



Staying in Touch®

Body & Sole

Judy Addington ~ 423-213-2424

April 2011

Hello—

How is your spring going? There's no doubt that everyone has been anxiously awaiting an improvement in the weather this year.

As the days grow longer and the weather turns nicer, you'll have more opportunity to get out and increase your activity level. Be sure to pace yourself and to make time in your schedule for your next massage. It can help you to keep going strong!

This issue includes some recent information you should find helpful in your pursuit of health and happiness. The feature article on stress really enforces the importance of getting regular massages for your long-term well being.

Massage is one of the best ways to handle stress in your life and support your body's overall health. When you make the effort to include positive lifestyle choices—proper diet, plenty of rest, exercise, and water, etc.—massage is the ideal therapeutic health aid. If you have any questions on how massage can help you to function at your best, please ask at your next appointment.

Remember, it won't be long until Mother's Day is here; make Mom's day a special one with a massage gift certificate.

See you soon!

Even a Little Stress Can Cause a Lot of Health Problems

The effects of stress are many, and range from lowered quality of life to life-threatening diseases such as hypertension. Massage therapy has been shown to reduce stress, and any regular client will attest to massage's stress-relieving benefits.

But people should not wait until the effects of stress are obvious; new research shows that even mild stress is linked to long-term disability, and mild stress should be taken more seriously, the study's authors say.

Physical and mental health problems are associated with long term disability, but the impact of milder forms of psychological stress is likely to have been underestimated, say the authors.

- Between 2002 and 2007, the authors tracked the health of more than 17,000 working adults up to the age of 64, who had been randomly selected from the population in the Stockholm area.
- All participants completed a questionnaire at the start of the study to measure their mental health and stress levels, as well as other aspects of health and wellbeing.
- During the monitoring period, 649 people started receiving disability benefit: 203 for a mental health problem and the remainder for physical ill health.
- Higher levels of stress at the start of the study were associated with a significantly greater likelihood of subsequently being awarded long term disability benefits.
- Even those with mild stress were up to 70 percent more likely to receive disability benefits, after taking account of other factors likely to influence the results, such as lifestyle and alcohol intake.
- One in four of these benefits awarded for a physical illness, such as high blood pressure, angina, and stroke, and almost two thirds awarded for a mental illness, were attributable to stress.

The authors say that it is important to consider their findings in the context of modern working life, which places greater demands on employees, and social factors, such as fewer close personal relationships and supportive networks.

The research was published in the Journal of Epidemiology and Community Health.

—Source: massagemag.com



***A person often meets his destiny
on the road he took to avoid it.***

—Jean de La Fontaine

Energy Tips to Put Spring in Your Step

Feel as if you're dragging yourself through the day? Exercise can help keep you energized, and so does getting enough sleep. But if you need a quick boost, these fast energy fixes can put some pep in your step:

- **Go easy on the caffeine.** Caffeine stimulates the central nervous system, which provides that quick pick-me-up. But more than 200 or 300 daily milligrams of caffeine (the equivalent of two to three cups) may work against you; It can cause jitteriness, digestive problems and headaches. Stop for a mocha latte too late in the day, and the caffeine jolt can prevent a good night's sleep.
- **Drink more water.** Even mild dehydration drains energy. It also reduces your ability to concentrate and brings down your mood, research at Tufts University shows. How do you know if you're sufficiently hydrated? Doctors typically recommend eight or nine cups a day, but just make sure you drink enough so you rarely feel thirsty, and yes, check your urine—colorless or slightly yellow urine indicates adequate fluid intake.
- **Take a walk outside.** There's no question regular exercise reduces fatigue—and studies have shown just a little can make a difference. Scientists at California State University found that a brisk 10-minute walk increases your energy level and sustains it for two hours; the more you walk, the peppier you fell. Step off the treadmill and head outside for an even bigger boost: A series of recently published studies shows that spending 20 minutes a day in the outdoors can significantly increase vitality.

Source: *USA Weekend* magazine, 3/27/11

Commit to your health!

Schedule your next massage!

Regular appointments can:

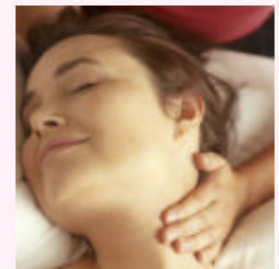
- Help support better health
- Minimize stress
- Strengthen your immune system
- Give you something to look forward to each month
- Make you feel great!

Mother's Day is just around the corner.

This year treat Mom with a massage gift certificate.

What a great way to show her how special she is to you!

Don't wait; call today to order ...



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The content of this newsletter is not intended to replace professional medical advice. If you're ill, please consult a physician.

April Specials

Vibrational Raindrop Technique.....\$60
(Save \$30) Good through May 15th

Classes

The Missing Link in Healthcare
April 18, 2011 at 7 pm ~ (Elizabethton office)

Information you can use to help yourself in making decisions for better health. You will learn how essential oils work, some of the uses they are good for, and why you may choose to add them to your life choices.

The Power of Touch for Pain Relief: Basic Facts

Massage is well known for reducing stress and promoting relaxation. And, a growing body of research also shows that massage therapy is effective for relieving and managing chronic and acute pain, a significant national health problem. According to the National Institute for Health, more than one-third of all Americans will suffer from chronic pain at some point in their lives, and approximately 14 percent of all employees take time off from work due to pain. Increasingly, massage therapists are being incorporated into pain management programs of hospitals and health care organizations. The Joint Commission on Accreditation of Healthcare Organizations has suggested massage therapy as one means to manage pain without use of pharmaceuticals.

