

“Set aside an hour to chalk up your sidewalk, build a sandcastle, or smear finger paints across a page. No matter what kind of art you do, your mind and body will emerge renewed.”

get artful

Art making—whether painting, creating pottery or gluing a collage onto poster board—can calm and energize. No special skills required. All you need do is indulge your artful spirit.

This past year, researchers at the Cancer Pain Program at Northwestern Memorial Hospital in Chicago put art’s therapeutic effects to the test. Fifty cancer patients participated in the four-month art therapy study, which measured a variety of symptoms including pain, tiredness, depression and anxiety. Patients worked on the subject matter and media of their choice for about an hour per session. There were many positive benefits.

“We were especially surprised to find the reduction in tiredness,” Nancy Nainis, an art therapist at Northwestern Memorial Hospital and lead author of the study says. “Several subjects made anecdotal comments that the art therapy had energized them. This is the first study to document a reduction in tiredness as a result of art therapy.”

Next time you’re feeling zapped of energy from one too many massage sessions, consider adding art as part of your revival routine. Art classes are widely available at local colleges and museums. Or simply stroll through an art supply store and let the myriad of colorful choices inspire you.

nourish your body

If you thought that watermelon was nothing more than a watery sweet treat, think again. Watermelon is both delicious and quite nutritious.

Fat-free and low in calories, a 2-cup serving of watermelon supplies good amounts of vitamins A, B6 and C. The red variety also has a significant amount of lycopene—an antioxidant that numerous studies suggest reduces the risk for prostate and cervical cancers. While tomatoes have long been cited for their high lycopene factor, watermelon actually has more—2 cups has 18.16 mg compared to one medium-sized tomato with 4 mg.

To find the ripest, juiciest watermelon, look for one that is heavy for its size, is free from cuts or bruises, and has a yellowish spot where it sat on the ground happily ripening in the sun. Store whole watermelons at room temperature for up to a week. Cut watermelon should be wrapped in cellophane and stored in the fridge. Even though you don't eat the rind, wash the melon before cutting to rinse off debris that could easily wander from fingertips to fruit.

Enjoy watermelon any time of day—breakfast, lunch, dinner or as a snack. For an exotic treat, toss some seeded watermelon chunks into a blender, whirl into liquid, pour into ice cube trays and freeze. Enjoy the frozen chunks in your favorite lemonade or try the berry lemonade recipe for a refreshing twist on a summer favorite.

Source: National Watermelon Promotion Board



BENEFITS OF RED WATERMELON

- * Vitamin A: good for eye health
- * Vitamin C: boosts the immune system to help defend against infections and viruses
- * Lycopene: an antioxidant that may ward off cancers

berry watermelon lemonade

PREP TIME: 20 MINUTES

CHILL TIME: 1 HOUR

INGREDIENTS:

- 6 c fresh watermelon cubes (seeds removed)
- $\frac{1}{4}$ c raspberries or strawberries
- 1 c water
- $\frac{1}{2}$ c sugar (superfine dissolves faster)
- $\frac{1}{2}$ c lemon juice

Place watermelon, berries and water in blender; puree until smooth. To remove berry seeds, pour liquid through a fine mesh strainer. Stir in lemon juice and sugar until dissolved. Chill in refrigerator for about an hour.



treat your feet!

You certainly do your share of standing while massaging your clients, which means your tired tootsies are in need of some extra special TLC. Get a professional look and feel at home by following these simple steps.

1 SOAK

Remove any nail polish, place a few drops of your favorite essential oil into a warm bath or foot spa (soapy water dries skin and nails). Soak your feet for about 10 minutes. Be sure the water covers your feet completely.

2 SCRUB

Lightly scrub-brush your feet and around your toenails to loosen cuticles. Use a pumice stone on your heels, balls of the feet and wherever there are hard calloused areas.

3 PUSH

Dry your feet and use a cuticle stick to gently ease back cuticles.

4 TRIM

Clip your toenails and file them into a smooth uniform shape. Avoid metal nail files, which can shred. Unlike fingernails, harder toenails are more easily cut when soft. If, however, you have really soft nails, trim *before* you soak. Be careful not to cut too short as that makes you prone to ingrown nails.

PREP FOR PAMPERING

Favorite essential oil
Scrub brush
Pumice stone
Cuticle stick
Emery board
Moisturizer
Towel
Polish and remover (optional)



5 MOISTURIZE

Massage a generous amount of your favorite cream or oil into your feet. Let it soak in completely.

6 POLISH

If you're painting your toenails, swipe nail polish remover or alcohol over your nails to remove any oil or cream from the nail; this allows the color to stick better. Professionals apply two coats of color and one clear topcoat for a longer lasting chip-free shine. Let each coat dry before applying the next.

>> AN INDULGENT DIP

For extra indulgence for hands and feet there's nothing like a luxurious hot paraffin wax to soothe away tiredness and add softness to the skin. Kits, such as those offered by Therabath (www.therabathpro.com), include plush terry booties to help retain heat and moisture. Perfect for hands, too!