

Cold Cuts

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Warmer Hands Naturally! Eight Easy Tips

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We offer this free cold hands information as self-improvement remedies and secrets to help bad circulation, shallow breathing and stress. These symptoms are known factors of freezing cold hands. Instead of the typical coping techniques of mittens and gloves, unique solutions are suggested. These include physical therapy, nutritional supplements, relaxation and affirmations. Say goodbye to freezing hands!

1 Keep Your Neck and Wrists Covered.

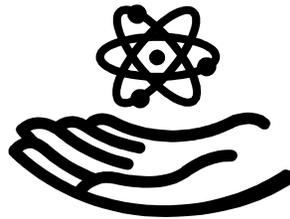
Primary blood vessels come close to the surface of the skin in the neck and wrists. If you keep these areas protected from the air, less heat will escape.

2 Avoid:

Tight clothing, smoking, drafts, the wrong calcium supplements and margarine. Tight clothing restricts the blood flow into the extremities. Smoking, of course is known to clog arteries. Drafts affect people sensitive to cold much worse than others. Dolomite or "elemental calcium" can clog blood vessels. "Organic" calcium like bone meal or oyster shell does not do this. Margarine, contrary to popular belief, cannot be absorbed or digested easily into the body. As a result it tends to leave a residue in the arteries which can cause arteriosclerosis, resulting in poor circulation. Also, never use "hydrogenated vegetable oil" which is the same thing as margarine!

3 Use Exercise or Physical Therapy.

Three exercise movements are helpful for cold hands. (A) While you are standing, rotate the shoulders forward, up and back in a circular motion for about 30 seconds. (B) Rotate the wrists in both directions for a total of 30 seconds. (C) Make a fist without digging the nails into your palm. (The final joint of your fingers is not bent.) Alternatively tense and relax the hands in this position for about 30 seconds.



"Primary blood vessels come close to the surface of the skin in the neck and wrists. If you keep these areas protected from the air, less heat will escape."

4 Remove Fear.

The most extreme fear response is called the "fight or flight syndrome." This is when our adrenal glands produce adrenaline and our physical reactions change. These physical symptoms include cold, sweaty or shaky hands, rapid heart beat, shallow breathing, disorientation, misperception of time, upset stomach, dry mouth, memory lapse and others. This re-

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Viagra: Warm Life Solution?



By Lynn Wunderman
Editor

Recent studies indicate there's hope that drugs originally intended for ED (erectile dysfunction) have the potential to help relax blood vessels and heal ulcers in the extremities of Raynaud's sufferers. That could be good news for us frosties!

But before you start flooding your doctors with requests for prescriptions, please keep in mind the findings to date are still limited—we've tracked only two clinical studies, both with very small sample sizes, and all participants had secondary Raynaud's (i.e., their Raynaud's is the by-product of another more serious autoimmune condition). Also, as these drugs are not yet endorsed by the medical community for treatment of Raynaud's, insurance companies are reluctant to approve coverage for Raynaud's purposes.

We have heard some pretty powerful testimonials from a few members who were given Viagra, Cialis or Levitra when all other therapies failed for these patients. Here's a story from Veleda in California:

"The drug gives me the ability to keep working. I was facing total disability from my job and it has meant a return to normal function. The stiffness and pain that I have had for the past 5 winters are controlled by this drug. I tried several of the usual drugs, including Procardia, and because of my very low B/P, I could not tolerate them. I'm not saying Viagra is for all patients, but when you are at the end of the line and alternatives have all been tried, Viagra is worth a try."

For now, these drugs will likely be reserved for extreme Raynaud's cases, but stay tuned as we learn more.



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Member Tips

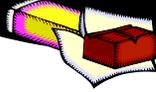


Another tip a member requested we share with fellow frosties:

Fish, Fish Oils, and Omega 3 Fatty Acids - Gloria from Minnesota sent us some excerpts from the *Nutrition Almanac*, 1996 4th Edition. The authors report several medical benefits—including helping Raynaud's disease—associated with fatty fish (like salmon and tuna) and the omega-3 fatty acids they contain. They further explain how omega-3 fatty acids help control hypertension and lower blood pressure by improving the elasticity of artery walls, which might also prove beneficial for us frosties. Thanks Gloria!

Editor's Note: Speak with your doctor before adding fish oil or any dietary supplements to your diet. They can negatively interact with other medications, and may prove dangerous if consumed in high doses.

Healthy Chocolate



A Dutch study collecting data for more than a decade on men age 65+ confirmed a link between chocolate and lower blood pressure.

The findings, published earlier this year in *Archives of Internal Medicine*, found the men who ate the most products made from cocoa beans—including drinks, candy bars and pudding—had lower blood pressure and a 50% lower risk of death. And here's the good news for us frosties: Cocoa beans contain flavanols, which appear to increase nitric oxide in the blood and improve the function of blood vessels.

