

The Rubdown

Winter 2005

Volume 1, Issue 3



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Eating breakfast can result in fewer total calories for the day, according to a recent study published in *The Journal of Nutrition*. Researchers at the University of Texas in El Paso analyzed the weekly food diaries of nearly 900 adults. They consistently found that when more calories were eaten in the morning, calorie intake for the entire day was less in those subjects who skipped breakfast. And the more calories consumed in the evening, the larger the daily calorie intake.

Researchers postulate that the body's ability to recognize when it's full is stronger in the morning than the evening, providing a sense of a.m. satiety lacking later in the day. Consequently, depriving yourself of food throughout the day may be a setup for overeating at night. The bottom line: Eat a healthy breakfast, and don't skip lunch

Deep Tissue vs. Deep Swedish What's the difference?

So, you want a "deep" massage? When you make your appointment for a massage, should you ask for "deep tissue" or "firm, deep Swedish"?

Swedish massage promotes general relaxation, improves circulation, increases range of motion, and relieves muscle tension. Swedish massage is the most requested type of massage. Swedish uses long strokes, kneading, and friction techniques on the superficial layers of muscles. Passive or active joint movements can also be used during a Swedish massage. Deep Swedish means just what it says: a full-body relaxation massage with a firm touch. It's a more rigorous Swedish massage, as opposed to the specific work of deep tissue massage.

Deep tissue massage has a different intent from a Swedish massage. Instead of promoting relaxation through a full-body massage, the intent of deep tissue is to release specific muscles or muscle groups from chronic holding patterns resulting from injury or fatigue. It also aims to release underlying connective tissue to realign structural imbalances. When chronic tension is released, muscles return to their aligned position, and bones fall to the correct posture. Deep tissue massage works very specifically, and is not intended for a full-body massage. There are several techniques which are considered "deep tissue". They include: myofascial release, cross-fiber frictioning, and trigger point work. This work may ride the delicate edge of pain, and may cause some soreness afterwards which can be helped by using ice packs.



I am healthy, fit, and full of energy. I allow my body to absorb only what's nourishing. I radiate joy.



"An early morning walk is a blessing for the whole day"
Henry David Thoreau



Benefits of Lymphatic Massage

- Reduces edema (swelling)
- Stimulates and/or enhances the immune system
- Reduces scar tissue
- Speeds healing
- Promotes healthy skin
- Relieves chronic pain

Lymph Massage

As the cold and flu season approaches, it's time to bolster the immune system and give it a coat of armor against the certain onslaught that awaits. With lymph massage, the system gets a wake-up call through delicate means. Lymph massage is extremely gentle and slow, not just as an aspect of its healing nature, but by necessity. "Most of the lymphatic vessels are just below the skin and are stimulated by .5 to 8 ounces of pressure per square inch," French says. That light, slow pressure mimics the pulse and rhythm of the lymphatic system itself and gets the vessels to respond as they should. Each stroke slightly moves the skin in the direction of the lymphatic flow to encourage the drainage of fluid and waste. The delicate nature of each stroke as it carefully glides across the skin can sometimes make it feel as if nothing is happening, especially for those who are used to deep bodywork. But it's exactly that noninvasive quality of lymph massage that makes it work. After your lymph massage, it's important to drink plenty of water as things get moving again. It's possible you could feel some mild, flu-like symptoms, depending on how toxic your body is (i.e., what environmental pollutants you've been exposed to, what sort of diet you've been following, what types of medications you're taking, and how much sugar or alcohol you consume). While most people come out of a typical lymph massage feeling nothing but relaxed, if you do feel a little off-kilter afterward, the best solution is to "drink plenty of water, watch your salt intake, and get up and move." Movement creates a greater lymphatic response and will hurry the process along.



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"Bad Habits are easier to abandon
today than tomorrow"

Beating Seasonal Affective Disorder (SAD)

As the days become shorter and the sun shines less frequently, many of us are temporarily affected by winter's "blues." Lumbering around inside a cozy house, exercising less, and eating and sleeping seem more appropriate than in the spring and summer months. The mood disorder is brought on by the change in the quantity of light the body receives during the winter months, affecting the amount of melatonin released and thus the body's natural rhythms. The more light we get, the more successfully melatonin is suppressed and the more normal our sleep patterns are.

According to the Seasonal Affective Disorder Association (SADA), treat lack of light with light. To stimulate the appropriate amount of light needed by the body, healthcare specialists are turning to artificial sources to help accommodate for what nature sometimes lacks. Light therapy from a light box has proven effective in up to 85 percent of diagnosed cases.⁴ Treatment involves sitting approximately three feet from the light box, usually in the morning, and may be done while reading, watching television, working, eating or during any other stationary activity.

