



# Staying in Touch®

Body & Sole

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## Ready for Spring?

We're fast approaching that time of year when many of us increase our activity levels. If you've been waiting for spring to get outside and get moving, remember to take your time building up your stamina. Pushing yourself too hard can result in injury, so it's better to go slow until your body adjusts to the new demands you're placing on it.

Of course, receiving your next massage can help your body to function at its best, no matter what level of activity you're putting it through.

And if you think of physical activity as purely a spectator sport, your regular massages should be more important than ever to you. Exercise is a key way to keep your body functioning properly. If you lead a sedentary lifestyle, massage can help your body to better perform its many jobs—things like improving your circulation and removing life-threatening toxins.

Read on to see several more ways that massage can help you to feel better and to stay healthier.

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

## Your Massage Quiz: Feeling Great or Health Benefits?

Massage's "chicken or the egg?" question is this: Which comes first: massage's health benefits or feeling good? In other words, is it the many health benefits that massage provides that make you feel so good, or does that wonderful, relaxed feeling open the door to improved health conditions?

One answer is that just like our chicken or the egg question, massage benefits are connected to the circle of life—the broad range of health benefits contributes to feeling great, and the better you feel, the more it supports having a healthy body.

When you consider that studies have shown massage can help to improve the function of virtually all the body's systems, it's easy to see why you feel so great after a massage.

We all want to lessen the likelihood of the many health risks that threaten us, such as cancer and heart disease. Of course, all of our lifestyle choices can contribute to our health conditions, but can you think of a more enjoyable way of supporting your health than your regular massages? In the grand scheme of things, nothing is more important than your health, so give yourself a pleasant boost with your next massage session!



## Massage for Older Adults

*Below are excerpts from an online article by Constance McCloy, PT, EdD Assoc. Prof.*

Recent research studies indicate that therapeutic massage may significantly reduce pain and enhance mood associated with osteoarthritis of the hands and/or spine. Several studies show that massage can lower pain and anxiety levels in women dealing with breast cancer. ...

Massage has also been found to have a relaxation effect in adults who have high blood pressure; one study demonstrated that six 30-minute massages over 6 weeks reduced systolic blood pressure by 10 points (mmhg) and diastolic pressure by 5 points (mmhg). ...

One doesn't have to have a significant health problem in order to benefit from massage. Massage increases circulation to skin and tissues and it enhances feelings of well being and relaxation in most individuals who enjoy this form of touch. In these days of high stress, massage may be the perfect way to relax and gain perspective on life. One study has shown that adults aged 60 years and older who received massage therapy 50 minutes twice weekly for 4 weeks experienced significant improvements in mood (decreased anxiety) and self-rated measures of positive well-being, self-control, vitality, and general health.

*Source: allthingsaging.blogspot.com*

**Share this newsletter with a friend!**

## Massage Helps ...

The manufacturing marketing research division of TR Cutler, Inc. sponsored [a] national survey of more than one hundred U.S. manufacturers; all show that massage improved bottom line of employers. The study found that after twelve weeks, 269 employees who had once-weekly, 45-minute massages in the manufacturing workplace had dramatically better productivity, reduced absenteeism, included far fewer doctor visits, than a control group of 250 employees who did not receive the massage therapy. The massaged group experienced reduced stress and improved performance, while the control group did not.

Source: [www.theopenpress.com](http://www.theopenpress.com)

**An optimist is the human personification of spring.**

—Susan J. Bissonette

**The future, according to some scientists, will be exactly like the past, only far more expensive.**

—John Sladek

## Massage Reduces Depression in Pregnant Women

New research shows massage therapy reduced depression in pregnant women, and also reduced the incidence of massaged women's babies being born prematurely.

The study was conducted by researchers at the Touch Research Institutes, where pioneering research about massage has been conducted since 1992.

Pregnant women diagnosed with major depression were given 12 weeks of massage, twice per week, by their significant other. A control group did not receive massage, according to an abstract published on [www.pubmed.gov](http://www.pubmed.gov).

The massage-therapy group versus the control group not only had reduced depression by the end of the massage-therapy period, they also had reduced depression and cortisol levels during the postpartum period.

The massaged women's newborns were also less likely to be born prematurely and low birthweight, pubmed noted, and they had lower cortisol levels and performed better on the Brazelton Neonatal Behavioral Assessment habituation, orientation and motor scales.

