



# Staying in Touch®

Body @ Sole

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## Happy New Year!

It's that time of year when we make a quick pitstop to see if we're on the best path in life to take us to our goals.

When you review your goals this New Year and re-evaluate your plans, no doubt your health will be one of the things you consider. While there are many elements involved in building and maintaining good health, one thing that seems to support nearly every aspect of health is regular massage.

Like most things in life, consistency pays noticeable dividends when it comes to massage and your health. When you are able to commit to a regular schedule for your massage sessions, over time you should notice several benefits—your body functions better overall, you have more energy and a pleasant mental outlook.

As massage has been shown to boost the immune system, you may have fewer sick days, and long-term, those regular massages just might help you fend off more dangerous diseases and add more quality years to your life.

Remember to put your health high on your list and support your health with massage. See you soon!

## Simple Health Strategies Can Add a Decade or More to Your Lifespan

*Massage therapists know that self-care is essential to a . . . healthy life—and new research shows how simple changes can add up to more years of life.*

*According to a press release from the Heart and Stroke Foundation of Canada, these seven strategies could potentially add 10 years or more to your life:*

**1. Get active.** Inactivity can shave almost four years off a person's expected lifespan. People who are physically inactive are twice as likely to be at risk for heart disease or stroke.

**2. Know and control your cholesterol levels.** High blood cholesterol can lead to the build up of fatty deposits in your arteries, increasing your risk for heart disease and stroke.

**3 Follow a healthy diet.** Healthy eating is one of the most important things you can do to improve your health – yet about many people don't meet the healthy eating recommendations.

**4. Know and control your blood pressure.** High blood pressure is often called a silent killer because it has no warning signs or symptoms. By knowing and

controlling your blood pressure, you can cut your risk of stroke by up to 40 per cent and the risk of heart attack by up to 25 per cent.

**5. Achieve and maintain a healthy weight.** Many Americans are either overweight or obese, major risk factors for heart disease and stroke. Being obese can reduce your life span by almost four years.

**6. Manage diabetes.** Diabetes increases the risk of high blood pressure, atherosclerosis (narrowing of the arteries), coronary artery disease, and stroke, particularly if your blood sugar levels are poorly controlled.

**7. Be tobacco free.** As soon as you become smoke-free, your risk of heart disease and stroke begins to decrease. After 15 years, your risk will be nearly that of a non-smoker. Source: [massagemag.com](http://massagemag.com)



## New: Massage Therapy Lowers Blood Pressure in Pre-Hypertensive Women

Approximately one in every three Americans, or 31.3 percent, has high blood pressure, according to the U.S. Centers for Disease Control and Prevention, and high blood pressure is a risk factor for stroke, congestive heart failure, heart disease and kidney disease.

In new research, massage therapy resulted in significantly lowered systolic and diastolic blood pressure in comparison with a control group, according to an abstract published on [www.pubmed.gov](http://www.pubmed.gov).

The investigators set out to evaluate the effect of Swedish massage to the face, neck, shoulders and chest on blood pressure of the women with prehypertension, according to the abstract.

See "[Massage Therapy Lowers ...](#)" on back page

### How chairs cause cancer—

Sitting still for long stretches of time—at work, in the car, or at home—increases your cancer risk, even if you exercise regularly, *WebMD.com* reports. New research shows that as many as 49,000 cases of breast cancer and 43,000 cases of colon cancer could be prevented in the U.S. each year if people simply stood up more often. "It seems highly likely that the longer you sit, the higher your risk," says Neville Owen, a researcher at Australia's Baker IDI Heart and Diabetes Institute, but "even breaks as short as one minute" can lower it. The research supports a previous 14-year study that found that six hours of sitting a day increased a woman's odds of dying in that period by 37 percent, and a man's by 18 percent, compared with people who sat for half that time. Adults today are immobile for more than nine hours a day on average. Even if you hit the gym, the American Institute of Cancer Research now says, it's crucial that you get up and move at least once an hour—by pacing during phone calls, visiting the water cooler, or going to talk to a colleague in person, instead of sending an email.

—*The Week Vol. 11 Iss. 542*

### Massage Therapy Lowers Blood Pressure ...

*(continued from front page)*

This was a single-blind clinical trial study, the abstract noted, and added: "Fifty pre-hypertensive women selected by simple random sampling [were] divided into control and test groups. The test group (25 patients) received Swedish massage 10-15 min., three times a week for 10 sessions and the control group (25 patients) also were relaxed ...[and received] no massage. Their [blood pressure] was measured before and after each session."

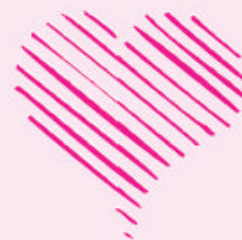
The investigators noted, "Findings of the study indicated that massage therapy was a safe, effective, applicable and cost-effective intervention in controlling [blood pressure] of the prehypertension women ..."

"The effect of massage therapy on blood pressure of women with pre-hypertension" was published in the Iranian Journal of Nursing and Midwifery Research (2011 Winter;16(1):61-70.) It was conducted by investigators with the Department of Internal Surgery, School of Nursing and Midwifery, Isfahan University of Medical Sciences, in Isfahan, Iran.

Source: [massagemag.com](http://massagemag.com)

***It won't be long ...***

**You know that special  
someone would love a  
massage gift certificate for  
Valentine's Day! Call to order . . .**



**Maybe the most any of us can expect of ourselves  
isn't perfection but progress. —Michelle Burford**

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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.*

### January Special:

2 – 10 minute chair massage sessions a week .....\$15.00

### **FREE Class on Anxiety and Depression!** **Saturday, January 7th**

Check it out on the classes tab on the website.

**The information is very worthwhile and helpful to know. You may know someone who would benefit from knowing it.**