



Staying in Touch®

Body & Sole

Judy Addington ~ 423-213-2424

February 2010

Hello—

This is the time of year when people are more susceptible to catching a cold or flu, so be sure to do all you can to support your immune system. Getting plenty of rest, eating a healthy diet, and avoiding exposure to illness are all helpful. Remember that many studies have shown that massage can help to strengthen your immune system, so scheduling your next massage is another great idea.

More positive massage news keeps rolling in, and you can read a few of the reports in this issue. Many of these studies may address conditions that are not areas that concern you; however, it does show just how many ways massage has been shown to support and improve health.

With massage helping to improve so many health conditions, the underlying message is that massage just seems to help your body to function better. Isn't it nice to know that while you're getting nice and relaxed from your next soothing massage that your body is getting a bit of a health tune-up?

Enjoy the rest of this issue; see you soon for your next massage!

Massage Can Help People with Eating Disorders

Massage therapy benefits people who suffer from eating disorders, including bulimia and anorexia, according to a new study from the Université de Montréal and the Douglas Mental Health University Institute, published in the *International Journal of Eating Disorders*.

Previously, research by the Touch Research Institutes at the University of Miami School of Medicine showed that massaged bulimic

patients experienced immediate reductions in anxiety and depression, and

improvement on several other psychological and behavioral measures. Another TRI study showed that symptoms of anorexia nervosa were reduced by massage.

Many eating-disorder treatment facilities are aware of the benefits of massage and other complementary therapies, and make them available to their patients.



Massage Therapy Improves Immune Function and Lessens Stress in Women with Breast Cancer

Women with breast cancer and undergoing radiation therapy experienced improved immune-system function, and lowered heart rate and systolic blood pressure after a single light-pressure effleurage [*slow, rhythmic stroke*] massage session.

In this ... study, 30 women, aged 50 to 75 years and patients at a hospital in Sweden, were allocated to either receive massage or a control visit where they were given an equal amount of attention, according to an abstract published on www.pubmed.gov.

Blood samples, saliva, notation of heart rate and blood pressure were collected before and after the massage/control visit. Results showed light-pressure effleurage massage decreased the deterioration of NK cell activity occurring during radiation therapy. Such cells are a component of the immune system. The massage also lowered heart rate and systolic blood pressure. ...

"A single full-body light pressure effleurage massage has a short-term effect on peripheral blood natural killer (NK) cell activity, systolic blood pressure and heart rate in patients with breast cancer," the researchers noted. "However, the long-term clinical importance of these findings needs to be further investigated." Source: www.massagemag.com

There are three primary reasons people seek massage, each representing about a third of all massages delivered. Most seek relaxation and restoration (34 percent), need relief from pain or muscle soreness (31 percent), or have a massage because they received it as a gift (27 percent). Recommendations by medical professionals and receiving gift certificates are primary factors in consumers choosing to get a massage. Source: www.massagetherapy.com

Benefits of Massage

• The *Annals of Internal Medicine* reported in 2003 that massage therapy was effective for treating persistent back pain, as did a 2000 report by the *Canadian Medical Association Journal*.

• Research has shown massage reduces carpal tunnel syndrome symptoms. *The Journal of Bodywork and Movement Therapies*, 2004.

• Pediatric healthcare staff report increasing hospital use of complementary and alternative medicine, including massage and energy work (*Advance for Nurses*, April 2007.)

• Touch Therapy Institute at the University of Miami reports its massage therapy studies indicate effectiveness in:

* Reducing mothers' risk for premature delivery and post-partum depression; improved sleep for babies.

* Reduced pain from migraines and arthritis.

* Reduced aggression in adolescents and less hyperactivity in adolescents with ADHD.

* Greater alertness in autistic children.

* Better lung function in asthmatic children.

* Decreased glucose levels in diabetic children.

* Less stress and improved performance for employees receiving work-site massage.

• Massage therapy has been shown to strengthen the immune system, according to research published in the *Journal of Neuroscience*, 1996, and *Psychosomatic Medicine*, 2000.

• In 2005, *Cancer Control* reported massage therapy effectively reduced stress and anxiety in cancer patients, with a promising outlook for pain control and management of other symptoms.

• Oncology patients show less pain, fatigue, nausea, anxiety and depression

following massage therapy, according to a study by Sloan-Kettering Cancer Center, 2004, and a report in the *Journal of Nursing Scholarship*, 2002.

• Women with lymph node dissection receiving arm massage had less pain and surgery-related discomfort, according to a 2004 *Cancer Nursing* article.

• Forty-eight percent of respondents to a *Consumer Reports* survey rated massage therapy as "very helpful" in relieving back pain. The survey revealed pain relief was a top motivator for those seeking massage. (*Consumer Reports*, May 2009)

Source: www.massagetherapy.com

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!

