



Staying in Touch®

Hello—

One of the main goals of sending you this issue of *Staying in Touch* is to get you thinking a little more about your body. Life can be so busy that it's all too easy to take your body for granted.

Back in the days when people used their bodies a lot in day-to-day survival, people didn't have to put focus on keeping themselves healthy through exercise—it happened naturally. In our more sedentary lives, we can see how lack of physical activity can adversely affect our health.

Staying physically active can make a big difference in your health and the way you feel, so do what you can to get moving on a regular basis.

Since it's hard for many people to make time for regular exercise, remember that massage can help you in this area. When you use your body physically, your efforts assist your body to do all of its many internal jobs, keeping everything moving properly. Massage strokes also can help your body to function better—while helping you to de-stress and relax at the same time. So, be sure to make some time for your next massage; see you then!

How Does Massage Support Better Health?

If your goal is to improve the quality of your health and well-being, then massage and bodywork make the ideal “life support system.”

For example, stress can adversely affect your cardiovascular, immune, endocrine, and nervous systems. As you take steps to reduce the stressful influences in your life, your regular massage sessions will assist your body to return to a more normal state of operation, actually helping to reverse the physical changes the stress has created.

When you eat properly, you are supplying your body with nutrients to rebuild and maintain healthy cells. Massage aids the body in moving substances throughout the system, encouraging this process.

Water promotes internal cleansing, and again massage is helping to rid your body of its waste by improving the function of the circulatory and digestive systems.



It's common knowledge that bodywork is a great tool to relax tense muscles. Less known is that massage can assist your muscles to “re-set” themselves to normal conditions, and can help to reverse habitual positions that can cause you chronic discomfort.

Your body is in a constant state of change. The choices you make each day will influence the quality of your life. Making massage and bodywork sessions a regular part of your life can make a significant difference in the results you experience. Do all you can to ensure a healthy future; you'll be glad you did!

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Stress could defeat dieting—As many people rediscover around this time of year, diets tend not to work for very long. One confounding factor may be stress, *ScienceNOW* reports. Neuroscientists at the University of Pennsylvania found that dieting seems to render lab mice more sensitive to stress and less able to resist the food cravings that it triggers. The mice were first put on a moderate diet that cut 10 percent to 15 percent of their weight. When they were exposed to stressful noises, the dieters' blood had higher levels of the stress hormone cortisol than nondieters' blood. Those levels remained elevated even after the mice were taken off their diets and returned to normal weight. When subjected anew to mild stress, the ex-dieters were more likely than a control group to soothe themselves by eating large amounts of high-fat food. “Dieting not only increases stress, making successful dieting more difficult,” says lead researcher Tracy Bale. “It may actually ‘reprogram’ how the brain responds to future stress and emotional drives for food.” Further studies will be needed to see whether the underlying mechanisms also apply to humans. If they do, they may establish stress as a reason why some persistent dieters struggle to maintain their weight loss. —*The Week*, Vol 10 Iss 494

Prevent chronic pain

Whether your daily schedule keeps you active or hunched over a desk, you're always susceptible to chronic aches and pains that develop over time. But if these daily pains aren't addressed as soon as possible, they can cause irreparable damage to your body, says Todd Durkin, author of *The Impact! Body Plan*.

The most common causes of our daily pain: too much stress, too much sitting, poorly designed exercise programs, too little stretching before workouts and poor recovery after. But for every problem there is a solution:

Stretch your legs. When spending hours in any sedentary position, walk around or stretch for 10 minutes at least once every two hours. The idea is to move, whether it's doing lunges or just walking to the bathroom.

Mind your posture. When sitting, prevent slumping by keeping your shoulders back and chest open, allowing full and deep breaths.

Don't skip stretching. By emphasizing your preworkout stretches, you'll improve your flexibility and mobility in the correct joints. Stretching may not yield any visible results, but you'll feel the difference.

—Christine J. Kim in *USA Weekend* magazine 11/28/10

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!

Whether it's for your favorite Valentine, a friend, family member, or special loved one, a massage gift certificate is a wonderful way to let someone know how much you care about them. Call to order yours today!

Happiness is not a goal; it is a by-product.

—Eleanor Roosevelt

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

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February Special:

Purchase a gift certificate for Valentine's Day for someone special and receive FREE lavender bath salts or other gift choice if available.



