

Keeping In Touch

Volume 1, Issue 2
September 1, 2008

Inside this issue:

The Importance of 2
Stretching

Massage Therapy 2
Benefits Women
With Breast
Cancer

Why Do Women 3
Have More Hip
Problems Than Men
Do (Including Hip
Replacement)

Why does your hand 3
go to sleep when
you put your arm
over your head?

FREE massage. . . 4
Including a MAJOR
coupon deal



\$ 10 OFF

Receive \$10 off your
next appointment or
gift certificate
purchase this
month!!!

MUST BRING
COUPON TO
RECEIVE
DISCOUNT.

Expires 9-30-08

Why Do I Need To Drink Water After My Massage?

It is important to drink a lot of water after a massage. Massage helps to push toxins out of your muscles and into your lymphatic system to be removed as waste. Drinking water after a massage aids in the flushing of the lymph system and the removal of these toxins. Remember it is essential to drink adequate amounts of water at all times, not just after a massage.

Consider these other important water facts:

- The human body is made up of about 66% of water;
- 75% of the human brain is water;
- 83% of the blood is composed of water;
- 25% of bones are made of water;
- 70% of your skin is water; and
- 70% of your lean muscle tissue is water.

Water plays many roles in the human body—it acts as a solvent, carries nutrients and oxygen to cells, aids in temperature regulation, provides lubrication and shock protection for joints, participates in chemical reactions, protects organs and tissues, and removes waste. The body's

thirst signal is an indication that it is **already dehydrated**. Mild dehydration (<5% loss of body weight) can account for lack of energy, weakness, muscle soreness, rapid pulse and rough, dry skin. Water losses of 9-12% total body weight can be fatal.

With strenuous exercise, the body can lose 2 quarts of water per hour. If fluids are not replaced, the body's cells will lose water, which will lead to dehydration and overheating. An average adult needs to drink a minimum of 64 ounces of water per day. Coffee, soda pop and alcohol are dehydrators. For every glass of these beverages that you drink, you need to drink an extra glass of water to compensate. You can survive a month without food, but only 5-7 days without water.

Are you drinking enough water?

The surface area of the skin has an enormous number of sensory receptors receiving stimuli of heat, cold, touch, pressure and pain. A piece of skin the size of a quarter contains more than 3 million cells, 100 to 340 sweat glands, 50 nerve endings, and 8 feet of blood vessels. It is estimated that there are some 50 receptors per 100 square millimeters, a total of 640,000 sensory receptors.”

- Ashley Montagu, Touching



The Importance of Stretching

Stretching is an important part of muscle health. It is a simple, quick and effective way to bring oxygen-rich, nutrient-rich blood into the muscles, making them more supple and relaxed. A relaxed muscle is less likely to tear or go into spasm. This means a decrease in body pain and an increase in general well being.

Most of us think of stretching in association with cooling down after exercising or playing sports. Of course, stretching at this time is an important part of decreasing your chance of injuries. However, stretching can also be incorporated into your daily living to give you more energy, introduce gentle body awareness, and keep your muscles more relaxed and less prone to pain or injury.

When you work for long periods in one position, your body needs breaks. You can achieve this by simply stopping every hour to stretch. If you're at the computer, do some neck rolls; on your feet, stretch your legs and low back; at the wheel, stop and stretch your neck and shoulders. Simple 5 minute stretches every hour can save you from painful, stiff muscles at the end of a workday. Stretching regularly can also give you more awareness of your body and the ability to stop and relax your muscles consciously and ward off potential injuries. A little stretching throughout the day can go a long way.

Be kind to your body and start stretching today. My website (under client education info) has stretching pictures.



**Add On
Peppermint Foot
Massage to any
service for just
\$ 15 (save \$ 15)**

**Expires 9-30-08
Must bring
coupon for
discount**

Massage Therapy Benefits Women With Breast Cancer

Massage therapy reduced depression, anxiety and anger in women with breast cancer and increased their levels of dopamine, serotonin, natural killer cells and lymphocytes, according to recent research.

“Breast cancer patients have improved immune and neuroendocrine functions following massage therapy” was conducted by the Touch Research Institutes, Department of Pediatrics, Hematology/Oncology Clinics, Sylvester Comprehensive Cancer Center and Department of Medicine at the University of Miami School of Medicine.

Thirty-four women with Stage 1 or 2 breast cancer were randomly assigned to either a massage-therapy group or a standard-treatment control group. Each participant had completed radiation or chemotherapy treatment at least three months before the study started.

Women in the massage-therapy group received three 30-minute massages per week for five weeks. The massage involved stroking, squeezing and stretching techniques on the head, arms, legs, feet and back. Women in the control group received standard treatment only, with the

option to receive massage after the study.

Results of urine tests showed that serotonin and dopamine levels for the massage group increased, and the blood tests showed that there was a significant increase in their natural killer (NK) cell numbers and lymphocytes.

“NK cells spontaneously destroy a wide variety of cancer and virus-infected cells and are involved in eliminating metastases,” state the study’s authors. “Lymphocytes are precursor cells of immunological function as well as regulators and effectors of immunity.

Results of the questionnaires showed that women in the massage-therapy group had reduced anxiety, depression, anger and hostility.

“In the current study, massage therapy was found to be a safe treatment, as no adverse effects were reported, and massage was found to positively impact the psychology, immunology, and bio-chemistry of women with breast cancer,” state the study’s authors.

