



Staying in Touch®

Happy New Year!

A recent survey reported on *CBS Sunday Morning* indicated that about 60 percent of people questioned don't intend to make any New Year's resolutions this year. Wouldn't it be great if you knew that you'd achieve every new goal you set? What makes people give up on their annual resolutions?

When you look at the big picture, it's not surprising that so many of these goals are abandoned. After all, you're asking yourself to give up things that you've done—often daily—for many years. We're nothing if not creatures of habit, so it should come as no surprise that we fall back into comfortable patterns, despite the long-term cost to our health.

So this year when you set out to make those improvements to your life, consider breaking those big commitments into smaller, more accessible goals. Teaming up with a like-minded friend can help you both stay on track, as well.

Remember that those regular massages are a wonderful way to support your health goals!

I hope you have a wonderful and rewarding year; see you soon!

A New Year ... A New, Healthier You

Have you set your goals for the coming year? A bit of online research into New Year's resolutions shows that most goals are geared to improving health, eliminating bad habits, losing weight, and reducing stress. Another popular goal is spending more quality time with family and friends.

Before you get caught up in your day-to-day routines and drift back into your familiar ways, realize that most of us believe the quality of our lives can best be improved by making healthier choices. Whenever possible, try to replace the things you're eliminating with healthier alternatives. For instance, rather than completely eliminating desserts from your life, you can replace sugary treats with fresh fruit.

Ultimately, when you focus on ways to improve your health, you're improving all the other aspects of your life. When you feel better and have more energy, the rest of your life becomes more enjoyable.

One of the best decisions you can make is to receive regular massage. Here's a partial list of the many benefits massage can offer you:

- Reduces stress
- Aids digestion
- Improves circulation
- Relieves sore muscles
- Improves sleep
- Aids detoxification
- Increases range of motion
- Boosts immune system
- Helps your body stay in proper balance



An ever-growing number of studies shows that massage tends to improve body function overall, so it may well be your best choice to support your health regimen. The reduction in stress alone can make a positive difference in your health in the coming years.

If you have any questions concerning massage and your health, just ask at your next appointment. See you then!

Massage and Chronic Tension Headaches

A new, but small study conducted by researchers in the United States and Spain help fill an evidence gap for massage as a manual therapy treatment for chronic tension headaches, a debilitating condition that does not always respond well to medication. Eleven adult patients were given either head-neck massage or a placebo to treat their persistent pain. Placebos were found to have no effect at all, while the massage sessions increased heart rate variability and significantly reduced head pain for up to 24 hours. The study was reported in *Journal of Manipulative and Physiological Therapeutics*.

Source: *Massage & Bodywork Magazine* Nov/Dec 2010

Share this newsletter with a friend!

Sports drinks can make you fat

Sports drinks like Gatorade may help world-class athletes, but for the masses of people who drink them, they're really no better than sugary sodas, says a new study. Although sports drinks contain electrolytes and carbohydrates that can help hydrate a depleted athlete, they also pack nearly as much sugar and calories as soda, which has been linked to obesity and health problems. Yet the aggressive marketing of sports drinks has convinced consumers that they're beneficial for everyone. In a survey of the eating habits of some 15,000 middle- and high school students, public health researchers at the University of Texas found that students who drank a lot of sports beverages otherwise acted as if they wanted to avoid weight gain—exercising, and eating a diet containing ample fruits, vegetables, and milk. "People who want to pursue a healthy lifestyle are somehow being misled to believe that these drinks are somehow good for them," study author Nalini Ranjit tells CNN.com. Few people, he says, exercise enough to benefit from the drinks' restorative effects, so they're really just drinking a lot of sugar. *The Week; Vol 10 Iss 485*

Massage's many benefits

Nearly 9 percent of Americans get at least one massage every year, and they're probably healthier for it: A new study suggests that massage not only relaxes the body, but also boosts the immune system and prompts beneficial hormonal changes. Researchers at Cedars-Sinai Medical Center in Los Angeles subjected volunteers to what was perhaps the most pleasant experiment ever devised: Half received 45 minutes of deep-tissue Swedish massage, while the rest received light-touch massage for the same period. Just a single massage session induced marked physiological changes. Blood and saliva samples from the Swedish

group registered lower levels of cortisol, a hormone elevated by stress, and arginine vasopressin, a hormone that can elevate cortisol; they also showed a rise in lymphocytes, white blood cells that aid the immune response. The light-massage recipients showed a greater increase in the "love hormone" oxytocin and a greater drop in a different hormone that prompts the release of cortisol. Despite the popularity of massage, psychiatrist and study author Mark Hyman Rapaport tells *The New York Times*, "there hasn't been much physiological proof of the body's heightened immune response following massage until now."

The Week; Vol 10 Iss 484



It's nearly that time ...

Treat your sweetheart to a massage this Valentine's Day, with a massage gift certificate! Call to order ...

