

A Touch of Vitality

September 09

Member, Associated Bodywork & Massage Professionals

The Benefits of Massage

Bodywork Goes Beyond Relaxation

As you lie on the table under crisp, fresh sheets, hushed music draws you into the moment. The smell of sage fills the air and you hear the gentle sound of massage oil being warmed in your therapist's hands. Once the session gets underway, the daily stressors and aching muscles fade into an oblivious 60 minutes of relief, and all you can comprehend right now is not wanting it to end.

But what if that hour of massage did more for you than just take the pressures of the day away? What if that gentle, Swedish massage helped you combat cancer? What if bodywork helped you recover from a strained hamstring in half the time? What if your sleep,

cultures. Touching is a natural human reaction to pain and stress, and for conveying compassion and support. When you bump your head or have a sore calf, the natural response is to rub it to feel better. The same was true of our earliest ancestors.

Healers throughout time and throughout the world have instinctually and independently developed a wide range of therapeutic techniques using touch. Many are still in use today, and with good reason. We now have scientific proof of the benefits of massage -- benefits ranging from treating chronic diseases and injuries to alleviating the growing tensions of our modern lifestyles. Having a massage does more

*To be wronged
is nothing
unless you
continue to
remember it.*

-Confucius



Along with easing stress -- the No. 1 cause of disease -- massage has a long list of benefits.

digestion, and mood all improved with massage and bodywork? What if these weren't just "what if's"?

Evidence is showing that the more massage you can allow yourself, the better you'll feel. Here's why:

Massage as a healing tool has been around for thousands of years in many

than just relax your body and mind -- there are specific physiological and psychological changes that occur, and even more so when massage is utilized as a preventative, frequent therapy and not simply mere luxury. Massage not only feels good, but it can cure what ails you.

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Office Hours and Contact

Vital Kneads Massage
Corey J. Richason, LMT
623.329,7175

In the Privacy and Convenience of your home

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The Fallout of Stress

Experts estimate that 80 percent to 90 percent of disease is stress-related. Massage and bodywork is there to combat that frightening number by helping us remember what it means to relax. The physical changes massage brings to your body can have a positive effect in many areas of your life. Besides increasing relaxation and decreasing anxiety, massage lowers blood pressure, increases circulation, improves injury recovery, encourages deep sleep, and increases concentration. It reduces fatigue and gives you more energy to handle stressful situations.

Massage is a perfect elixir for good health, but it can also provide an integration of body and mind. By producing a meditative state or heightened awareness of the present moment, massage can provide emotional and spiritual balance, bringing with it true relaxation and peace.

The incredible benefits of massage are doubly powerful if taken in regular "doses." Researchers from the Touch Research Institute (TRI) at the University of Miami, found that recipients of massage can benefit even in small doses (15 minutes of chair massage or a half-hour table session). They also note that receiving bodywork two to three times a week is even more beneficial. While this may not be feasible, it's nice to know that this "medicine" only gets better with frequency.

What It Does

In an age of technical and, at times, impersonal medicine, massage offers a drug-free, non-invasive, and humanistic approach based on the body's natural ability to heal itself. Following is a brief list of the many known, research-based benefits of massage and bodywork:

- Increases circulation, allowing the body to pump more oxygen and nutrients into tissues and vital organs;
- Stimulates the flow of lymph, the body's natural defense system, against toxic invaders. For example, in breast cancer patients, massage has been shown to increase the cells that fight cancer.

