



# Linda Penkala's

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## Holiday Newsletter 2016

413 Main Street ★ Laurel, MD 20707 ★ 301-317-9161 ★ <http://wealthofhealth.younglivingworld.com> ★ [www.corporatepitstop.com](http://www.corporatepitstop.com)

**M**erry Christmas & Holiday Greetings!  
Here we are, and it is time once again for me to connect with you from the desk/table of Corporate Pit Stop and Optimum Health for Life - two of my very favorite organizations!

This past year has been one of rich, meaningful connections! In April, just a the week before the Kentucky Derby, I flew to Louisville to visit a few of my many racetrack friends from the 70's in order to re-connect and reminisce on our years of riding race horses, preparing to be jockeys, and becoming trainers. Seeing the historic track at Churchill Downs and the beautiful farms all around Kentucky made me so grateful for friendships and that I am still alive after my exciting racing career!

This summer I continued connecting - this time with family in Hawaii whom I had not seen for decades, as I helped to connect the Kauai community with essential oils for their health.

In September our family was blessed with another member as my fifth grandchild, Ava, came into this world. Having one more grandchild to connect to will, eventually, allow me to hear "G-Ma" from five little precious ones as my heart stays full and open to their sweet joy.

Early in November I connected with five other wellness educators to promote a **Scentsational Day**

of Wellness at the University of Maryland in College Park. Internationally-known speaker Dr. Olivier Wenker presented "Living Above the Wellness Line through Young Living Essential Oils!" For me, one fascinating topic he covered was the "L Zone" or "Longevity Zone" where the world's healthiest people live.

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*This newsletter gives me  
the opportunity to go  
beyond my treatment  
room and find Joy and  
Bliss in teaching,  
empowering &  
encouraging all towards  
robust health!*

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In researching further the "L Zone" is officially called the Blue Zone where five regions of this earth have the highest concentrations of centenarians in the world (hint: they move their bodies a lot!) They place a high value on social circles that support their health, intentionally de-stress, and many are part of religious communities, along with their commitment to the family.

In his latest book, **The Blue Zone Solution**, Dan Buettner, a National Geographic explorer and author, focuses on the impact of food in relation to longevity, in hopes of helping to resolve our 40% obesity rate in the U.S. Check out a few of these Blue Zone statistics:

Okinawa, Japan ~ one of the highest concentrations of centenarian ratios in the world. 6.50 in 10,000 people live to 100 compared to 1.73 in 10,000 in the U.S.

Sardinia, Italy ~ where the ratio of centenarian men to women is 1 to 1, while in the rest of the world the ratio is 5 women to 1 man that make it to age 100.

Loma Linda, California ~ the Seventh Day Adventist lifestyle with their "Biblical Diet" of



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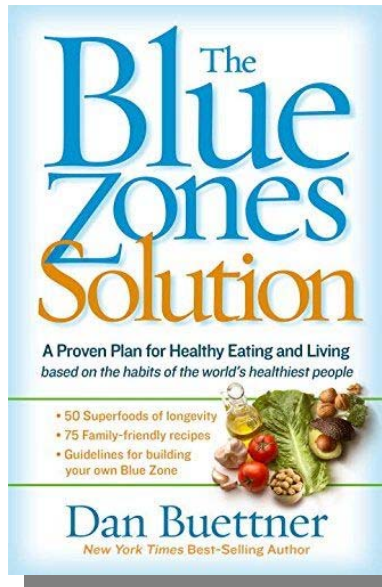
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grains, fruits, nuts, and vegetables while concentrating mostly on drinking water results in more people living over 100. Sugar is taboo, while some may eat meat and fish

Costa Rica ~ the secret is their “3 Sisters” of Meso-American agriculture ~ beans, corn and squash, along with some yams, bananas, and papaya.

Ikare, Greece ~ the New York Times article in 2012 by Buettner, titled “The Island Where People Forget to Die”, focuses on the Mediterranean diet with potatoes, goat’s milk, honey, and legumes - with the top longevity foods being feta cheese, lemon, and the herbs of sage and marjoram daily in tea.



