

# GOOD *for you*

Health and Wellness  
for Magna Employees

## Moustached Men We Salute You!



Movember, a ten year old movement that began with a group of friends in Australia, is an annual event that involves the growing of moustaches during the month of November. Its purpose is to raise awareness of men's health issues, such as prostate cancer.

continue  
reading

## “I JOIN THIS MOVEMENT EVERY YEAR,”

“I join this movement every year,” says Gurpreet Purba, a QA Team Leader with Magna Powertrain. “The idea behind is to raise awareness on prostate and testicular cancer and mental health challenges. A lot of people will ask me why I have grown my moustaches and that gives me an opportunity to explain and join the “Movember” month initiative.”

Before



After



< Gurpreet  
Purba

Rollstamp  
Employees



“We would like to thank Rollstamp employees, family and friends for raising \$1485,” said the team of moustached gents from the Ontario-based facility. “Rollstamp matched that amount for a total of \$3000!”

## INTRODUCING MAGNA WELLNESS ONLINE!

Explore the new Magna Wellness website for instant access to health related articles, delicious recipes, and fun quizzes! From fresh fitness programs to energizing smoothies, we have a vast collection of interesting and informative resources to educate, amuse and inspire a better you!

### We also want to hear from you!

We're looking for your stories, pictures, and adventures in healthy living to feature on our website. Tell us your diet secrets, meditation rituals, fitness routines, or how you're dealing with the stresses of family life. We want to know how you're overcoming your challenges to become a better you! If accepted, we will post it on our website.



Join us at  
[www.magnawellness.ca](http://www.magnawellness.ca)

Email us at  
[wellness@magna.com](mailto:wellness@magna.com)

# Deep Breathing FOR RELAXATION

## What kind of breather are you? Try this test:



- 1 Place one hand on your chest and one hand on your stomach.
- 2 Take a normal breath while looking down.
- 3 If the hand on your chest rises first, you tend to breathe in your chest.

If the hand on your stomach rises first, you are more of a belly breather. Shallow chest breathing causes a constriction of the chest and lung tissue over time, decreasing oxygen flow and delivery to your tissues.

Deep breathing has a natural calming effect on the nervous system. Studies have shown that deep breathing techniques are extremely effective in handling depression, anxiety, stress-related disorders, chronic pain, eating disorders and obesity.

## Benefits of Deep Breathing



### Relaxation

Deep breathing is the fastest way to trigger your body's relaxation system. It shuts down your stress hormones which, when overworked, may be related to depression, muscle tension and pain, insulin sensitivity, gastro-intestinal issues, insomnia, and fatigue.



### Detoxification

Your diaphragm is the large dome-shaped muscle at the base of your lungs. By deep breathing, you are expanding and contracting your diaphragm. This action massages your internal organs and stimulates your lymphatic system to rid itself of toxins.



### Facilitates Weight Loss

Deep breathing delivers many of the benefits of exercise. It improves the cardiovascular and respiratory systems and helps to facilitate weight loss. Interestingly, when you are stressed, your body tends to burn glycogen, a stored form of energy, rather than fat. Deep breathing encourages your body to burn fat instead. In addition, triggering the relaxation response will result in less stress, depression and anxiety which can trigger emotional eating.

## Breathing Technique



Find a comfortable place to sit. Sit up straight with your hands resting on your knees and relax your shoulders. There are two important things to remember before you start deep breathing. One is that your breath begins with a full exhalation (or breath out). You can't inhale fully until you empty your lungs completely. Secondly, it is important to breathe in through your nose.

A simple count for deep breathing is seven-eleven. On your next exhalation, breathe out slowly through your nose, to a quick count of 11. Tense your stomach muscles, drawing in your diaphragm to help empty your lungs. At the bottom of your breath, pause slightly, and then inhale to a count of seven. Expand your belly as you breathe in. Now close your eyes and repeat 5-10 times.

Do this at least twice a day. You cannot do it too often. If you feel a little light-headed when you first breathe this way, do not be concerned; it will pass. Remember to work within your comfort zone.

It will take a while for your body to adapt to deep breathing. Start with four breaths and slowly increase over time.

Once you develop this technique by practicing it every day, it will be a very useful tool that you will always have with you. Use it whenever anything upsetting happens – before you react. Use it whenever you are aware of internal tension. Use it to help you fall asleep. This exercise cannot be recommended too highly. Everyone can benefit from it.

Source: Christine Davis, Naturopathic Doctor

## DID YOU KNOW?

Your brain is made up of approximately 85% water. Staying hydrated may help to reduce headaches and increase your productivity at work.

Source: mayoclinic.com



## MEDITATION STRENGTHENS THE BRAIN

In the last two decades we have learned that the brain is not a static structure of nerve cells; it is an organ that is continuously growing and changing in response to our genetic code and our personal experiences.

Recent research has revealed that regular practice of meditation has been associated with thickening of the brain and strengthening of connections between brain cells, specifically in areas dealing with sensory, cognitive and emotional processing.

Evidence also suggests that meditation may slow down age-related degeneration of brain structure, keeping your brain sharp as you age.

Participants involved in the study were experienced Buddhist Insight meditation practitioners. They incorporated approximately 40 minutes of meditation into their daily routine, typically involving career, family, friends and outside interests.

Source: ncbi.nlm.nih.gov.ezproxy.cmcc.ca

# HEADACHES

Headache pain is not all created equal. It comes in different varieties and for different reasons, all which becomes important when deciding on the appropriate course of treatment.