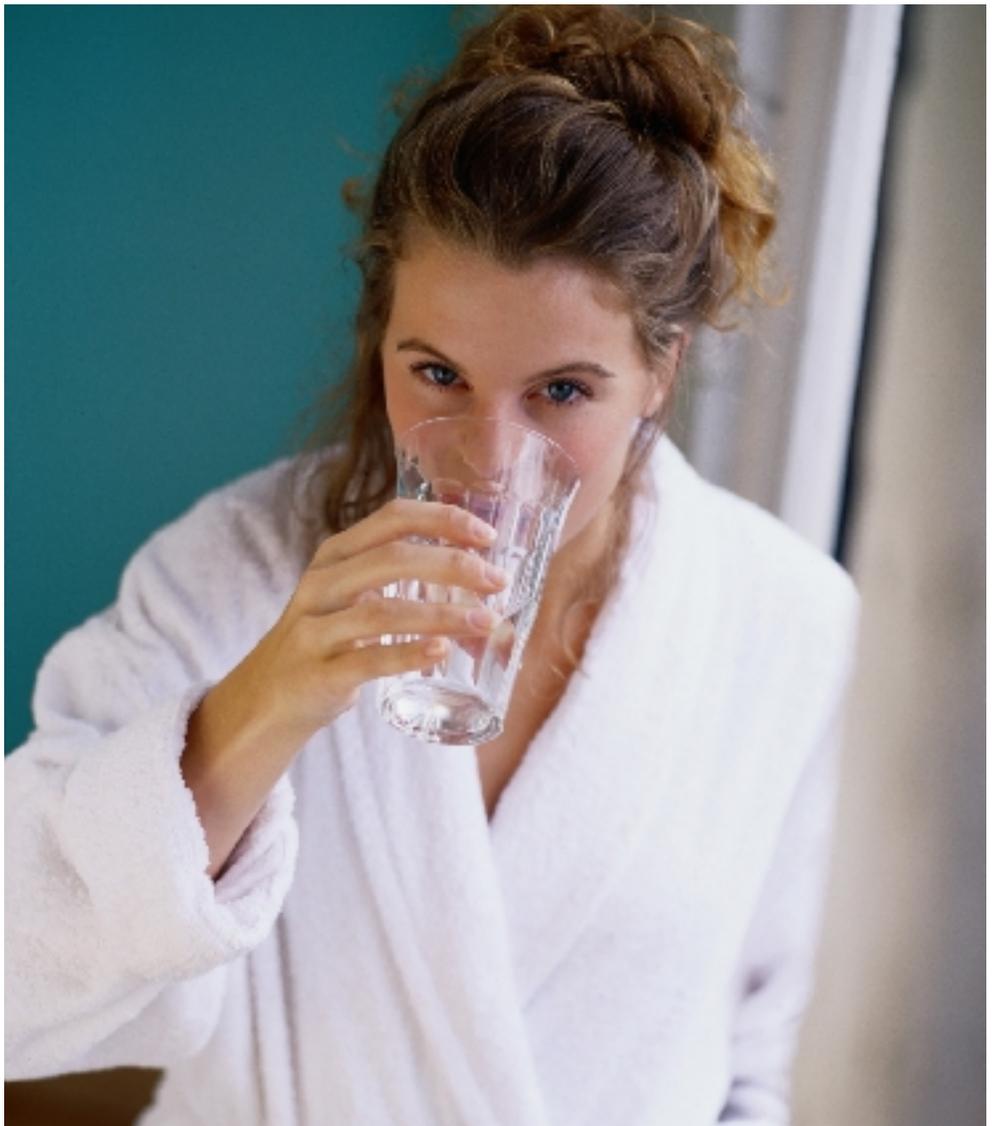
Furthermore, increased circulation of blood and lymph systems improves the condition of the body's largest organ -- the skin;

- Relaxes and softens injured and overused muscles;
- Reduces spasms and cramping;
- Increases joint flexibility;
- Reduces recovery time and helps prepare the body for strenuous workouts, reducing subsequent muscle pain of athletes at any level;
- Releases endorphins -- the body's natural painkiller -- and is proving very beneficial in patients with chronic illness, injury, and post-op pain;
- Reduces post-surgery adhesions and edema and can be used to reduce and

realign scar tissue after healing has occurred;

- Improves range-of-motion and decreases discomfort for patients with low back pain;
- Relieves pain for migraine sufferers and decreases the need for medication;
- Provides exercise and stretching for atrophied muscles and reduces shortening of the muscles for those with restricted range of motion;
- Assists with shorter labor for expectant mothers, as well as reduces the need for medication, eases postpartum depression and anxiety, and contributes to a shorter hospital stay.