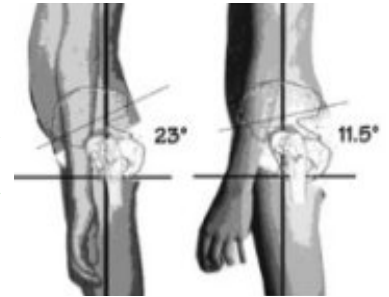
“In summary, the self-reports of reduced stress, anxiety, anger/hostility, and improved mood, and the corroborating findings of increased dopamine and serotonin levels and increased NK cell number and lymphocytes suggest that massage therapy has positive applications for breast cancer survivors.”

Why do women have more hip problems than men do (Including Hip Replacement Surgeries!)?

Little girls - probably because it's considered a "cute" posture - tend to stand with their tummies out. They do that by tilting their pelvises forward. Reinforced by admiring grownups, this posture tends to stick, so that most girls and women have more forward pelvic tilt than boys and men do - anywhere from 5° to 20° more. And things that some women do, such as wearing high heels, tend to increase that tilt.

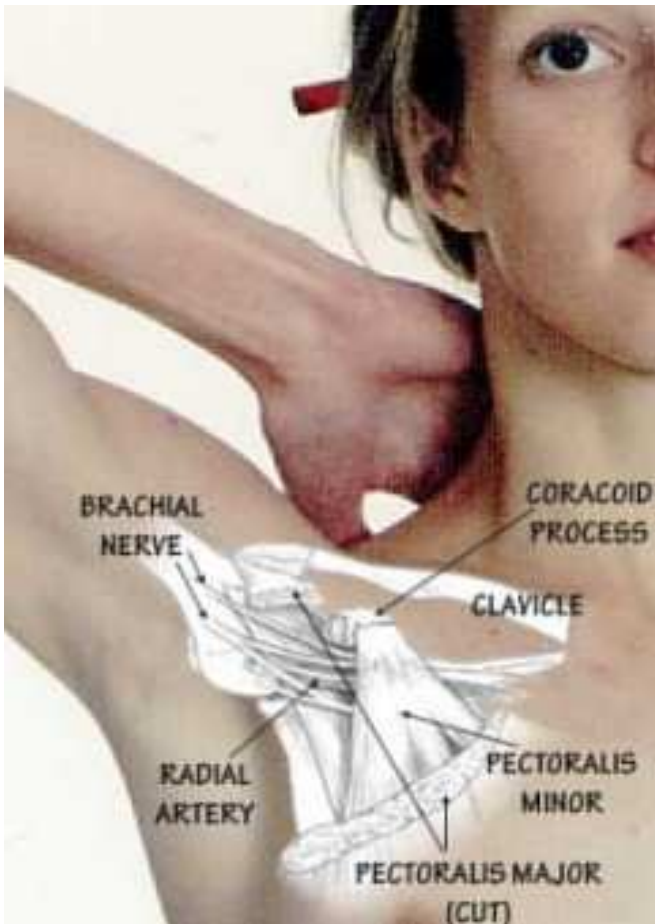
SO WHAT'S THE PROBLEM?

The problem is that, at that angle, the head of the femur (thighbone) doesn't sit properly in its socket, so, to begin with, the muscles that stabilize the hip have to work overtime, resulting in hip, buttock, low back, abdominal, pelvic, sciatic or other pain. Secondly, this odd angle, with tightened hip muscles, is likely to cause increased wear in the hip joint, leading to arthritic conditions and possibly the need for hip replacement surgery. In addition, that forward tilt is hardly an ideal angle for easy childbirth.



SO WHAT'S THE SOLUTION?

The solution is posture therapy. When the soft tissues — muscles and fascia — that are holding the body in this unfriendly alignment are released (regular stretching and massage), the pelvis can move into a more natural and relaxed position, allowing the hips to work as smoothly and easily as they are meant to.



Add On
Peppermint Hand
Massage to any
service for
just \$ 10 (save \$ 10)
Expires 9-30-08
Must bring coupon for discount

Why does your hand go to sleep when you put your arm over your head?

If there is any shortening or tightness in pectoralis minor, it can entrap the brachial nerve when you put your arm over your head. This can cause numbness in parts of your forearm, hand and fingers. Where the numbness occurs depends on what part of the nerve is entrapped. Pectoralis minor is fairly easy (although can be somewhat painful) to treat in clinical massage therapy.

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
Schedule appointments or
purchase gift certificates
Do I have your correct email address?
Special coupons sent by email!**

Gift certificates may now be purchased next door at HealthQuest Nutrition Center for your convenience if I am unavailable.

Want FREE Massage ?!?!

Here's how SpaClub works:

Buy 3 massages and get 1 FREE!!!

You can choose the type of massage you would like to buy. However, all 4 massages must be the same type. Because this is such an incredible deal, these massages **must be used within 30 days of purchase.**

Note: This deal may be shared by immediate family members residing in the same household.

Here's how Frequent Massage Club works:

Buy 5 massages and get 1 FREE !!!

You can choose the type of massage you would like to buy. However, all 6 massages must be the same type. Because this is such an incredible deal, these massages **must be used within 6 months of purchase.**

Note: This deal may be shared by immediate family members residing in the same household.

Many people need to receive regular massage but simply just can't afford it. That's why I've created SpaClub and Frequent Massage Club to make it more affordable - including receiving FREE massage!!



BLOWOUT SAVINGS!

Bring this coupon and receive an even BIGGER discount this month only on SpaClub (Buy 2 get 2 free!!)

Expires 9-30-08

* Not valid for Frequent Massage Club. No other discounts may be combined with this offer.