The foolish man seeks happiness in the distance, the wise grows it under his feet.

—James Oppenheim

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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.



Valentines Special

Your choice of a body aromatherapy blend (free) when scheduling a one hour massage.

Free foot aromatherapy blend with a reflexology session.

Valentine's Day Gift Certificate Treat!

Purchase an hour of relaxation for the love of your life, a special friend, or just because you think someone is wonderful to know. With each Gift Certificate, the recipient will receive an additional free Romance Blend of essential oils for massage or reflexology. You can order by phone or pick up a certificate at one of my offices.



As a certified CARE instructor, I'm happy to share the following news with you.



FOR IMMEDIATE RELEASE

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Center for Aromatherapy Research & Education (CARE) Becomes Authorized Provider of IACET CEUs

Prestigious Authorization Demonstrates Commitment to High-Quality Lifelong Learning

February 1, 2010 - The International Association for Continuing Education and Training (IACET) has awarded the Center for Aromatherapy Research & Education (CARE) the prestigious Authorized Provider status. IACET Authorized Providers are the only organizations approved to offer IACET Continuing Education Units (CEUs). The recognition period extends for five years, and includes all programs offered or created during that time.

“CARE is proud of our education programs which offers more than 100 seminars each year training hundreds of people, both public and professional, in practical skills in applied aromatherapy and uses of essential oils,” said Dr. David Stewart, Executive Director and Head of CARE Educational Program. He added, “Our new partnership with IACET is a demonstration of our commitment to lifelong learning and high standards for all of our programs, and we are very pleased to join such a prestigious organization as well as an elite group of organizations that offer excellent continuing education and training programs.”

“We are pleased to welcome the Center for Aromatherapy Research & Education as our newest Authorized Provider organization,” stated Karen Brown, President of IACET and Senior HR Manager of Nuclear Power at Shaw Group in Massachusetts. Brown added, “CARE joins nearly 650 organizations around the globe that have had their programs vetted by third-party experts in continuing education to ensure the highest possible standards are met.”

- CARE Classes include Healing Oils of the Bible, Applied Vitaflex, Raindrop Technique, Chemistry of Essential Oils, and Emotional Releasing with Oils
- Current CARE classes are listed on the classes tab of the website at www.bodyandsolehealing.com. Anyone can attend these classes/intensives.
- In addition to IACET, CARE is also recognized by the National Certification Board of Therapeutic Massage and Bodywork (NCBTMB), Natural Therapies Certification Board (NTCB), and the Spiritual Healing Licensing Board (SHLB)

In order to achieve Authorized Provider status, CARE completed a rigorous application process, including a review by an IACET site visitor, and successfully demonstrated adherence to the ANSI/IACET 1-2007 Standard addressing the design, development, administration, and evaluation of its programs. CARE has pledged its continued compliance with the Standard, and is now authorized to use the IACET name and Authorized Provider logo on promotional course material. In addition, CARE is now linked to the IACET web site and is recognized as offering the highest quality continuing education and training programs.

About CARE: The Center for Aromatherapy Research & Education was founded in 2001 and offers more than 100 seminars each year throughout the U.S. and Canada as well as selected other countries. CARE has a faculty of more than 40 Certified Instructors. CARE training provides practical skills for homemakers for family wellness as well as skills for healing professionals who apply essential oils in their practices. For more information, please visit www.RaindropTraining.com or call (800) 758-8629.

About IACET: The International Association for Continuing Education and Training (IACET) is a non-profit association dedicated to quality continuing education and training programs. IACET is the only standard-setting organization approved by the American National Standards Institute (ANSI) for continuing education and training. The ANSI/IACET 1-2007 Standard is the core of thousands of educational programs worldwide. For more information, please visit www.iacet.org or call 703-506-3275.

More Thoughts from Body & Sole

Winter Weather and Stress

It seems like winter is going to be around for awhile this year. The white fluffy covering is beautiful to look at and makes everything appear fresh and clean. Remember to relax your shoulders after driving on slippery roads so you won't hold in the tension, also if you are shoveling snow. Drinking water will help rid the body of the stressful toxins that build up and help your muscles function better.

February is the month for Cupid. Whether you have someone special in your life or just a special friend, take time to let them know you think a lot of them. I'd like to express how much I appreciate each one of you, and wish you a wonderful month. Thank you for the opportunity to help you.

Judy

Classes & Class Information!

Aromatherapy Basics

Waterfalls of Wellness, Bristol, TN

Feb. 11, Thurs – 7-8:30 pm

Body & Sole office, Elizabethton

Feb. 13, Sat – 9-10:30 am

This class is excellent for those who want to know about essential oils and begin using them.

Please call to register. \$5 fee/person

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Remember to check the class schedule on the website often since more classes are added or changes made at various times.