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Linda Penkala's Year Anniversary *Holiday Newsletter 2017*

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We never know how the passing of years professionally fly by until the years reflect that magic number that serves as a reminder! Carrying my daughter Amanda while pregnant in massage therapy school was that exact token of time as she just

celebrated her 30th birthday! Tapping into the thrill of finding this new field of wellness through massage while driving home from DC those late nights were moments of "I found it". Winding down my years of race riding thoroughbred horses on the track with strong hands was only the beginning of my newfound love of massage therapy!

To this day, it is a complete honor to be trusted with the gift of touch, to write about the enchanting power of peace on the table, and joy of teaching in the community and corporately of natural choices toward robust health. This is not taken lightly and I invest much in my personal health and fitness to be grounded and balanced for a mission such as this. Partnering with the world leader in essential oils, Young Living, for half my career has not only improved the lives of clients, but are also loved by my 5 grand kids and entire family!

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fellow LMT's who help me carry this message forward are equally positioned to make a difference by offering sound solutions for a positive outcome.

Falling in love with anatomy when I was in sixth grade opened my eyes to the wonders of just how the body is all intricately connected and related. It was the muscles though

that offered me the greatest desire to learn more, as they fascinated me in regard to movement and function. Years later it was learning about the vagus nerve, the longest nerve of the body that offered an equal excitement. To discover and realize the enormous potential one has to impact this nerve for a tranquil and calm state through fingers can elicit a moment of McCalm!

The vagus nerve is the main parasympathetic (rest and repair) structure from the brain, ears, face, lungs, heart, liver, stomach,



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kidneys, to the large and small intestines. This powerhouse nerve plays a pivotal role in immune function, heart rate, mood regulation and the ability to recover from stress. When this nerve senses stress hormones cortisol and adrenaline the motor neurons in its wide reaching branches release neurotransmitters and the happy hormone oxytocin, which quiet the sympathetic activation to aid stress recovery. The vagus nerve also inhibits inflammation which is key in this day and age by releasing neurotransmitters via the enteric nervous system. Your gut sends large amounts of information to the brain, as this vagal tone impacts heart disease, diabetes and emotional states.

The beauty of this knowledge is that we can affect this nerve where it reaches the surface of the body via the auricular (ear) branch. The skin stimulation of this area has European clearance for treating migraines, depression, epilepsy and pain. With gentle touch one can benefit from increasing the vagal nerve activity offering peace and serenity. Massaging your ears, gently behind them in the small pocket or with the pinky finger in the concha (deepest bowl) with light pressure, breathing deeply into the belly while sighing on the exhale is profound and far reaching. Having this at your fingertips can calm a child, elder or anyone who may be in dire need of relaxation quickly. Other vagus



nerve's beneficial effects are controlled breathing (accentuating the exhale), meditation, singing, and humming.

Could choosing to smile in the midst of stress offer positive benefits on a deep and physiological level? Researchers Sarah Pressman and Tara Kraft examined the types of smiles, the benefits of smiling and how intentional smiling may help one heal. They investigated the two types of smiles, the standard smile, engaging muscles around the mouth, and the genuine or Duchenne smile that utilizes mouth and eye muscles. The outcomes advocated that smiling just may impact our bodies and that smiling during short lived stressors can diminish the impact of the body's stress response, whether the participant felt happy or not.



Sarah Stevenson's article [There's Magic in Your Smile](#) reveals how this sweet, humble act of smiling can be infectious, and can impact another. The brain is having a field day when a smile comes across the face, as it alerts the neural messaging that affects wellness and joy. Smiling alerts the neuropeptides to release, helping the fight or flight reaction of stress, affecting emotions. The happy hormones dopamine, serotonin, plus neurotransmitters help lower blood pressure and heart rate, promoting relaxation. This just may be why I see on client's faces a "perma grin" as they are joyfully smiling their way into letting go. So smile more, think less - so you can show your pearly whites to kick your health up a notch!!



<https://tinyurl.com/LP-Smile-17>

One relaxing choice made by yours truly this past year, was to go to a yoga class weekly to help to restore my sense of calm and to neutralize stress, by quieting down for 1.25 hours. I joyfully melt away in my YIN Yoga class that is a gentle, deep and profound practice done in seated or lying down poses and held for 3 to 5 minutes. The hallmark of yin yoga is breathing into these stretches that allow the connective tissue surrounding the joints to gently release. This in turn allows for moments of deep breathing, mental calmness, mindfulness and peace while hips, knees and the lower back sink into a new flexibility. Yoga teacher and martial arts expert Paulie Zink taught American teacher Paul Grilley who is

TOOLS, TIPS & TIMELY WISDOM

1. Spread your kindness by offering your time to mentor or read to kids, care for pets in an animal shelter, sing carols in a hospital, help build a home through Habit for Humanity or work at a soup kitchen
2. For all students when studying, writing or about to take a test ~ have at your fingertips a DIY nasal inhaler made of Rosemary, Peppermint and Basil for memory retention, clarity and focus. Bring to the test!

<https://tinyurl.com/LP-Memory-17>



3. Should you experience the seasonal shift of SAD (seasonal affective disorder) coming into the winter, one of the best ways to manage this is to purchase an Ott Lite, (available at Costco, Michael's, JoAnn's) read under it, put on your desk, do arts and craft projects with more clarity, allowing your eyes to receive the 7 spectrum lighting, helping emotional balance.

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"Practice gratitude in these chaotic times and count your blessings daily. "Feeling gratitude and not expressing it is like wrapping a present and not giving it"
~ William Arthur Ward



the most prominent advocate of Yin Yoga in this country. On YouTube you can see my yoga teacher doing YIN Yoga at JFK yoga to experience this liberating and freeing type of yoga. One of the most insightful poses that calms my heart is the inverted fish, using yoga blocks or a yoga roll, to open the heart, chest and release the shoulders:

www.doyouyoga.com/what-is-yin-yoga/



DID YOU KNOW?

- From the US National Library of Medicine ~ People in Japan felt less hostility and depression after strolling through the forest for 15 minutes. The more the stress, the greater the relaxation. Should you not have forests close by, the study suggested filling your home with essential oils of pine, fir, spruce or balsam! (visit my website!)
- One red bell pepper, one kiwifruit and one cup of broccoli all supply more than 100% of your daily requirement for Vitamin C!
- "78% of Americans prefer to try other ways to address their physical pain before they take pain medication prescribed by a doctor" From the Gallup-Palmer College of Chiropractic. Download the full research brief: <http://gallup.com/reports/218495/s.aspx>
- In dessert recipes replace sugar with Nature's sweeteners like dates, apple juice concentrate. <https://articles.mercola.com/sugar-addiction.aspx>
- I teach a new presentation to groups, businesses and organizations called "Why Green Your Home for Robust Health" (contact me to schedule a session!)
- Young Living has a new cosmetic line minus any harsh chemicals: <https://yldist.com/wealthofhealth/cosmetics/> on my new website, and sign up for my newsletter while there!



May you have a warm, gentle and fun time this Christmas and Holidays and a most intentionally peaceful New Year. Find time for slowing down, unplugging from devices, learn something new, and nurture family and social relationships for continued stout health. It continues to be an honor to be part of your wellness walk, whether in my OHL office, or in the business and university outreach with CPS. Kindly share this newsletter with your employees, students, along with family and friends to pass it forward! A sincere shout out to my creative designer for decades,

Joe Criscuoli who helps me get my message across with comic content and awesome colors! He helps my words look great!!

Have a Glorious Season of Hope and God Bless You,

Linda

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Merry Christmas



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Happy Holidays!



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