

GOLDEN NEWS



The Golden Door Spa at El Conquistador Resort Newsletter

scoutabout
EL CONQUISTADOR RESORT

Adventure is all around you.
Seek out the Points of Discovery hidden around the resort and collect your ScoutAbout bands. Find them all and earn your spot on the ScoutAbout Wall of Fame.

Share it, like it, comment on it, tweet it, Facebook it, Post it, or print it and you could be a "Top Scout of the Week!"

Symbolically the season of Spring is a time that represents new beginnings. The time between sunrise and sunset gradually extends, cascading the earth with more light and emerging life.

In harmonizing with the spirit of Spring, we are proud to introduce a few new beginnings at Golden Door Puerto Rico. Our new Wellness Class Menu* arrives on the 20th of April, offering over 20 classes per week in a variety of disciplines and progressive fitness systems that deliver serious results to both body and mind. A few of our favorites are the "TRX System" which calls upon your own body weight and the resistance of gravity to tone and sculpt long lean muscles, "Cycle Fusion" which is great for avid cyclers or tri-athletes-in-training, and our Signature Yoga and Labyrinth Meditation sessions. Post workout, decompress in the eucalyptus-infused steam or waterfall Jacuzzi, before experiencing the true healing nature of our locally inspired treatments – the Organic Rainforest Facial and Rainforest Hot Stone Massage.

Allow the many blessings of Spring and the celebrations of new beginnings at Golden Door Puerto Rico to be received in your own being. At this rate, who needs Summer?!

Featured this Month:

Scout About Program

With Gratitude,

Jennifer

Jennifer Findlay is the Director of Spa at Golden Door, El Conquistador & Las Casitas Village, A Waldorf Astoria Resort, Puerto Rico. With a degree in Health Sciences & Health Psychology, Jennifer has long been devoted to supporting others in their pursuit of wellbeing through preventative and holistic health practices.



Scout About Program

April 2012
Volume 7, Issue 4

Inside this issue:

- Spirit of Spring 1
- Scout About Program 1
- Stress & Immune System 2
- Choosing Skin Care 2
- Blood Type Diet 3
- Find 7 Eagles 4
- Color Challenge 4
- Trigger Points 5
- Labyrinth 5
- Philo's Corner 5

El Conquistador Resort & Las Casitas Village proudly unveiled their latest children's program over the Easter holiday. **Scout About** features 12 points of discovery throughout the resort for children to explore and learn from, including Palomino Island, nature, animals and more. After children collect all 12 bands they visit the Concierge and are inducted as "Scout About Hall of Fame" members.

This new program not only encourages children to learn about the natural environment but is also getting kids active by encouraging them to walk throughout the entire resort and hike on Palomino Island. Scout About is also a great activity for families to participate together in and helps show children the benefits of teamwork. Want to make new friends?...Well, Scout About also gives kids an easy way to approach other children on vacation at the resort as they can easily identify who is participating in the program and it allows them to share tips and hints of their adventures. Are you ready to Scout About with your family during your next stay with us?



*Unlimited daily classes for \$25.00 per person. Access to Fitness Center, NIWA, Lockers & Lounge included. Dial 787.863.1000 X 7300 for more information and a copy of our wellness class menu.

STRESS

Stress and Your Immune System

For a long time psychologists were aware of the impact stress had on the body's ability to fight infections, but a 2004 meta-analysis has shown how stress also plays a major influence in altering the functions of the immune system.

Between the years of 1960 and 2001, 18,941 subjects were evaluated in 293 stress-related studies. The three major findings of this 2004 meta-analysis were:

1. Periods of short-term stress *rev-up* the immune system to prepare for injury or infection,
2. Long-term stress causes excessive wear on the body and deterioration of the immune system
3. The immune systems of the elderly and those already suffering with some kind of illness are *more prone* to stress-related change.

