



Staying in Touch®

Body & Sole

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Holiday Greetings!

As we say goodbye to another year, here's wishing you lots of holiday cheer. Often the best part of the holidays is catching up with all those who give your life special meaning. Enjoy yourself!

This issue has another recent report on massage benefits—this study was done on the other side of the world in Korea. Wherever you go today, more people are discovering the many ways massage can help them lead healthier lives.

On the back page, you'll find a couple of interesting health reports that show we are constantly learning about how our bodies work. And the more we learn, the more tools we have to pursue a healthier future for ourselves and our loved ones. Good health is created in part by making healthy choices, so hopefully these newsletters help inspire you to take better care of yourself.

If you're still trying to decide what to give some of the folks on your shopping list this holiday season, remember that massage gift certificates are a wonderful solution—and just a phone call away!

Until we meet again, enjoy the rest of your holidays!

Stay Healthy This Holiday Season

This time of year can remind us of how life is in a constant state of change. When families and old friends gather together, we observe the kids getting older and life moving forward for us all. It's a good reminder that we have a hand in choosing the future conditions we'll have for our families and ourselves.

The first element that sets the stage for a happy life is being as healthy as possible. This incorporates all aspects of life—the emotional, mental, and spiritual as well as the physical—each being vital to attaining optimum health. The more you contribute to improving all of these elements in your life, the more rewarding your life should be.

Getting regular massages can help you and your loved ones improve the odds for being healthy in the days to come. Here's one example of how regular massage can benefit you:

By design, our bodies function better when they get lots of physical use. Since most people today lead fairly sedentary lives, their bodies may be more prone to poor health. Massage can help you experience some of the health benefits you may be missing from inactivity. The various massage strokes can help to stimulate many body functions as if you were being physically active. And if you *are* physically active, it can help to relax those sore muscles!

So schedule your next massage—be sure to make your well-being a high priority, so you can really enjoy your life feeling your best!



Research Shows Massage Therapy Relaxes the Autonomic Nervous System

Any massage client will attest to the relaxing power of massage therapy. And new research indicates massage therapy combined with heat relaxes the autonomic nervous system *[the system that controls involuntary reactions, such as digestion & breathing]*.

One hundred thirty-nine subjects volunteered and completed this study, according to an abstract published on www.pubmed.gov. Heat and massage were daily applied for 40 minutes, five days a week for two weeks.

Among the results was a significant decrease in levels of both serum cortisol, commonly referred to as the stress hormone, and plasma norepinephrine, which causes vasoconstriction and increased heart rate.

"The results of this study suggest that heat and massage applications provide relaxation to the autonomic nervous system without serious adverse events," the investigators noted in the abstract.

"The effects of heat and massage application on autonomic nervous system" was conducted by investigators at Yonsei University Wonju College of Medicine in Korea and was published in *Yonsei Medical Journal*. (2011 Nov 1;52(6):982-9.) Source: massagemag.com

Slowing the aging process—

Could there be a cure for getting old? Scientists have discovered that if they remove a special kind of cell that promotes aging, mice are freed of many age-related conditions. As cells age and lose the ability to divide, they become what scientists call senescent cells. These cells, which build up in aging tissue, pump out inflammatory toxins. They “act like demon seed and kill everything around them,” James Kirkland, a physiologist at the Mayo Clinic, tells *Science News*. When researchers used drugs to eliminate senescent cells in genetically engineered mice, the mice stayed far more youthful: They didn’t develop cataracts, their skin didn’t wrinkle, and they maintained high levels of energy. This breakthrough “suggests therapies that might work in real patients,” says Norman E. Sharpless, an aging expert at the University of North Carolina. Previously, scientists weren’t sure if killing off senescent cells would have negative side effects, but the mice in the study were healthier without them. If the same holds true in people, purging these cells could ward off a host of age-related diseases, from cancer to dementia, and keep us healthier longer. —*The Week Vol 11 Iss 541*

Why diets usually fail— Hormones, not lack of willpower, may explain why four out of five people who lose weight gain it all back within a few years. A new study has found that even a year after dieters lose weight, their bodies are still sending them strong and often irresistible hormonal signals to eat more. Australian researchers put a group of 50 overweight adults on a strict, 10-week diet that caused them to lose an average of 14 percent of their body weight. When they tested the subjects a year later, they found that levels of hormones like leptin, which keeps appetite in check, and ghrelin, a hunger stimulant, had changed dramatically, slowing their metabolism and intensifying feelings of hunger. Their bodies had been programmed to keep weight at a higher “set point,” and were fighting to gain back the lost pounds. As a result, the volunteers gained back an average of half the weight they had lost, despite sticking to careful meal plans designed to keep it off. “What is impressive is that these [hormonal] changes, don’t go away,” Rudolph Leibel, an obesity researcher at Columbia University, tells *The New York Times*. By dieting, he says, “you are putting your body into a circumstance it will resist.” —*The Week Vol 11 Iss 541*

Doing some last-minute holiday shopping?

How about a massage gift certificate?

**Nothing offers a greater reward than
the gift of health and well-being.**

Holiday shopping made easy — Call today!

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**Peace is when time
doesn't matter as it passes by.**

—Maria Schell

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



**January class – Anxiety & Depression –
Saturday, January 9th**

We all feel anxious now and then about something, and for some people the anxiety stays with them. Others are not affected long term. We can experience moments that depress us and that also passes; but for some people it remains and causes continued problems. This class will include things you can do yourself. Lots of information.

Call 423-213-2424 or email info@bodyandsolehealing.com to reserve you place.
Space is limited.

Location: Elizabethton office

Time: 9 – 10:30 am

Holiday Special:

One-hour Massage gift certificates

\$40

Personal Note

The material contained in this newsletter pertains to massage and how it relates to health. Many times I come across other information that is also helpful to health not related to massage or reflexology. What I will begin sending out in 2012 is a separate newsletter with other information and tips only to those who desire to receive it.

If you wish to receive it, please let me know to add your name to the list by contacting me at info@bodyandsolehealing.com . It will only be sent if you request it.

Judy



Merry Christmas and Happy New Year

