

# WELLNESS WITH SANDY

MONTHLY NEWSLETTER

FEBRUARY 2021

## THE BENEFITS OF HORMESIS

Hello Friends!

Is it possible that certain amounts of stress can be beneficial to our bodies? There's a concept called hormesis in which stress on the cells' power plants, aka the mitochondria, forces them to adapt and make them stronger over time. One way of doing this is through interval training which results in the division and expansion of fat-burning mitochondria in muscles.

I love including interval training in some of my classes as it can be a great level change and boost to strength, alignment, and core-focused exercise! Since the mitochondria are the body's energy-producing factories, moderate to high impact exercise may generate more energy in the long run. Exercise acutely stresses the body, releasing catecholamines (among other biochemicals) that may even temper inflammation when done regularly.

Other things that have hormetic effects include curcumin and even alcohol (but no more than one drink a day). One drink of red wine or beer produce equivalent increases in plasma antioxidant activity (the polyphenols reduce our risk of cataracts or atherosclerosis), while three drinks of red wine or beer produce an increase in plasma prooxidant activity (lowering our immune response). So even though alcohol appears to operate according to hormesis, drink responsibly!!



## BLOGS OF THE MONTH

### **THE CYCLICAL IMBALANCE OF BINGING AND PUNISHMENT**

<https://www.wellnesswithsandy.com/post/the-cyclical-imbalance-of-binging-and-punishment>

### **THE PERFORMANCE BENEFITS OF CREATINE**

<https://www.wellnesswithsandy.com/post/the-performance-benefits-of-creatine>

## TIP OF THE DAY

Draw a pie chart of how big a piece these things (or others) take into your life: work, hobbies, family, friends, wellness, and spirituality. What is the biggest slice? The smallest slice? Now, draw a pie chart where the slices are aligned with your life goals, both short and long term. Keep it on your desk as a reminder

**Feel free to check out my Instagram page and my website for more information and updates!**

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