The Five Stressors Used in the Studies were:

- *Acute time-limited stressors* such as speaking in public
- *Brief naturalistic stressors* such as occur at certain points in a person's life like taking board exams
- *Stressful event sequences* such as the loss of a loved one in

which the stress will eventually subside

- *Chronic stressors* represented by pervasive lifestyle changes, such as becoming a caregiver for a chronically ill person or becoming permanently disabled, with no clear end point to it
- *Distant Stressors* such as traumatic events from the past that continue to affect the immune system, like child abuse or post-traumatic stress experienced by soldiers.

Researchers concluded that the stressors that compromised the immune system the most were the **chronic stressors**, and that the *longer* the real or perceived duration of stress, the less the body's ability to adapt to the stressor was. Chronic stress could lead to dire consequences for our health, starting with attacks on the immune system at the cellular level, then affecting broader functions of our immune system.

Rita Maldonado is the Fitness Supervisor at Golden Door Spa Puerto Rico. As a Certified Personal Trainer, Yoga Teacher, Exercise & Holistic Lifestyle Coach, Rita has been guiding others to a healthier, happier life for over 25 years.



<http://www.apa.org/news/press/releases/2004/07/stress-immune.aspx>

SKIN

Choosing the right skincare...

With so many skin care products on the market, it's easy to waste a lot of time and money trying to find the best ones for you.... You might be confused about finding the correct regime, or have unused skin care products on your counter. However, you have two advantages: first- no one knows your skin better than you do and second- we've got you covered! Our tips will make choosing your skin care products a lot easier.

First, there are a few basic facts about your skin you must know:

- *Skin type.* Is your skin oily, dry, normal, sensitive, or combination? Is all your skin the same type?
- *Complexion.* How often you go in the sun? When you do, does your skin burn or tan? Is your skin red all the time?
- *Skin concerns.* Do you want preventative maintenance to avoid premature aging? Do you have a skin problem, such as persistent acne, age spots, melasma or rosacea? You may also have large pores, sun damage, facial wrinkles or fine lines that require special attention. Do you have eye puffiness or under eye bags that require special care? Are you allergic to any specific ingredients?
- *Personal habits.* Are you a smoker? Do you spend a lot of time in the sun? Do you take a daily vitamin? Do you consume a well-balanced diet? All these factors will affect how you should care for your skin.
- *Lifestyle.* How much time you have for your skin regime? When do you have more time: in the morning, midday or at night time? Do you need a skin care regime or do you want it?

- *Genetic predisposition.* Inherited factors determine much of what happens to your skin.

Of these, the two major factors in determining which products work best for you are your *genetic predisposition* and your *skin type*.

Here at the Golden Door Spa we have three amazing skin care lines to better suit your needs:

- *Babor* - Brings nature and science together to create top-quality, hypoallergenic products with lasting benefits.
- *Eminence Organics* – an organic skincare line that uses only the best ingredients and is devoid of harmful chemicals, additives or preservatives. Gives premium results to all skin types.
- *Golden Door Skin Care* - Developed to make any skin look great, all of our formulas are updated and free of sulfates and parabens.

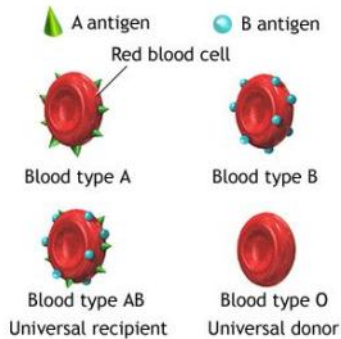
Finding skin care products suited for your specific skin type should now be easier. You can also come to the Spa Boutique for a complimentary skin consultation, or have a facial with one of our skin experts who will analyze your skin and tailor recommendations. Just remember, this information is only a guide: for specific problems, check with one of our aestheticians or with your dermatologist.

Leyda Collazo, Marketing B.A., is the Golden Door Boutique Lead & Buyer. Leyda meets with all guests of the boutique to personally guide and prescribe the skin care and product lines that best address your individual needs.



NUTRITION

Eating For Your Blood Group



The Blood Type Diet, brainchild of Dr. Peter D'Adamo, a naturopathic physician, builds on the work of his father, James D'Adamo, also a naturopathic doctor. The senior D'Adamo believed in individual nutritional requirements based on a genetic history of blood type.

