



Staying in Touch®

Season's Greetings!

Best wishes to you in this holiday season! I hope you have a wonderful time spending a few relaxing days with those people that mean the most to you. As busy as life is these days, you should enjoy a well-deserved break!

Thank you so much for allowing me to contribute to improving your health through bodywork. Each year seems to bring more health challenges to our lives, and it's great to know that I can help to make a difference. The ever-present element of stress alone makes your regular massages one of the best things you can do for your overall health.

This issue contains information about handling pain with massage, but keep in mind that bodywork does so much more. Massage is one of the best ways to help your body maintain a better balance—a state where it's more able to perform all the functions that keep you healthy. For instance, a vital part of good health is bringing nutrients to all your cells and removing cellular waste and stored toxins—just one area that massage helps. I'll see you soon!

"Happiness is not a station you arrive at, but a manner of traveling."

— Margaret Lee Runbeck

HAVE A HAPPY, HEALTHY HOLIDAY SEASON!

Just a reminder to take steps to stay healthy during the often- hectic holiday season. With the added stress of more to do and the many tempting, tasty treats just calling you to overindulge, it's all too easy to push yourself too far and suffer the consequences.



• **Know your limits.** Whether it's at work, a party or visiting friends, decide now to limit your intake of holiday treats and to eat as sensibly as possible. In the long run, you'll be glad you did.

• **Only do what you can manage.** If you try to attend every event and please everyone you know, you could stretch yourself too thin and wind up ill or too stressed to enjoy the activities.

• **Make time for massage!** De- stress, stay relaxed, and help keep your body functioning smoothly. Take those vital few minutes just for you—put the rest of the world on hold for a couple of hours while you take care of yourself. When you make the commitment, you and your life will be better for it!

Massage Therapy Popular for Pain Management and Relief

"Most adult Americans believe that massage therapy can be beneficial in managing and relieving pain, and a new consumer survey released ... by the American Massage Therapy Association® (AMTA®) reveals that nearly half the people surveyed (49 percent) have acted on that belief and used massage therapy for pain. In fact, 90 percent of consumers believe that massage therapy can be effective in reducing pain. Among those who have received massage for pain, massage therapy followed only medication as the form of pain relief respondents said gave the greatest relief from pain. ... Consumers are so convinced about the benefits of massage therapy that 65 percent would recommend it to someone they know.

"Consumers aren't the only ones who recognize massage therapy can be beneficial to overall health and wellness. Healthcare providers are increasingly discussing the benefits of massage with their patients. In fact, one in five consumers (20 percent) indicated they had discussed massage therapy with their doctor or other healthcare provider. ... Among those who discussed massage therapy with their healthcare provider, 62 percent said massage was strongly recommended or encouraged for them. Physicians were the most likely to recommend massage therapy. ...

"Massage therapy continues to be popular for relaxation and stress relief, and this year's survey findings demonstrate that consumers and their healthcare providers recognize that massage therapy has many health benefits, including the ability to help manage and relieve pain,' said Laurel J. Freeman, president of AMTA. 'Clinical research has shown that massage is effective in caring for a broad range of ailments, and can be more effective for chronic back pain than other complementary therapies. It can help alleviate the perception of pain and anxiety in cancer patients, lessen pain in those who have undergone heart bypass surgery, and stimulate the brain to produce endorphins.' Massage therapy also can help relieve stress and help reduce heart rate and blood pressure. Research has shown that massage can boost the body's immune system functioning and increase the body's natural "killer cells" activity." (from AMTA website)

Massage in the News ...

From *Massage Magazine* (Sep/Oct 05)

"Deep-tissue massage therapy has been ranked the most-effective means of addressing fibromyalgia and osteoarthritis by readers of *Consumer Reports* magazine. The poll's topic was 'Which alternative treatments work?' Responses were based on personal experiences of healthcare treatments' effectiveness. ...

"'Back pain, neck pain, fibromyalgia, and osteoarthritis accounted for about one-fourth of the ailments that survey respondents told us about,' the article stated. 'For all four conditions readers told us that "body therapies"—massage, chiropractic, exercise and physical therapy—provided more relief than medications, either conventional or alternative.' ..."

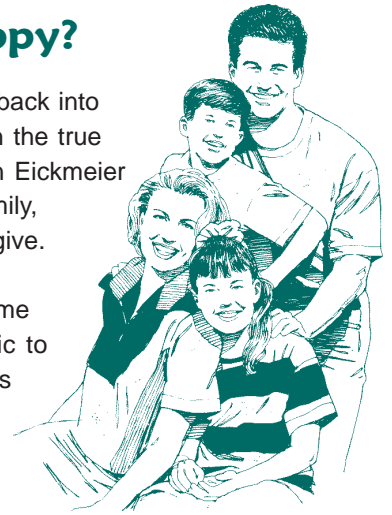
The article goes on to say that deep-tissue massage and chiropractic were the top choices for addressing back and neck pain—more evidence at how massage can help you lead a healthier, more pain-free life!

What Really Makes Us Happy?

Before the new year gets underway and you jump back into your busy life, this is an excellent time to reflect on the true source of happiness. According to an article by Jan Eickmeier at *Prevention* magazine, the answer is simple: "family, friends, meaningful activities, and the ability to forgive.

"The happiest people don't try to compete with some materialistic ideal; indeed, materialism can be toxic to happiness. One important component of happiness is being able to lose yourself in a task or hobby. ... Marriage and close family ties are also important antidotes to unhappiness.

"Ed Diener, PhD, a professor at the University of Illinois and co-editor of 'Well-Being,' a scientific work on happiness has found that there is no one recipe for happiness, but that almost all happy people have good friends."



What's the ideal holiday gift?

The gift of massage!

Create a beautiful memory...

**Surprise your loved ones this year
with a massage gift certificate.**

It's easy for you and special for them.

Give the gift of health—Call today!