According to a recent American Hospital Association survey about their use of CAM (complementary and alternative medicine) therapies, among the 1,007 hospitals responding, nearly 82 percent of the hospitals offering CAM therapies included massage therapy among their health care offerings—with more than 70 percent utilizing massage therapy for pain management and relief. In a recent consumer survey commissioned by AMTA, 91 percent of respondents agreed that massage can be effective in reducing pain, and nearly half of those polled (47 percent) have had a massage specifically for the purpose of relieving pain.



Consider recent clinical research on the efficacy of massage for pain relief:

- *Massage therapy is more effective for chronic back pain than other complementary therapies.*
- *Massage therapy promotes relaxation and alleviates the perception of pain and anxiety in cancer patients.*
- *Massage therapy reduces post-traumatic headaches better than cold pack treatments.*
- *A pilot study conducted at Cedars-Sinai Medical Center in Los Angeles found that massage, as part of hospital-based surgery treatment, reduces pain and muscle spasms in patients who have undergone heart bypass surgery.*
- *Massage stimulates the brain to produce endorphins.*

Source: www.amtamassage.org

Share this newsletter with a friend!

***LOST & FOUND ***

If you lost a “CASH 4 KIDS” Plastic card for area restaurants, please contact me at 423-213-2424.

**Success is getting what you want;
happiness is wanting what you get.**

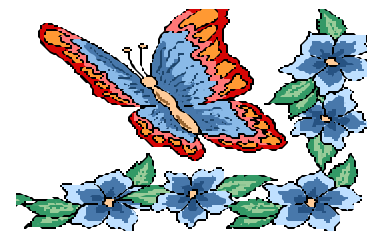
~ Ingrid Bergman

Water Works

By *Lara Evans Bracciante*

Besides decreasing headaches, heartburn, constipation, fatigue and kidney stones, getting your fair share of water each day may help prevent serious illnesses including heart disease, high blood pressure, cancer and asthma. One study at the University of Loma Linda, California, showed that people who drink five or more glasses of water every day cut their risk of suffering a fatal heart attack in half. Researchers believe because water, unlike other beverages, is absorbed immediately into the blood stream. It thins the blood and reduces clot risk. This also helps moderate blood pressure because it's easier for the heart to pump thinner rather than thicker blood. Furthermore, researchers at Harvard reported men who drank six cups of water daily reduced bladder cancer risk by 50 percent. Other studies indicate that high water intake also curbs the risk of breast and colon cancers. And even asthma sufferers have reason to gulp it down. A University of Buffalo study revealed dehydration reduces lung function and triggers bronchial spasms, especially while exercising.

Source: www.massagetherapy.com



New Products & Services

Himalayan Salts

These salts come from deep in the underground mines of the Himalayan Mountains. They contain 84 minerals and trace elements which have been found to provide several health benefits. Used in bathing, the salts relax sore muscles, detoxify the body, and soothe skin. What I found using the bath salts versus other salts in a bath, was the Himalayan salts were better and my body was continuing to tingle the next morning. I felt great.

The salts are a natural ionizer and air purifier; the only other natural source I'm aware of are essential oils when diffused. There are negative and positive ions in the air/atmosphere. When we use electronic equipment, more positive ions are created which changes the atmosphere causing an ion imbalance. This can increase stress levels, affect sleep, and result in allergies, migraine headaches, and depression. Negative ions can be a help in alleviating these problems.

Ever felt better at the beach? Breathe easier? Using a salt air inhaler regularly can improve breathing, be a respiratory system benefit, and decrease mucous. This is referred to as Kalotherapy. You can do this at home with an inhaler. Himalayan Salts and Inhalers are now available from Body & Sole. 1 lb. bottle - \$8.95. Inhaler - \$25.

Vibrational Raindrop Technique

Recently while attending a seminar in KY, I was able to attend training in this powerful modality. The instructor, Dr. Christi Garrett, has practiced medicine for more than 20 years and integrative medical care for more than 10 years.

This is a Raindrop session with a "punch". It's an advanced level of the technique and combines the wonderful frequency of essential oils and tuning fork vibrations.

Sound is a form of energy/frequency. Drs. Hans Jenny and Peter Manners in England found in research that diseased organs could be restored to health when the key note they vibrated at was aimed toward them. Since the organ had ceased to emit its key note, aiming that particular frequency/vibration at it caused health to return. Their research was documented in Cymatics by Dr. Jenny.

As with sound, essential oils have frequency and can provide healing qualities proven by science and a multitude of testimonies. Using essential oils and tuning forks together enhances the benefit of both. So far, those I used this combination on have had quite interesting results.

The classic Raindrop Technique can be adjusted to specifically address the following: brain, colon/digestion, heart/circulation, hormone balance/female or male, joints/bones, liver, lung, and longevity. The tuning forks are applied to particular meridian points as in TCM (Traditional Chinese Medicine). A typical session lasts an hour-and-a-half.

A walk to remember—

If you're 55 or older, put down your crossword puzzle and take a stroll. Scientists have found that moderate aerobic activity can improve seniors' memory by reversing the slow wasting away of a key part of the brain, which begins at around 50. "It used to be thought that aging was a one-way street that was going the wrong direction," University of Illinois professor Arthur Kramer tells *Science News*, but his recent study proves "that's not the case." Kramer and colleagues recruited 120 sedentary adults between the ages of 55 and 80. Half got their heart rates up by walking for 40 minutes, three times a week; the other half did stretching and weight exercises instead. After a year, scientists scanned each walker's brain and found that the hippocampus, where memories are formed, had grown by an average of 2 percent. By contrast, the stretchers' hippocampi had shrunk 1.4 percent, as expected. Though more study is needed, Kramer says initial results indicate that a brisk jaunt several times a week can roll back the pace of age-related memory loss "by about two years." —*The Week Vol 11 Iss 502*



*Have a Happy Easter!
Judy*