In Dr. D'Adamo's, book *-Eat Right 4 Your Type* - he proposes that food proteins are digested differently by each of the four blood types: O, A, B and AB. He also provides four different diets you should follow based on your blood type, as well as offers exercise recommendations.

According to Dr. D'Adamo, if *lectins* (sugar-binding proteins which occur abundantly in food) are incompatible with your blood type, they agglutinate blood cells in certain organs such as the kidneys, liver, brain or stomach, causing the clumped cells to be targeted for destruction, as if they were pathogenic invaders. However, eating according to your blood type would decrease agglutination, maximize your weight-loss efforts, and improve your health.

Type O

In his book, Dr. D'Adamo calls type O the original blood type of hunter-gatherer societies. Much like in the *Paleolithic Diet*, meats are the primary food source for this type, who is supposed to thrive on lean beef, lamb, turkey, chicken and fish but eat dairy sparingly while avoiding grains. Consuming a large variety of vegetables and fruit is advised.

For weight loss purposes, the following foods should be avoided (they are believed to either inhibit thyroid function or slow down metabolic rate): wheat gluten, corn, kidney beans, navy beans, lentils, cabbage, Brussels sprouts, cauliflower and mustard greens.

Type A

Dr. D'Adamo claims that type A evolved as the humans switched from hunting and gathering to agrarian societies, becoming the first vegetarians, surviving best on vegetables, tofu, seafood, grains, beans, legumes and fruit.

For weight loss purposes, they should avoid meat, dairy, kidney and lima beans as well as wheat. Many of these foods are poorly digested by type A's and end up being stored as fat, or interfering with digestive enzymes.

Type B

Dr. D'Adamo calls B's the balanced carnivores, having the most flexible dietary choices of all the blood types. They are also the only ones that can enjoy a variety of dairy foods.

Although meat is allowed, B's often do better with lamb, mutton or rabbit than beef or turkey. Chicken contains a blood agglutinating lectin in its muscle tissue, and is not allowed. Turkey or pheasant may be substituted.

To avoid weight gain, B's should not eat corn, lentils, peanuts, sesame seeds, buckwheat or wheat—most of these are thought to hamper metabolic efficiency.

Type AB

Per Dr. D'Adamo's book, the most rare and recently evolved type is type AB, which would make them have the low stomach acids of type A's, therefore inhibiting their ability to metabolize meat. He recommends this group to eat meat sparingly, while avoiding smoked and

cured meats altogether, since they could cause stomach cancer in people with low levels of stomach acid. Like B's, they should avoid chicken, opting for lamb, mutton, rabbit and turkey, as well as most seafood. Soured milk products like yogurt and kefir are good, as are many vegetables and grains.

For weight control, they should not eat red meat, kidney or lima beans, seeds, corn, buckwheat and wheat.

Dr. D'Adamo also has exercise and physical activity recommendations for the 4 blood types:

Type O— aerobic exercise, different routines

Type A— Hatha Yoga, T'Ai Chi, deep breathing exercises

Type B— Tennis, martial arts, cycling, golf

Type AB— Combine aerobics, running, Yoga or T'Ai Chi.

Even though many testify to being helped by the Blood Type diet, Mayo Clinic.com reports this way of eating is not supported by scientific studies: "There's no sound scientific evidence that the so-called blood type diet is any more effective or any more beneficial for weight loss than any other diet", says registered dietician Katherine Zeratsky.

Enid Torres is a Lead Aesthetician at Golden Door Spa. Her in-depth experience in the spa industry coupled with her desire to provide the best in skin care service makes her a key resource to our traveling guests.



RIGHT-BRAIN EXERCISE IMPROVES COGNITIVE FUNCTION!



Can you find the 7 Eagles in this picture?

How About This Challenge?

Look at the chart and say the **COLOUR** not the word

YELLOW	BLUE	ORANGE
BLACK	RED	GREEN
PURPLE	YELLOW	RED
ORANGE	GREEN	BLACK
BLUE	RED	PURPLE
GREEN	BLUE	ORANGE

Left - Right Conflict

Your right brain tries to say the colour but your left brain insists on reading the word.

