

# Functional movement integration



This is a personal health plan for a 50 year old woman who is diabetic, has had a heart attack and overweight by 30 pounds. More than seven million American women have diabetes, about the same number as men.

Diabetes is a disease that forces your body to starve when it is full of food. Normally, your body takes last night's dinner or this morning's breakfast and turns it into a sugar called glucose. Then it dumps the glucose into your blood, where it teams up with insulin secreted by your pancreas. The insulin carries glucose into your muscles and organs, where it provides the energy for everything you do.

A drop in available insulin or the body's resistance to using that insulin can cause metabolic mayhem. With diabetes, glucose builds up in the bloodstream because it is unable to gain admission to muscles and organs. It wears on the heart, kidneys and eyes and then it flows into the bladder and passes out of the body – leaving behind damaged organs starved for fuel.

Left too long, in this situation, the body powers down: Symptoms you may have attributed to stressor growing older, can, if unheeded escalate into the complications of diabetes—heart disease, stroke, blindness or kidney failure.

### Physical

Prevention is important here. That is why, the physical part of the 12 month personal plan involves losing weight. “ The higher your weight, the higher your risk of diabetes,” say Richard Hamman, M. D. professor of preventive medicine at the University of Colorado School of Medicine in Boulder. You especially need to lose weight if your body is shaped like an apple—thick in

the middle. More glucose in the blood makes the pancreas dump in more insulin. Eventually the whole system breaks down, says Dr. Kohrt.

Women who are sedentary probably have a 25 to 40 percent increased risk of diabetes compared to women who are more active at the same weight,” Dr. Hamman says. You must be active physically. What do we mean by this? It is like taking a walk in the morning, going up three or four flights of steps rather than taking elevators. It is doing these things every day.

### Psychological

You must visit a massage center and have a good massage, so that your body and nerves will become relaxed and full of energy. You must plan to do this the next time you find yourself edgy. You must get a Manual Lymph Drainage Massage.

This is a process done to the body in order to improve the flow of the lymph rhythmic strokes. This is used in conditions when the body is already developing edema. The process is used in several massage spas and is a great way to detoxify the body. The massage can be readjusted to a low pressure of the hands for those afflicted with some bone disease.