



# Staying in Touch®

Body & Sole

Judy Addington ~ 423-213-2424

September 2011

## Ready for Autumn?

After another scorching summer, most everyone is ready for a break from the heat. Some cooler weather often leads to a boost in personal energy. If you increase your activity level—working in the yard or other outdoor activities—be sure to schedule a massage to help you with those sore muscles.

## Improving the quality of your life ...

Life is always in a state of change, and what you do each day helps to determine the direction your health will be taking in the coming years. One of the most challenging aspects of creating a truly healthy lifestyle is identifying and incorporating those beneficial actions that can improve your condition now and in the future.

What makes this tricky is that we're creatures of habit, and our busy lives can make it harder to change our ways and replace unhealthy habits with things that can improve the quality of our lives.

The rest of this issue offers you some food for thought on ways to support better health.

Remember, massage remains one of the best (and most pleasant) ways to support your health in the long term, so be sure to schedule your next appointment. See you then!

## What science knows about muscle cramps

It comes out of nowhere—while you're playing tennis, gardening, sitting on the couch or even when you're fast asleep.

Suddenly a muscle gets locked in spasm, it's hard as a rock, and the pain borders on unbearable.

Muscle cramps usually target your legs and can last for a few seconds to 15 minutes or more.

Yet as common as cramps can be, experts don't know exactly what causes most cases. And there's no solid science on how to best treat them. Here's what we do know:

**They're common in summer.** That's because when you exert yourself in hot weather, sweat drains your body's fluids, which helps muscles contract and relax; heat also depletes salt and minerals, which may cause a muscle to spasm. Other possible causes: inadequate

stretching, muscle fatigue or simply holding a position for a prolonged period.

**Try massaging it.** Step 1 to ease a cramped muscle: Stop whatever activity triggered it. Then try to gently stretch and massage the muscle, holding it until the cramp stops. Though a review published in the journal *Neurology* showed stretching—and drinking water, another



common remedy—aren't proven treatments, both methods are safe if done in moderation and may ease pain. The jury is still out on other common treatments, such as taking vitamin B complex or calcium channel blockers, but experts agree quinine—once the drug of choice for treating leg cramps—should be avoided; it hasn't been proven effective and may cause severe side effects.<sup>1</sup>

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## Walk this way for weight loss

When it comes to exercise, running isn't the only way to see results. Michele Stanten, fitness director at *Prevention* magazine, outlines the Walk Off Weight Program in a book of the same name. By alternating high-intensity activity with lower-intensity recovery periods, the program helps you burn fat and increase weight loss. Here are some other reasons to give walking a try:

**Build up your immunity.** When you're staying active, disease-fighting cells circulate through your body. Daily walking can lead to a higher-functioning immune system, which can mean fewer colds and flus and help protect you against conditions like heart disease, cancer, stroke, and diabetes.

(See *Walk this way ...* on back)

## Walk this way ...

(continued from front page)

### Keep bones and joints strong.

Walking can help provide natural antioxidants and nutrients to your joints, muscles and bones. A walking regime can help reduce stiffness, aches and pains.

**Get a natural energy boost.** Walking for just 30 minutes a day can give you that extra boost you need to add another component to your workout. So once you've been on a walking program for a few days, you might feel ready to add a bike ride on top of that.

**Get a natural mood boost.** Every time you walk, your body releases endorphins that make you feel good and relieve stress. Just think of it as a twofor: a way to improve fitness and your emotional state at the same time.

**And get a good night's sleep.** Because walking regularly can help improve your mood, lower your stress levels and reduce pain, it's no wonder it also can help you sleep more soundly.<sup>2</sup>

—Cara Hedgepeth

1;2: What science knows about muscle cramps & Walk this way for weight loss excerpted from USA Weekend, Aug 12-14, 2011

## Fast-food junkies—

If it sometimes seems that Americans are addicted to fast food, it might be that we actually are. Studies have repeatedly found that the consequences of bingeing on high-calorie, high-fat foods mimic the effects of drug addiction. A recent study by the Scripps Research Institute found that gorging on fast food actually changes the brain's chemical makeup, making it more difficult to trigger the release of dopamine (aka "the pleasure chemical"). That means fast-food addicts need to eat more and more to feel happy—the same way users of cocaine and other drugs, for example, need to keep upping their dosages to get high. An earlier study, by Princeton University, found that rats who were fed and then withdrawn from a high-fat, high-sugar diet exhibited similar symptoms—chattering teeth and the shakes—to junkies going cold turkey. "Drugs give a bigger effect," said study author Bart Hoebel, "but it's essentially the same process."

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a massage gift certificate!**

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***Human beings, by changing the inner attitudes of their  
minds, can change the outer aspects of their lives.***

—William James

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## Himalayan Salt Special

(Good thru Oct 31st)

1 lb. fine or course grind salts

\$7 plus tax



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

## Research on Therapeutic Massage for Cancer Patients: potential biologic mechanisms

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Abstract -

There is preliminary evidence that therapeutic massage is a useful modality for the relief of a variety of symptoms and symptom-related distress affecting cancer patients. Mechanistic studies are necessary to delineate underlying biologic and psychological effects of massage and their relationship to outcomes. The current article discusses a model for using nuclear magnetic resonance techniques to capture dynamic in vivo responses to biomechanical changes induced in the soft tissues by massage. This model enables study of the communication of soft tissue changes to activity in the subcortical central nervous system. We hypothesize that the therapeutic components of massage are twofold: (1) a rapid direct effect on local fascia, muscle, and nerves and (2) a slower delayed effect on the subcortical central nervous system that ultimately incorporates remodeling of plastic neuronal connections. This testable model has important implications for mechanistic research on massage for symptom control of cancer patients since it opens up new research avenues that link objective physiologic indices with the effects of massage on the subjective experience of pain and other symptoms

(editor's note: taken from the internet. Get on line for the complete article) (TMTA Newsletter July-Dec 2011)



### Muscle Cramps

Since muscles work in pairs, stretch in the opposite direction of the cramping muscle to get relief because both muscles cannot contract at the same time. The contracting one has to relax then. For example: if a foot cramp pulls your toes down, bend them up, or vice versa. Calf cramps at night can be a problem for some people. An old fashioned solution has been to put a bar of soap between the sheets near your legs. Why it works? No one seems to know. One comment made to me was use Ivory bar soap. Another remedy is essential oils, contact me for specific oils if interested.

Make sure your levels of calcium and magnesium are adequate. Nutrition is so important in how our bodies function. See a nutritionist if needed.

Muscle pain and/or weakness, and joint pain can also be caused by statin drugs such as, Lipitor, Zocor, and Crestor. Please read the drug inserts with your medicines so you are informed of their effects. If you have the above symptoms, I can help you but massage may not be the solution if symptoms persist. Reflexology may be helpful with these, or another choice of therapy.



**The last full week of September is World Reflexology Week. Want to feel better? Give your body a session by having your feet worked on. They'll feel great and so will you.**



**Please note that my office number for either Elizabethton or Bristol is 423-213-2424.**

*Judy*