## Migraine Headaches

Those suffering from migraine headaches can usually be found curled up in the fetal position in a dark, quiet room. This type of headache usually throbs on one side of the head (although it can strike both sides) and usually causes significant pain. Migraines may or may not be preceded by certain warning signs (called aura) such as flickering lights or black spots in vision, or the sensation of numbness on one side of the face or hand. Migraine headaches are due to changes in brain chemistry, producing neurological and physical symptoms. Reactions to migraine headache pain can include nausea, vomiting, sensitivity to light, sound and movement. They can be brought on by stress, hormonal changes, or particular foods. When left untreated, they typically last from 4 – 72 hours. The frequency of these headaches varies from person to person. They are more often seen in women in their child-bearing years.

Talk to your doctor about certain medications that can provide relief to migraine headaches or to prevent them from occurring. In addition, you can try the following lifestyle and home remedies:

- Relaxation exercises – spend a half hour a day doing something relaxing, such as listening to music, taking a hot bath, reading, meditation or yoga
- Rest and relax when you feel a headache coming on – place an icepack wrapped in a cloth on the back of your neck and apply gentle pressure to painful areas on your head
- Keep a headache diary – this will help you to identify what triggers your migraines and which treatment is most effective
- Pay attention to your posture – improper ergonomics at home or at work can create unnecessary muscle tension
- Ask your practitioner about herbs, vitamins and minerals such as butterbur, feverfew, B2 and Magnesium

## Tension-Type Headaches

Tension-type is the most common type of headache, found in over 75% of headaches. They are described as a tight, non-pulsating, pressing or squeezing band-like pain on both sides of the head, sort of like a “tight-hat” sensation. It is caused by muscles tightening in the head and neck, which causes the blood vessels in the head to expand. Almost everyone occasionally suffers from this type of headache. The next time you feel a tension headache coming on, try doing a gentle massage on your head, neck and shoulders to relax the muscles and reduce your stress levels. In particular, apply pressure under the bony part at the back of your head, called the suboccipital muscles.

## Cluster Headache

Of all the headache types, cluster headaches are arguably the most menacing. Almost exclusively affecting males, cluster headaches come and go in short bouts of severe pain on one side of the head. Symptoms such as a teary eye or drooped eyelid on the affected side or a runny nose are common side-effects. A number of medications can be used to successfully treat cluster headaches.

## Sinus Headache

Sinus headaches are caused by swelling, irritation and possibly an infection of the sinuses, which are air-filled cavities connected to the nose. This type of headache can easily be mistaken with migraine and tension headache pain. Drinking plenty of water will help to thin the mucus and relieve your sinus headache. You can also try steam from a hot shower or bath, a humidifier or boiling water on the stove with peppermint or eucalyptus leaves to clear the sinuses and provide relief.

See your doctor immediately or go to the emergency room if you experience any of the following signs or symptoms, which may indicate a more serious medical problem:

- An abrupt, severe headache like a thunderclap
- Headache with fever, stiff neck, rash, mental confusion, seizures, double vision, weakness, numbness or trouble speaking
- Headache after a head injury, especially if the headache is getting worse
- A chronic headache that is worse after coughing, exertion, straining, or a sudden movement
- New headache pain if you are older than 50

Sources: [headachepainreliefcentre.ca](http://headachepainreliefcentre.ca), [mayoclinic.com](http://mayoclinic.com), [headache-help.org](http://headache-help.org)



## ACUPUNCTURE FOR MIGRAINE HEADACHES



Migraine sufferers know first-hand how debilitating a migraine headache can be. Fortunately, ancient Chinese medicine has a drug-free solution to reduce the frequency and intensity of these painful occurrences.

The solution is acupuncture, a therapy in which thin needles are inserted into the skin at specific points on the body. Recent research has shown that when acupuncture was compared to a proven drug treatment, patients receiving acupuncture tended to report more improvement and fewer side effects.

Source: The Cochrane Library: [onlinelibrary.wiley.com](http://onlinelibrary.wiley.com)

### Weekend Glow Kale Salad



**Yield:**  
4 servings

#### INGREDIENTS:

- 1/2 large head of kale (about 4-6 cups)
  - 1 cup finely chopped red onion
  - 1/2 red bell pepper
  - 1/2-3/4 cup chopped carrot (2 small carrots)
  - 1 English cucumber (2 cups chopped halves)
  - 1 avocado, chopped
  - 1 & 1/4 cup chopped grape tomatoes (or other variety)
  - 1/2 cup mixed raisins and Goji berries
  - 1/4 cup hemp seed
  - 1/3 cup chopped walnuts
- Dressing:** 1 batch of Lightened Up Tahini-Lemon Dressing

#### DIRECTIONS:

1. Chop vegetables and mix in a large mixing bowl. Reserve hemp seed and walnuts for sprinkling on top.
2. Make your Lightened Up Tahini-Lemon Dressing in a food processor and process until smooth.
3. Tear the leaves off of the kale and rip into bite-sized pieces. Wash and dry kale leaves.
4. Mix the vegetables, kale leaves, and full batch of dressing in large bowl until thoroughly combined.
5. Place in fridge to 'marinate' for 10-15 minutes. Serves 4. Keeps in fridge in a sealed container for 1 day.

### LIGHTENED UP TAHINI-LEMON DRESSING



#### INGREDIENTS:

- 1/4 cup tahini
- 2 garlic cloves
- 1/2 cup fresh lemon juice (about 2 lemons)
- 1/4 cup nutritional yeast or a bit more, to taste (available at health food stores)
- 2-4 tbsp extra virgin olive oil, to taste
- 1 tsp kosher salt + freshly ground black pepper, or to taste
- 3 tbsp water, or as needed

#### DIRECTIONS:

In a food processor, add all ingredients and process until smooth. Makes just under 1 cup.

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We would love to hear from you!  
Send your suggestions / comments to:

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