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

**Celebrate the coming of Spring  
with a massage gift certificate  
for that special person in your  
life! Call today to order ...**



.....  
***Tell someone you care about  
how massage has helped you.***

***Your referrals are always appreciated.***

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

### **Everyday Essentials Class— Monday, March 29th at 7:00 PM**

Presented by Jamie Hyatt

At the Waterfalls of Wellness Healing Center, Bristol, TN

Many people experience discomforts throughout the day, some are mild while other pains can be debilitating. Whether these pains arise from stress and tension in the neck, joint and muscle pains, headaches, arthritis, fibromyalgia and more, essential oils are very effective in helping the body to manage and alleviate pain. Studies have shown that essential oils constitute some of the most effective treatments for combating arthritis pain and the Infections that may cause arthritis, without side effects. This workshop will be beneficial to anyone who is a caregiver or who personally experiences recurring pain.

Cost is \$5.00 per person. All attendees will be registered to win an essential oil. To register for this workshop contact Jamie Hyatt at [jamillee@aol.com](mailto:jamillee@aol.com)

### **Sweeteners in Disguise!**

There is a new sweetener coming out on the market. However, it's actually not new it is just aspartame under a different name. Watch for the name AminoSweet. For more info about the nastiness of aspartame, see the link below.

<http://articles.mercola.com/sites/articles/archive/2010/03/02/old-monsanto-food-toxin-disguised-under-new-name.aspx>

## *More Thoughts from Body & Sole*

### **Save our Supplements!**

Spring is coming and we can smile at the determination of the plants as they poke their way up through the white blanket that nature keeps pulling back over the earth. It's delightful seeing the green shoots adding color and life as winter wanes and warmer days get closer. Someone recently said to me, "There's a bright, shiny object in the sky!" For those unfamiliar with that, it's the sun and it was shining that day. I think most of us feel that it has played hide-and-seek long enough and it is time to end the game. It seems like some people want to play games with our health also. If you have not heard there are some pending legislative acts that may have a significant impact on the supplements we buy for our own health. Please go to the following web address to read about these potential changes and how you can voice your opinion to help preserve our right to dietary supplements. The importance of your health may depend on it.

[www.capwiz.com/saveoursupplements/issues/alert/?alertid=14705421](http://www.capwiz.com/saveoursupplements/issues/alert/?alertid=14705421)

### **Fire Safety in The Kitchen**

Even though this isn't Fire Prevention Month, I'd like to share information with you from Jay Robbins dealing with kitchen fires. My son burned both his hands from a pan of burning grease a few years ago and this information would have been so beneficial at that time. If you want to view the very short video clip of this (pictures are worth a thousand words), you'll have to email me at [therbocar@yahoo.com](mailto:therbocar@yahoo.com) so I can forward it to you. It will leave an impression on your mind.

Kitchen Fire - read first then watch the video!

Some of you know this, I have seen this happen with olive oil, so friends keep aware and don't forget! (NO WATER)

A friend recently sent me the attached short video - and, like an old fire-horse, I heard the bell ring and am rushing to send this excellent prevention piece to each of you. It is well worth watching! And it could save your life. I never realized that a wet dishcloth can be a one size fits all lid to cover a fire in a pan! This is a dramatic video (30-second, very short) about how to deal with a common kitchen fire...oil in a frying pan. It's a real eye-opener!!

At the Fire Fighting Training school they would demonstrate this with a deep fat fryer set on the fire field. An instructor would don a fire suit and using an 8 oz cup at the end of a 10-foot pole toss water onto the grease fire. The results got the attention of the students. The water, being heavier than oil, sinks to the bottom where it instantly becomes superheated. The explosive force of the steam blows the burning oil up and out. On the open field, it became a thirty foot high fireball that resembled a nuclear blast.

>> Inside the confines of a kitchen, the fire ball hits the ceiling and fills the entire room. Also, do not throw sugar or flour on a grease fire. One cup of either creates the explosive force of two sticks dynamite. This is a powerful message----watch the video and don't forget what you see.

Tell your whole family about this video. Or better yet, send this to them.

It is my privilege to help each of you whether just for relaxing or for particular problems. Thank you for trusting me as part of your health-care team. May spring bring you blessings of renewed life.

Happy St. Patrick's Day!