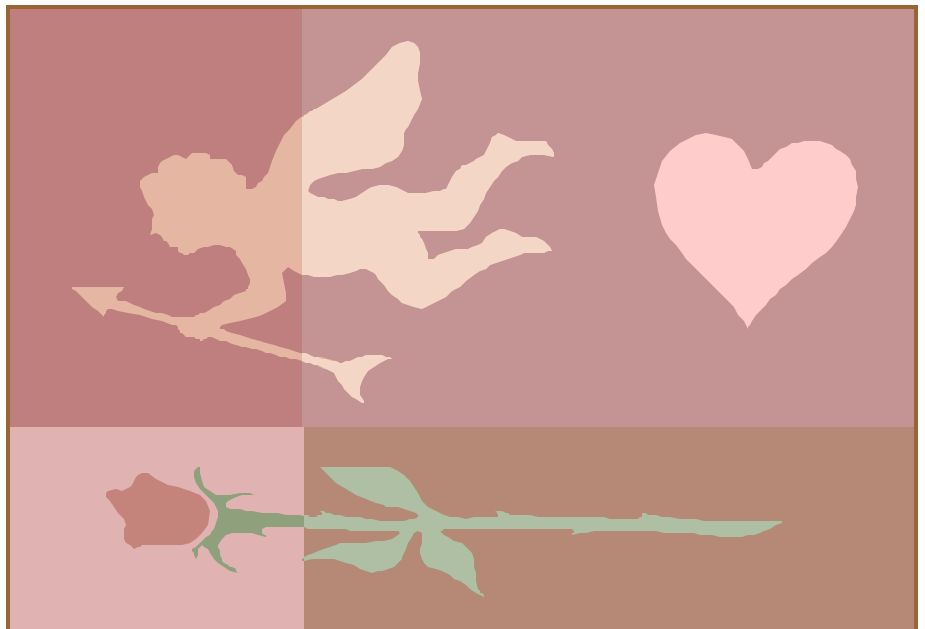
The two articles on this page provide some interesting insights into weight management. An ideal body weight is beneficial to your overall health and well-being and can lessen the likelihood of illness. Hopefully, you'll find this info helpful ...

Flirting with bingeing

Just a few weeks of heavy overeating can change your metabolism so that it's harder to stay slim for years afterward, says *BBC.com*. In a new Swedish study, 18 participants pigged out on fast food for a month, increasing their intake of energy-dense food by 70 percent. Meanwhile, they kept their physical activity to a minimum. A control group did not alter their food intake or exercise patterns. Six months after they had resumed their normal diets and exercise habits, most of the former bingers had lost the 10 pounds they'd gained during the study; but a year later, they had gained back, on average, more than 3 pounds. Two years later, they'd gained just over 6. The control group—which had never binged—did not show any change in weight. Just one month of pigging out on bad food, researchers say, could make for a tougher lifelong struggle to fight off fat. —*The Week* Vol. 10 Iss. 481

A free diet trick that really works

The most effective way to lose weight, a new study says, isn't by taking pills or adopting extreme diets. It's by drinking water before meals. Nutrition researchers at Virginia Tech found that subjects who drank 16 ounces ... of water before each of their three daily meals lost 50 percent more weight than control subjects did. The study volunteers, 48 overweight and obese men and women, were put on a low-calorie diet for 12 weeks. Half were given no instructions about what to drink; half were instructed to drink two glasses of water shortly before their meals. The first group lost 11 pounds on average, but the water group lost more—15.5 pounds on average. Notably, the diet itself seems to stick: A year after the study, the water drinkers had continued the regimen on their own and lost additional weight. Scientists aren't sure why this works, but they do know water is filling, has no calories, and may take the place of other high-calorie drinks that might be consumed. "It's a simple way to facilitate weight management," study author Brenda Davy tells *Scientific American*. She suggests that dieters drink from a refillable water bottle throughout the day, in addition to their pre-meal infusions. —*The Week* Vol. 10 Iss. 481



Here are some upcoming classes you might find interesting.

Experiencing Raindrop Technique (2 opportunities to attend!)

Come and see how Raindrop is done and learn about it's many benefits. This is a technique that can be learned to do at home to assist in increasing your own families health and wellness.

Thursday, February 10th at 7pm (registration begins at 6:30pm)
At The Hampton Inn, Kingsport, TN

Monday, February 21st at 7pm (registration begins at 6:30pm)
At Waterfalls of Wellness Healing Center, Bristol, TN

CARE Intensive, Knoxville, TN

Feb. 26, Mar 26, April 16, 2011

Contact Judy for more information.

I wish you health and happiness! *Judy*