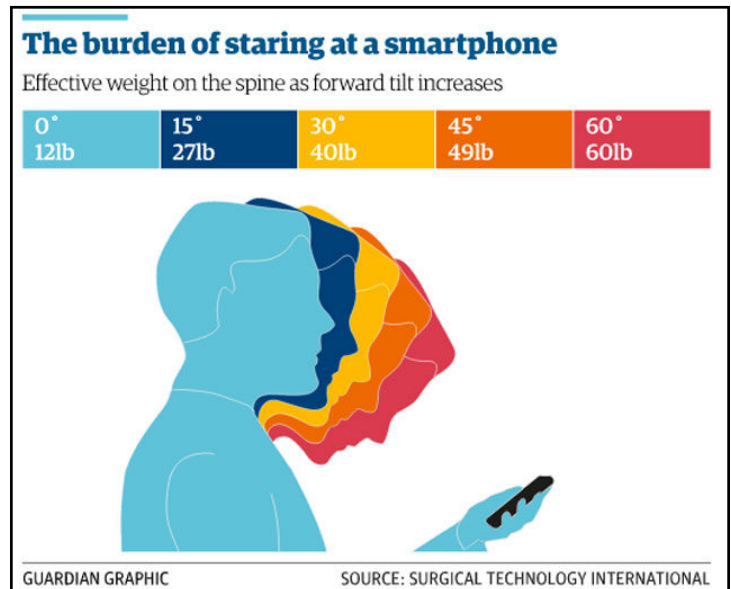
As we are all more connected to our phones, I am seeing during massage sessions “Text neck, or Text thumb”, all contributing to poor posture along with tendon and muscle dysfunctions. With the head weighing in at 12 lbs., if it is positioned at 15 degrees, it weighs 27 lbs. At 45 degrees, it weighs a whopping 49 lbs. Whether standing or sitting while looking at phones, I-pads, or computers, it all impacts posture if awareness is not present. Prevention would be to hold these technological marvels at eye level, not looking down at them. And while at your desk, keep your head squarely in line with your shoulders and spine at all times. To encourage

my back to stay against the chair, I put my feet on



<http://tinyurl.com/Penkala-Blue>

**Sitting is now the new smoking** in terms of health and wellness, with over 10,000 research studies showing that chronic sitting is one independent risk factor for poor health. I encourage all my clients who must sit for a living to get up as much as possible, to march in place to increase leg circulation or obtain a stand-up desk if back pain becomes a factor.



a foot stool under my desk, which raises my knees, and allows me to sit in a mode suited to better alignment of the spine. Once leaning forward into the screen comes into play, the lower back is working way too hard and straining to keep you from using your keyboard as a pillow!!



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Arthritic and joint pain is a major player in terms of daily symptoms so when a natural, less invasive supplement may offer relief I am thrilled to share this with you as many clients are more open to these options. With Frankincense resin powder and hyaluronic acid in this pill, you can have systemic support to enhance daily living with AgilEase pills taken only twice daily



<http://tinyurl.com/Penkala-Heart>



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Make the Call to Get on the Right Wellness Path

**Linda Penkala, LMT**



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As a corporate client, I appreciate your faith in our wellness services, and your willingness to let others know how we may serve their wellness needs. As a private client, I am here for you continuing into 30 years helping to raise the bar for your wellness, purpose and abundance. Feel free to visit my wealth of health site (below) so you can see just how the Young Living essential oils can impact your health daily.

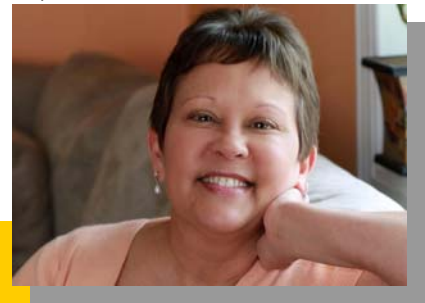
On behalf of all the LMT's that work with me at Optimum Health for Life and Corporate Pit Stop, to help keep your health and wellness at their apex, we

wish for you a most glorious and peaceful Christmas, New Year, and Holiday Season. I appreciate you and your desire for a more balanced harmonious health. Please enjoy my first YouTube video, which can be seen on Happy Healthy You, at <https://www.youtube.com/watch?v=8t0ZZW2S98k> discussing how to apply the essential oil of Lavender to the skin ~ please feel free to share!

May God Bless Your New Year!

*With Love and Gratitude,*

*Linda*



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**Merry Christmas**

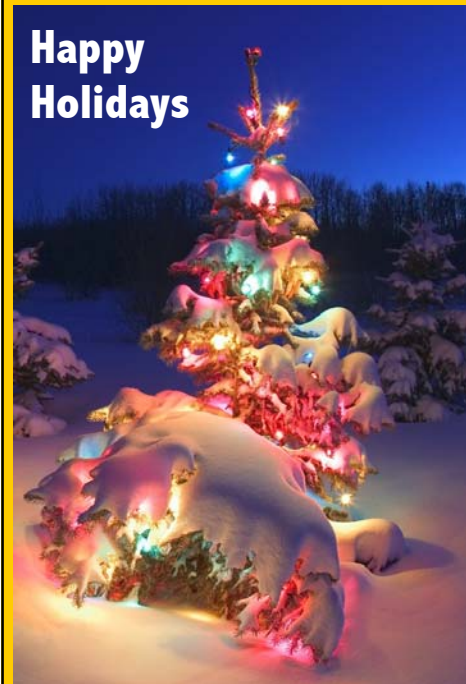
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**Happy Holidays**



**From the team at**



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