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

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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.



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.



New Beginnings

As the month is already getting close to half-way through as I write this, it's still the beginning of a new year. What will yours be filled with? To me, the year doesn't matter so much as does each new day and how the time is used. Even Mondays for most people, is the beginning of a new work week. Do you look forward to them? I do. It's another opportunity.

A new service to offer you is orthopedic massage. Not only do muscles need relaxing, but tendons and ligaments can be affected as well and this type of massage works those areas specifically. So far a number of you have benefitted from these techniques in the neck area. Do you experience pain down your arm? Is it painful to lifting things? Can't sleep on your shoulder? Frozen shoulder? Headaches all too often, stay too long? You may need this type of work done.

Here's an interesting article on fish reflexology. Go to: www.underwaterworld.com.sg Click on Visitor information, then on Fish Reflexology. I don't plan to add this as a service so you'll have to take a trip to get that done.

Just a comment on nutrition; water and diet are important for the proper functioning of the body. Intake of pure water without a lot of chemicals is preferred. Read this article from the Environmental Working Group and decide for yourself.

What's In Your Bottled Water – Besides Water?

Pure, clean water.

That's what the ads say. But what does the lab say?

When you shell out for bottled water, which costs up to 1,900 times more than tap water, you have a right to know what exactly is inside that pricey plastic bottle.

Most bottled water makers don't agree. They keep secret some or all the answers to these elementary questions:

- Where does the water come from?
- Is it purified? How?
- Have tests found any contaminants?

Among the ten best-selling brands, nine — Pepsi's Aquafina, Coca-Cola's Dasani, Crystal Geyser and six of seven Nestlé brands — don't answer at least one of those questions.

Only one — Nestlé's Pure Life Purified Water — discloses its water source and treatment method on the label and offers an 800-number, website or mailing address where consumers can request a water quality test report.

The industry's refusal to tell consumers everything they deserve to know about their bottled water is surprising.

Since July 2009, when Environmental Working Group released its groundbreaking Bottled Water Scorecard, documenting the industry's failure to disclose contaminants and other crucial facts about their products, bottled water producers have been taking withering fire from consumer and environmental groups.

A new EWG survey of 173 unique bottled water products finds a few improvements – but still too many secrets and too much advertising hype. Overall, 18 percent of bottled waters fail to list the source, and 32 percent disclose nothing about the treatment or purity of the water. Much of the marketing nonsense that drew ridicule last year can still be found on a number of labels.

EWG recommends that you drink filtered tap water. You'll save money, drink water that's purer than tap water and help solve the global glut of plastic bottles.

We support stronger federal standards to enforce the consumer's right to know all about bottled water.

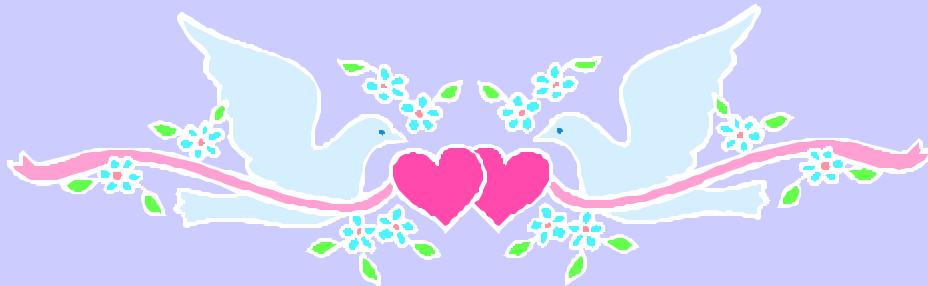
Until the federal Food and Drug Administration cracks down on water bottlers, use EWG's ***Bottled Water Scorecard*** to find brands that disclose water source, treatment and quality and that use advanced treatment methods to remove a broad range of pollutants.

Source: <http://breakingnews.ewg.org>

More from Body & Sole

If you are interested in the way foods that you purchase are grown , you can check on the quality at www.seedsofdeception.com/Public/Newsletter/index.cfm Read the May 2009 issue.

This information is for educational purposes only; it is with knowledge that we are able to make informed choices.



FYI: Next issue will mention additional new therapies and a new section on the website.

I love helping each of you, whether it's to relax, or provide a way to aid you in healing your body. Have a blessed new year.

Judy

Here are a few upcoming classes. For a full and complete listing of classes for Spring 2011, visit www.bodyandsolehealing.com.

January 20, 2011

Winter Cold and Flu Season presentation - How to Keep Your Family Healthy Using Natural Products. This event is open to the public

Location: Little Lambs Day Care, Elizabethton, TN 6 pm

January 27

Aromatherapy Basics

Carolina School of Massage, Greenville, S.C.

February 9 -12, 2011

CARE Intensive

Kingsport, TN - Contact Judy for specific information.

