

## Staying In Touch

May 2009

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**She always took time for you. . . Now it's time for her to take time for herself.**

**It's not too late to purchase your Mother's Day gift certificates!**

**Don't miss the special coupon on the back page!!**

### **THANK YOUR MOTHER this Mother's Day**

She is willing to sacrifice for her children and often her needs come after the dog is fed. It's ok, they are her children too. It is a Herculean task to carry the mother load through to the next day and the feat often goes unnoticed by those she loves the most. She should know, there were times her own mother's heroic moments passed without a word, silent but profound. In the span of minutes that feel like seconds, she can negotiate job flexibility, worry, coordinate pick-ups and drop offs, hunt ingredients for and prepare dinner, referee sticky, messy fights all while bathing a child, reviewing spelling and throwing a load in the washer.

To the young she defines security, a safety net that allows the jump, the risk the fall that takes life to the next level. She may be squeamish, unable to watch the leap but she is there heart and soul, the hand that shows possibility of a flight path. Because in her mind all is achievable, exceptional and profound in her child, especially in the less graceful or grateful moments that life wrings and wisdom marks.

Her own moments of triumph and success are often met by her humble disposition. This mystifies her child's natural inclination to kvell, beam with pride and pleasure. Her feats big and small seem more goddess than human early on but the feeling retreats with time until her humanness rounds the corner and what nearly takes her out is how human she has become to them. It is seeing that in her child's adolescent eyes that steals a few breaths, insights tears

and bring to light the parallel but altered universes that paves their path for a time. Then, without notice but with considerable churning and maturity, that look of respect from child, that is not a child anymore, to mother brings tears that are warm and happy. She has grown amazing, a role model and her insights of brilliance are once more delightful and inspiring to her child.

There is little we can do or say to express what a mother is and what she does for her child. But we can clearly thank them with relaxation and nurturing on their special day. How will you thank her this year?



## **Prenatal Massage**

You are pregnant. Suddenly there is excitement, anticipation and joy as your body prepares to bring forth life. In a short span of time your body will experience tremendous physical and emotional changes that can outpace even the most energetic mother-to-be.

It is a magical process that is accompanied by constant hormonal and physical shifts to accommodate the pregnancy. The hormonal and physical changes can cause fatigue, stress and a host of pressure, joint pain and physical discomfort. This is where pregnancy massage can provide tremendous relief and comfort to expectant mothers.

Pregnancy or prenatal massage is specifically tailored to address the unique needs of pregnant women. There are similarities to regular massage but there are also important differences that must be addressed to accommodate pregnancy.

When you are looking to schedule a massage make sure you choose a technician certified in pregnancy massage. It is critical to enlist a massage therapist that is specifically trained in pregnancy massage.

Kathy was happily pregnant until she began experiencing joint pain and sciatica during the 5th month of her pregnancy. At first she thought she was just going to have to put up with it but then her friend recommended a massage therapist that specializes in pregnancy massage. "I lived for those prenatal massage appointments. I would lie on the table and become so relaxed that I would fall asleep. I always felt so much better afterward." By having prenatal massages on a regular basis she was able to manage her sciatica and joint pain.

The amazing and steady changes that occur during pregnancy should be managed so you can enjoy the process and prepare for all the upcoming life changes.

### **Benefits of pregnancy/prenatal massage**

Reduce anxiety and stress.

Practicing self-care during pregnancy is not selfish, it is important to your health and the well being of the pregnancy. Prenatal massage can reduce stress and anxiety by relaxing muscles and relieving muscle tension.



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## Hormones

Pregnancy massage can help regulate the hormones associated with stress and relaxation.

“Hormones such as norepinephrine and cortisol (“stress hormones”) were reduced and dopamine and serotonin levels (low levels of these hormones are associated with depression) were increased in women who received bi-weekly massages for only five weeks. These changes in hormone levels also led to fewer complications during birth and fewer instances of newborn complications, such as low birth weight. The evidence points strongly to maternal and newborn health benefits when relaxing, therapeutic massage is incorporated into regular prenatal care.”

— [American Pregnancy Association](#)

## Sciatica

Regular pregnancy massage can relieve pain associated with Sciatica by releasing the muscle tightness and tension around the inflamed nerve.

The pain and discomfort is caused by the compression of the sciatica nerve. It is usually felt in the lower part of the back and then down the buttock and leg and confined to one side of the body. Consult your physician before beginning any therapy for sciatica.

