

A Cornerstone of Health

Why Now, More Than Ever, You Need a Massage

While you may be tempted to trim your wellness budget when economic times are tough, now more than ever, massage should play a role in reducing stress and strengthening the health of Americans.

When you feel your best, you are more likely to be able to face the challenges difficult times present. With greater health and peace of mind, you can face difficulties with poise, clarity of purpose, and strengthened emotional reserves.

Truly, massage is more than a luxury--it's a vital part of self-care that has a positive ripple effect on us as we work, play, relax, live life, and care for others.

reducing the risk of stress-related illnesses, massage also boosts immunity, helping you fight colds, flu, and other viral infections.

Following is a sampling of a long list of bodywork benefits:

- Ease anxiety.
- Reduce the flow of stress hormones.
- Improve sleep.
- Boost the immune system.
- Build energy levels.
- Reduce fatigue.
- Foster concentration.
- Increase circulation.
- Develop self-esteem.
- Reduce frequency of headaches.
- Release endorphins.



Massage induces a sense of grounding and calm, helping you face challenges with ease.

Invest In Yourself, Invest in Those You Love

In economically challenging times, it is vital to invest in preventative health care. The last thing you want is to get sick, have to take time off of work, and pay expensive medical bills. Staying healthy means maintaining your ability to take whatever life has to throw at you. Besides lowering stress levels and, in turn,

And if you think about it, massage is an excellent value. The price of massage has remained stable in recent years, as the cost of movies, dining out, and sports events has risen. Which of these has the power to improve your health and your outlook on life?

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Massage is not just a luxury. It's a way of a healthier, happier life.

- Unknown

Office Hours and Contact

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9am-7pm Monday, Wednesday, Thursday

9am-5pm Tuesday, Friday, Saturday

Closed Sundays

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The positive effects of regular massage can have far-reaching effects in many areas of your life.

At Home

Massage therapy will also help families under stress create healthier households with clear-thinking and more relaxed moms and dads. Children are very sensitive and often pick up on tension in a household; parents who are taking care of themselves are more likely to be better caregivers and provide a sense of security to their kids. This goes for caregivers of aging parents and other family members.

At Work

The health benefits of massage can help forestall illnesses and lost work time, especially when you may be asked to produce more with fewer resources. Decision-making skills will be better and your performance is likely to be improved with a clear focus and more energy.

A hint for the boss: Research shows employees exhibit less stress and improved performance when given twice-weekly, 15-minute massages in the office!

For Health Conditions

Those with already existing health conditions can continue to reap benefits in the following ways. And proactively caring for health through massage may help reduce costly doctor visits and use of prescription and over-the-counter medications.

Research shows:

- Massage can reduce sports-related soreness and improve circulation--good to know when you may be exercising more to reduce stress.

- Deep-tissue massage is effective in treating back pain, arthritis, osteoarthritis and fibromyalgia. Fibromyalgia patients receiving massage also have less pain, depression, anxiety, stiffness, fatigue, and sleep problems.

- Massage reduces symptoms of carpal tunnel syndrome.

- Oncology patients show less pain, fatigue, nausea, anxiety and depression following massage therapy.

- Stroke patients show less anxiety and lower blood pressure with massage therapy.

- Massage therapy is effective in reducing postsurgical pain.

- Alzheimer's patients exhibit reduced pacing, irritability and restlessness after neck and shoulder massage.

- Labor pain. Massage during labor appears to reduce stress and anxiety, relax muscles and help block pain. Some medical professionals believe massage also reduces tearing, shortens labor, reduces the need for medication and shortens hospital stays.

- Preterm babies receiving massage therapy gain more weight and have shorter hospital stays than infants not receiving massage.

- Massage is beneficial in reducing symptoms associated with arthritis, asthma, high blood pressure, and premenstrual syndrome.

There is now a body of research to support the benefits listed above. But there's no greater testimonial than the person who is a regular receiver of massage. The first-hand experience of bodywork clients largely echo the same sentiment: bodywork enhances quality of life, and the return on your investment is great.

While bodywork feels like a luxurious mini-vacation, and you should by all means enjoy it, there is an actual physical need for massage. Maintaining a regular massage schedule will help you operate at your peak level--whether it be at work, at home, or at play. Invest in yourself, and book a massage today.



Massage is one of the few things that provide so much pleasure while improving your health.

De-stressing the Commute

Turning Road Rage into Road Sage

The average American commuter spends an hour a day driving to and from work. During this stressful, stop-and-go time, it's likely that blood pressure increases, adrenaline begins pumping, and muscles constrict and tighten. By the time you get home, you're wiped out and grumpy, and you have less to offer to those you come home to. If this sounds familiar, recognize that you have the power to reduce commuter stress. Here are a few tips to make your commuter time contribute to -- rather than detract from -- your life.

- Employ adjustable back cushions, pillows, wedges, and lumbar supports for a more comfortable commute. For more information, check out www.relaxtheback.com.

- To successfully sidestep the late-afternoon slump often caused by the stress hormone cortisol, keep some healthy snacks within arms reach. Celery, string cheese, water, and nuts -- especially almonds -- are good options

for the drive home.

- Borrow books-on-tape/CD from the library. Consider purely entertaining novels to ease the intensity of your drive.

- Learn a foreign language. Libraries also loan out these types of tapes and CD, too.

- Use your commute as an opportunity for spiritual or emotional growth. When stressing about a traffic jam, remind yourself that it's completely out of your control. Remember, attitude is everything.

- Practice breathing. When stress occurs, breathing becomes shallow and constricted. Taking full, deep breaths gives the body more oxygen, helping to regulate physical and mental function. Exhaling fully releases tension and built up toxins.

For more ideas on achieving calm in a busy world, consider reading *Serenity to*

Go: Calming Techniques for Your Hectic Life (New Harbinger Publications, 2001) by Mina Hamilton.



Creativity goes a long way on your commute.

Secrets of Sleep

Jed Heneberry

We've all heard it before: get your eight hours of sleep and watch your life improve. But the reason we've all heard it is because it's true, and research keeps showing the importance of sleep and its variety of health benefits.

The National Sleep Foundation says there is no "magic number" of hours for optimum sleep benefits, but that different age groups, and even different individuals, need different amounts of sleep. General recommendations are 7-8 hours per night for adults, while children often need 10-11 hours. Getting less than what you need has been linked to an increased risk of diabetes, heart problems, psychiatric conditions, and more.

Here's a quick look at some new findings that reveal the secrets of sleep, and also

how to get more of it.

- Sleep Suppresses Appetite: Just one night of sleep loss can increase brain activity in the region that contains appetite sensation in response to food images, increasing the long-term possibility of becoming overweight. "Lack of Sleep Makes Your Brain Hungry," *The Journal of Clinical Endocrinology Metabolism*.

- Naps for Your Noggin: The right side of the brain, which is generally associated with creativity, is active during so-called power naps, while the left brain remains mostly quiet. While it is not clear what exactly is happening during these brief rest periods, researchers suspect the brain is conducting important memory tasks. "'Power Naps' May Boost Right-Brain

Activity," *Health.com*.

- Cherry on Top: Drinking tart cherry juice increased melatonin in study participants, improving sleep efficiency, quality, and time. "Effect of Tart Cherry Juice on Melatonin Levels and Enhanced Sleep Quality," *European Journal of Nutrition*.

*When all else
fails, get a
massage.*

-Unknown

ACHIEVE WELLNESS NATURALLY

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