Overall, the best treatment is simply to get outdoors whenever possible, even if it's cloudy. HoganBruen says, "Even if it's cold, get outside and get exposure to direct sunlight, which is ultimately more effective. Encouraging those with SAD to get outside and to take a brisk walk benefits those who are depressed. Plus, they get the combined effects of exercise and sunlight at the same time." One study found that one hour of walking outdoors was equivalent to two and one-half hours in front of a light box.



Freedom for Feelings Bodywork and Emotional Release

From an early age, we learn habits about how — or how not to — show our emotions. Some emotions such as anger, rage, or even frustration are discouraged. Suppressing emotions may be the difference between being accepted by our parents, friends, and teachers or being punished, criticized, or shamed. But what happens to suppressed emotions? Where do they go when we're not allowed by parents or even

ourselves to show them?

When we learn not to show our feelings, they usually go into our bodies. We tense the muscles in our neck instead of frowning, we hold our breath instead of crying, or we clench our jaw instead of yelling. When these patterns are repeated, emotional suppression becomes a habit, the unconscious mind takes over, and the body becomes a storehouse for unexpressed,

unconscious feelings. Muscle tension is one of the most frequent ways we hold emotion. Many people seek massage to help relieve tension from chronic stress. By relaxing muscles and reducing tension, massage frees the pattern where the unconscious feeling is being held. Once the tension is gone, the unconscious mind loses its grasp and an emotion may emerge.

For more information:

www.bodysensemagazine.com/home.html



Relaxing Your Pelvic Floor

--Lie on your back with your knees bent and your feet on the floor.

--Notice your respiratory diaphragm as you breathe.

--Feel your belly rise as you inhale and fall as you exhale.

--Now, allow yourself to feel a wave of motion moving from your diaphragm into your organs as you inhale.

The organs descend as your

belly rises, return as your belly falls.

--Notice your pelvic floor. As you invite it to relax, be aware of the wave moving down to the pelvic floor. As you inhale, feel a slight response as the pelvic floor descends. As you exhale, feel the pelvic floor returning.

--Practice this activity for several minutes, noticing the

movement of the pelvic floor as a natural response to the breath.

Gently sit up and then stand.

How does walking feel now?

What do you notice about your pelvis?

Your breath?

--Practice keeping your pelvic floor relaxed while you work.

What do you notice about the quality of your touch?



Even in winter, dawn is a special time, an awakening to new possibilities. Take a few minutes for yourself each day as the dawn is breaking ~ you could perform a short meditation, do some simple stretching exercises, or just spend a little while quietly planning your day. You will feel better prepared for whatever lies ahead.

Hi Everyone~

Happy New Year!

How many times have you started the new year full of resolutions only to scuttle them before the month is out?

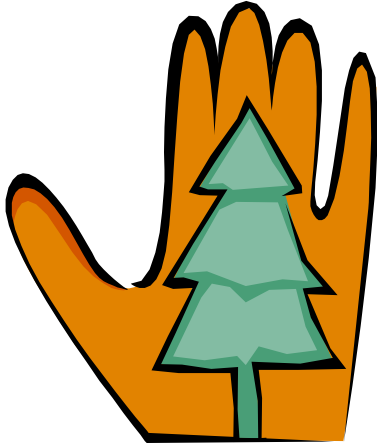
This year your biggest boost to well-being won't be what you add to your fitness regime but what you take away~ whether that's worry, sugar, or a self-defeating attitude. Focus on one small change a week, and soon you'll be on your way to a healthy body and a positive outlook. Being the best you can be-fit, energetic, aware~~

**Warm Regards,
Patti**

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“When the breath is irregular, the
mind is also unsteady, but when the
breath is still, so is the mind.”

Hathayogapradipika

Stretching Facilitates Well-Being

Yoga may ease nausea and anxiety in breast cancer patients undergoing treatment, according to a recent study conducted at the Albert Einstein College of Medicine, New York. Subjects included 126 women with an average age of 53, and most with stage I or stage II breast cancer. One group was assigned to 12 weeks of classes, three times a week, and daily home practice, while the control group was put on a yoga class wait list. Researchers called the results of the study striking: The yoga group reported a 12 percent improvement in quality-of-life measurements and had less fatigue and better physical functioning. While the breathing exercises espoused by yoga practice proved to be particularly helpful in managing nausea, a common side effect of chemotherapy, the greatest benefit was the sense of well-being yoga provided patients. On the other hand, the wait-listed women reported more social and emotional distress. Researchers also noted that, for women unfamiliar with the ancient practice, yoga works equally well when called "gentle movement and stretching" as it does for women who participate in yoga classes at upscale health clubs