## Immune and Lymphatic system

A prenatal massage will stimulate the blood and lymph systems in the pregnant body. It results in increased immunity and the elimination of toxins; it helps to stabilize hormonal levels, and adds tone and elasticity to muscles. These are all tremendous health benefits that will enhance the health of both your pregnancy.

By nurturing your body through massage during pregnancy you are taking proactive steps to ensure your well being and relieve some of the common discomfort associated with pregnancy. Pregnancy massage promotes full body health, body and soul to deliver a calmer more relaxed mom-to-be.

**Prepaid quantity packages are available to make prenatal massage available during the entire pregnancy. Buy 3 Get 1 Free or Buy 5 Get 1 Free. If you would like a different package, just ask—I can customize a pregnancy massage package for your special situation.**

# DON'T FORGET OUR "SENIOR" MOMS

## Healing Hands for Seniors

Touch is essential to health. The simple act of reaching out and touching another person can release endorphins, soothe a broken heart, reduce stress and calm fears. Touch is critical for babies to thrive and grow properly and for the elderly who are often touch-deprived and live in an isolated environment.

New research is confirming what we already know, massage can have a positive impact on senior's response to stress and anxiety. Incorporating massage consistently into a senior's life will enhance their long-term health and quality of life.

When Sarah's husband died she found herself alone most of the time. All the activities they shared were hard for her, she couldn't bear to do them without her spouse. She found herself isolated and depressed. She reached out and made an appointment for a massage. It had an amazing effect on her spirits, so she began to schedule regular appointments with her massage therapist. It has lifted her spirits and given her a peaceful way to relax and relieve stress. In addition, it has helped relieve pain associated with arthritis and improved her range of motion and flexibility. Her entire family has noticed a difference in her outlook and health.

Any person who is touch-deprived will not thrive in his or her environment. Think of the isolation that many of our elderly family members experience every day. Massage has been shown to diminish loneliness for these patients and help them to feel more connected to their community. In addition, massage can address some of the complex needs of seniors and alleviate some of the pain and discomfort that goes along with aging.

## Benefits of Massage Therapy for seniors:

- Slows the heart rate and promotes calm.
- Releases muscle tension.
- Stimulates circulation and lymphatic drainage.
- Stimulates and strengthens the immune system.
- Reduces anxiety and stress.
- Releases endorphins - the human body's natural pain suppressant.
- Improves flexibility and range of motion.
- Reduces isolation.

In today's environment, seniors are experiencing an elevated sense of stress and worry about their financial stability. Stress plays a significant role in accelerating the aging process. Massage is a healthy way to combat the effects of stress and depression.



# Body N Soul Massage

## Deborah Shahadey

634 E. Davis Drive  
Terre Haute, IN 47802  
(812) 230-0697  
3 blocks East of Honey Creek  
Mall beside Health Quest  
Nutrition Center & Ermisch  
Cleaners

**We're on the web: [www.bodydayspa.net](http://www.bodydayspa.net)  
Schedule appointments or  
purchase gift certificates  
Do I have your correct email address?  
Special coupons sent by email!**

### BODY N SOUL's Appt Hours:

<b>Tuesday</b>	<b>11 am - 5 pm</b>
<b>Wednesday</b>	<b>11 am - 5 pm</b>
<b>Thursday</b>	<b>2 pm - 8 pm</b>
<b>Friday</b>	<b>11 am - 5 pm</b>
<b>Saturday</b>	<b>11 am - 4 pm</b>

(open at least one Sat per month. . .  
many times more)

**CLOSED Sun & Mon**

## Gift Certificates Always Available

- **Instant gift certificates may be purchased online at [www.bodydayspa.net](http://www.bodydayspa.net)**  
There are MANY different styles to choose from to suit any occasion. You may then print the gift certificate to include in a gift, email to the recipient immediately or choose a future date for the gift certificate to be emailed to the recipient and surprise them on their special day.
- **Purchase at the office**
- **Purchase next door at Health Quest Nutrition Center** when I am unavailable. However, credit cards may not be used with this option.  
The hours of operation for Health Quest are:  
Tuesday—Friday 11 am to 6 pm; Sat 10 am to 5 pm



**Buy 2  
Mother's Day  
Gift  
Certificates,  
Get 1 Free  
(of equal or lesser  
value)**

**MUST BRING  
COUPON TO  
RECEIVE  
DISCOUNT.**

**Expires 05-10-2009**