The benefits of massage are diverse. No matter how great it feels, massage isn't just a luxury; it's a health necessity.



To get the full benefits of massage, take it easy after your session and let it soak in.

Elimination Effect

Clear Skin Depends on Internal Wellness

Shelley Burns, N.D.

Do you often wonder why a skin blemish has not resolved or why acne outbreaks continue in spite of countless therapies? If so, you may need to dig a bit deeper and look inside--inside your body, that is. Good digestive health and the health of your colon can mean healthy skin.

THE QUESTION IS, HOW?

Both the colon and skin are responsible for absorbing and releasing chemicals, water, and other metabolic products. The colon is the largest internal organ in the body. Its function is specifically to absorb food, nutrients, and water.

One function of skin is to help the body breathe. It inhales and exhales similar to how the lungs work. Inhalation and exhalation by the skin allows it to open pores and perspire. So, sweating is a good thing.

When the colon is unable to get rid of waste produced from food, the colon becomes constipated and toxic. The skin also becomes toxic in trying to perform the elimination function, and often

results in skin eruptions in the form of acne, eczema, and psoriasis.

PREVENTION

You can avoid some of this trouble with these tips:

- Consider removing certain foods from your diet--especially dairy. An allergy to milk and other dairy products can cause severe acne.
- Drink at least 64-80 ounces of water every day, as it lubricates the colon and helps with regularity.
- Refrain from dehydrating beverages like alcohol, coffee, and soda, as they can cause constipation.
- Strive for a daily bowel movement--try 1-3 teaspoons of ground flax seeds added to your breakfast.

Beautiful skin starts from the inside out. Adopting these practices will not only improve colon and skin health, but will promote your overall health as well.



Water intake can clarify skin.

Exercise Myths

Fiction Vs. Fact

Although old fitness fictions like "no pain, no gain" are fading fast, plenty of misconceptions still exist. Following are some of the most common myths, counteracted by the latest research.

FICTION: YOU WILL BURN MORE FAT IF YOU EXERCISE LONGER AT A LOWER INTENSITY.

FACT: The most important focus in exercise and weight control is how many calories are burned during the activity. The faster you walk, step or run, the more calories you use per minute. However, high-intensity exercise may be more difficult to sustain.

FICTION: IF YOU'RE NOT GOING TO WORK OUT HARD AND OFTEN, EXERCISE IS A WASTE OF TIME.

FACT: Any exercise is better than none. For example, regular walking or gardening for as little as an hour a week has been shown to reduce the risk of heart disease.

FICTION: IF YOU EXERCISE LONG AND HARD ENOUGH, YOU WILL ALWAYS GET THE RESULTS YOU WANT.

FACT: In reality, genetics plays an important role in how people respond to exercise. Your development of strength, speed, and endurance may be very different from that of other people you know.

FICTION: THE HEALTH AND FITNESS BENEFITS OF MIND-BODY EXERCISE LIKE T'AI CHI AND YOGA ARE QUESTIONABLE.

FACT: The benefits abound! T'ai Chi,

for example, has been shown to help treat low-back pain and fibromyalgia. Improved flexibility, strength, and stress management are just some of the benefits.

FICTION: HOME WORKOUTS ARE FINE, BUT GOING TO A GYM IS THE BEST WAY TO GET FIT.

FACT: Some people find it easier to stick to a home-based fitness program. In spite of all the hype on trendy exercise programs and facilities, the best program for you is the one you will participate in consistently.

This information was provided by IDEA, www.idealife.com.

*Pick battles big
enough to
matter, small
enough to win.*

-Jonathan Kozel

This month those of you who are training for the running season have amped up your game. This may require many days of sore legs. Show us your entry forms for any competitive race and receive the discounted price of only \$55 for your next massage. This offer will be gone soon. Schedule your massage today! Call 623-329-7175. We look forward to getting our hands on you.

Therapeutically yours,
Corey Richason, LMT

Vital Kneads Massage Therapy

13837 N 52nd Ave
Glendale, AZ 85306-4810



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