But before you load up on Godiva, experts also warn that too much chocolate leads to obesity—a risk for both heart disease and high blood pressure. You can't win!

DISCLAIMER: The Raynaud's Association does not endorse the drugs, treatments or products reported in this newsletter. Each patient's needs and experiences may vary. Member tips and product reviews are not clinically-based reports. So please review all treatment options with your doctor and use caution in exploring new products.

Member Stories



We received a wonderful note from Julia in California. She experienced an infected ulcer following a cold bike trip, leading to a painful process of diagnosis and discovery of both Raynaud's and CREST. Learning how important it was to keep her body warm, Julia developed some creative solutions, such as rigging up a power supply from her lab at work with a tube of resistors that wrapped around her fingers to warm them as she typed. Her enthusiasm for charcoal handwarmers lead her to knit a pair of mittens with pockets for the warmers. The rest you should hear in her own words...

"Things took a dramatic turn for the wonderful when I opened a Christmas present from my fiancée. It was a bound volume of all 12 years of Cold Cuts newsletters and a pair of microwave hand mitts. Both changed my life...I wear the hand mitts every day, up to 4 times during meetings and lectures at work, riding the bus, going to bed, etc. My finger ulcers have nearly STOPPED—it is incredible. And I nearly wept with joy when I saw the newsletter. It changed my entire mindset to realize that there are so many of us. I'm thrilled that he made a donation to the Raynaud's Association in my name and I'm now one of you. I've learned so many coping tips and ideas, re-tackled activities I love that had begun to "suck", and conquered some nasty foes. My life is back...Thank you Lynn. Thank you everyone. For that warm fuzzy feeling."

Special Thanks to Our Newsletter Sponsor:

BeWell
USA, Inc.

Cold Weather Calls For...Heated Gloves And Socks!

Winter sportsmen know that when you keep your hands and toes warm, your whole body stays more comfortable. Now you can get a little extra help with the amazing heated lectra product line. Lectra-Gloves are extremely well-insulated, made of durable water proof nylon shell with thinsulate lining and a reinforced palm for long life. But here's where these revolutionary gloves get clever, in each palm there are heating elements, powered by a battery housed under the gauntlet-style elasticated cuff. Snapping closed the battery-pouch activates the heat which radiates out from the palm of the glove to the fingers. **Price \$29.99**



Lectra-Socks work in much the same way. Made of washable thermal-blend wool, acrylic and nylon, they contain the battery in a pouch at the top from where a wire connects to the heated toe area to keep your feet toasty warm in the worst cold. Lectra-Gloves and Socks are 100% safe; low amperage eliminates all possibility of shocks under any conditions. Each glove and sock uses one "D" Battery (not supplied), giving approx 4-6 hours continuous warmth. **Price \$24.99**



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Hot Products for Cold Sufferers



We've found more products to help make life more manageable for fellow-frosties.

⚙️ **ProNeema™ Skin Cream** — This cream was originally designed for the special needs of diabetic patients, but the ingredients in ProNeema also provide first aid and warmth for us frosties. The cream contains Arginine, an ingredient we've seen in other warming products, which helps increase circulation to your hands and feet. The increase in blood flow helps skin to heal, warms your hands and feet, and can even improve nerve function. And, unlike other warming creams we've tried that crystallize after a period of time, ProNeema keeps for months – ready when you need it. Order ProNeema through the special offers section of our web site, call 800-510-3192, or go to www.proneema.com. The standard price for a 4-oz. jar is \$12.95. But the manufacturer is offering our members a **preferred price** of \$11.00 – that's a 15% discount! Buy three or more jars and they'll also waive all shipping and handling charges. Give the **discount code "RAY"** to qualify for the special offer.

⚙️ **Kup Kollar™** — We've discovered a fabric cup wrap designed with heavyweight Thinsulate insulation by 3M, which is used in ice coolers and Artic clothing. When you slip it on your

beverage container, the Kup Kollar protects your hands from extreme temperatures on iced drinks. It's lightweight and folds flat to fit in your pocket or purse, and you can wash and dry it with your clothes. Available in two sizes: the Kup Kollar (\$7.50) fits 12 to 24-ounce takeout cups, many tapered glasses, and some 20 to 24-ounce water bottles; the Kup Kollar Grande (\$8.95) fits 33-ounce beverage containers and water bottles. **Special member offer:** Receive a free Kup Kollar with any order in October and November! Once you've placed your order at www.koffeekompanions.com, e-mail kkomp2000@aol.com and tell them you heard about Kup Kollars in the Raynaud's Association Newsletter. And please tell us how you like the product.