Much has been said about the nature of our brain's capacity, especially about the complementary functions of the right and left hemispheres. The left cerebral hemisphere is supposed to be the logical, verbal half of the brain, while the right is seen as the creative, emotional, and spatially aware side. Truth or myth?

While some researchers have posited that the left brain focuses on detail while the right brain concentrates on the broad, background picture, brain-scanning experiments show that *both sides of the brain play an active role in processes such as logical thinking and spatial awareness...it's rather processing style* that distinguishes each area. Every mental faculty is shared across the brain, and each half complements the other.

The more you train your brain (as with our hidden image puzzles), the smarter your brain will be, allowing you to simultaneously grasp *both* the foreground and the background of your experience!

GOLDEN DOOR
EL CONQUISTADOR RESORT & LAS CASITAS VILLAGE

OPEN THE DOOR

1000 El Conquistador Ave.
Las Croabas, Puerto Rico 00738

T: 787.863.1000 Ext 7300/7474

ElConResort.com
LasCasitasVillage.com
GoldenDoorSpa.com

Rita Maldonado, Spa Fitness Supervisor/Editor
Jennifer Findlay, Spa Director
Leyda Collazo, Spa Retail Lead
Enid Torres, Lead Aesthetician
<http://www.goldendoor.com/elcon/>

BODY & MIND

Trigger Points...What's That?



A trigger point consists of a *small*, localized band of muscle which feels knotty and which causes pain in a remote area when the trigger point in the muscle is firmly pressed on. In other words, pressing on a trigger point will generate pain, just not necessarily in the same place as where the pressure is applied—pain usually *radiates* to a region *away* from the trigger point. The term "trigger point" was coined in 1942 by Dr. Janet Travell to describe her clinical findings on irritable muscle tissue.

Although trigger points are not always tender at the spot of pressure (even when firmly pressed and manipulated), they *might* be. Upon palpation, trigger points feel like a firm knot, and while they are usually as small as a

pea, sometimes they can be as big as a walnut. These tension 'hot spots' embedded within the muscle tissue have been described as feeling like "rubbery Rice Krispies." When pressed firmly, these localized muscle bands can also cause the entire muscle to start twitching or spring the muscle into spasm.

Common locations for trigger points are often found in the neck, back, or shoulder muscles and can refer pain to all the muscles in close proximity to the trigger point. So: that bad headache might just be your shoulder muscles talking to you. Or it might just be your mind signaling a 'hot spot' in your life...But that's a topic for *another* time).

The medical community has not embraced trigger point therapy; but heat treatment with a heat pad or gentle kneading of the trigger point may encourage removal of the waste products and provide relief from pain.



BREATHE



Please consider the environment
before printing this newsletter.

Walking the Golden Door Spa Labyrinth



Labyrinths date back to ancient times. Unlike mazes, they are a symbol of transformation. A journey to the balanced centered part of ourselves, leading us to peace and inner knowledge.

We invite you to walk our grass labyrinth situated in Casita Gardens. Take a moment at the beginning to focus on your breath and slow down. You may let all thoughts go and open yourself to the experience, or you may consider one issue or concern that is important to you. Walk slowly towards the center, looking down as little as possible. Should you encounter another pilgrim, gently do what comes naturally.

When you arrive at the center, pause, look around you, and be mindful of the issue chosen. Invite the answers given by your inner voice to be heard clearly. Breathe.

Return to the beginning, walk slowly and reflect on insights discovered. Enjoy Your Journey.

PHILO'S CORNER



PHILO,
The Spa Wisdom Dragon



Some cause happiness wherever they go; others whenever they go. ~Oscar Wilde

The time to begin most things is ten years ago. ~ Mignon McLaughlin

Opportunity is missed by most people because it is dressed in overalls and looks like work. ~ Thomas Edison

Wisdom doesn't necessarily come with age. Sometimes age just shows up all by itself. ~ Tom Wilson

The vision must be followed by the venture. It is not enough to stare up the steps - we must step up the stairs. ~Vance Havner

The Constitution only gives people the right to pursue happiness. You have to catch it yourself. ~ Ben Franklin

