 PM	ZUMBA	WISPER	CLASSROOM	●		●				
6:45 PM - 7:45 PM	BALLROOM DANCING	RICK/PEGGY	CLASSROOM				●			
6:45 PM - 7:45 PM	LATIN DANCING	RICK/PEGGY	CLASSROOM		●					