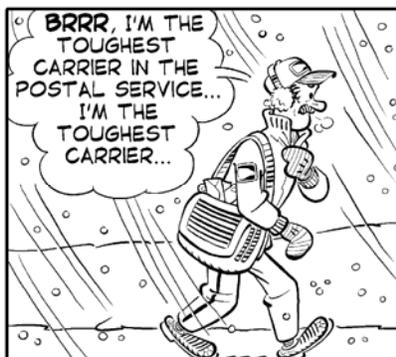
⚙️ **Pedi Sox** — Love the look of manicured toes, but freeze up at the thought of keeping your feet uncovered long enough for your toes to dry? Try Pedi Sox—a cotton sock with the toes cut out specifically to keep your feet warm and cozy for pedicure services. One size fits all. Available from the bebeautiful© Catalog. Order item #301308 for \$8.00 at www.bebeautiful.com, or call 800-407-0355.

⚙️ **Dreamsack® Travel Blanket** — Today many air flights don't offer blankets, a real problem for us

frosties! Not a problem with the Dreamsack Travel Blanket. It's 100% raw silk, so it offers the warmth of heavier blankets, but rolls up into a 12x4" pouch that fits easily into any carryon bag. There's even a small pocket at the bottom to keep feet toasty during the flight. Unfolds to 72x43", machine washable, and weighs only 13 ounces. Sells for \$39.85 from the Magellan's Catalog: www.magellans.com, or call 800-962-4943. Item #IF545.

⚙️ **Arm Warmers** — Lisa in Texas brought this vendor to our attention. The merchant is Trixy Xchange. They sell fun, funky arm warmers on eBay. Much like legwarmers, these warmers cover your arms from just above the elbows down to below the wrists. Some end around the knuckles, others come all the way down the hands like fingerless gloves, and everything in-between. The designs are inspired — from serious, formal black with rhinestones, to hot pink hounds tooth, to orange Elmo designs (yes, the Sesame Street character!). Prices run from \$10 to \$30. You'll find them at: [eBay Stores > Trixy Xchange > Arm Warmers Fingerless Gloves](#). (Sorry, the link is too long to publish!).

Please keep sending us your finds!





Warmer Hands Naturally!

(Continued from page 1)

sponse is named for our reaction to a predator at our cave door during our supposed prehistoric days, to fight or to flee the danger. The adrenaline is nature's way of giving us the extra quickness of mind and body to make a life or death decision very fast. The down side is that this leaves the body somewhat worn out and tense. Some sensitive people have a tendency to live their whole life in a quasi-fear state so that they are always walking around feeling anxious. As a result, they are constantly experiencing subtle aspects of the fight or flight symptoms, even though they are not conscious of any impending danger. It almost becomes a habit or an addiction. This person's personality is what one might call a "fear personality." The solution is to gradually lessen or remove the fear. There are many methods of reducing fear, including psychotherapy, hypnosis, affirmations or plain old willpower.

5 Breathe Deeper.

People with cold hands tend to breathe shallow. Be aware of your breath and occasionally practice deep breathing. Eventually this will become automatic so that you won't have to think about it. Consider this: the more deeply you breathe, the more oxygen you bring into your

system. This oxygen is transferred from the lungs into the bloodstream and it is responsible for the transfer of heat throughout the body. The more oxygen you receive, the warmer you will be.

6 Practice Affirmations.

Affirmations are a way to actually reprogram your subconscious mind. Believe it or not, saying "I have warm hands" to yourself can have a profound effect, if you do it right. First of all, create the statement so that it makes sense to you. ("My hands are warm, Heat comes from my hands, I embrace life with abandon, etc.") Affirmations only work when you engage your emotions. You must be in a joyful state and you must believe it. If you have doubt or you are negative, it won't work. Some people repeatedly say or write affirmations in the morning, evening, or at various times throughout the day. Because affirmations are a tool to create a new reality, do not get discouraged while you are currently playing out your previously-created reality. Allow for an overlap of realities with patience.

7 Reduce Stress.

Many people have a healthy stress response. After the stressful event, they

move on. But most of us tend to develop cumulative stress that builds and builds. This cumulative stress affects each person differently. Every illness in the world can be attributed to stress. Sometimes the tension is felt literally in the muscles of the body which has a sympathetic influence on the blood vessels. In other words, they constrict over time. With stress reduction techniques, the blood vessels can dilate back to their correct size. There are many different methods of stress reduction. Do some research and find one that seems suitable to your lifestyle.

8 In the Meantime, Do Whatever is Necessary.

Until the above suggestions provide a more permanent solution to cold hands, you still should do what it takes to keep your hands warm. This could include the obvious gloves and mittens to the less obvious warming creams, glove warmers and other devices. Also, before you need to play the piano try immersing your hands and forearms into the sink filled with warm water for one minute.

Editor's note: These tips were originally intended for pianists but are applicable to anyone who has the problem of cold hands.



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