



Inside Massage & Wellness

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Why a Hot Stone Massage?

We all love a good massage but sometimes even after an hour of massage we don't feel as if the therapist went as deep as we wanted them to.

A hot stone massage can be the answer. Hot stone massage, an ancient healing modality, is possibly the ultimate experience in relaxation and can aid in the application of a therapeutic massage.

The stones that are used are basalt (lava) stones which have been tumbled smooth and are heated in water before use on the body.

The use of hot stones in conjunction with different massage techniques can create a state of balance and deep relaxation.

When a therapist does a regular therapeutic massage the first little while is used to warm

up the tissues to prepare them for deeper work. Sometimes a moist heating pad is used to warm the tissues, but is only used for the first 5-10 minutes of the massage.

During a hot stone massage, the heated stones are used throughout the massage.

How the therapist uses the stones will depend on whether the client wants a relaxation massage or a therapeutic one.

If the client wants a relaxation massage then the stones are used with superficial relaxation massage techniques.

If the client wants a therapeutic massage, the hot stones are used with superficial techniques to warm the tissue and only after that will the therapist start using deeper massage techniques to treat what the client wants.



The benefits of a hot stone massage are the effects of the heat from the stones to melt away muscular tension, improve blood flow, flush away toxins, calm the nervous system to promote a deep state of relaxation and is ideal for back soreness and stress related conditions. The body feels relaxed and the mind calm.

To enjoy the benefits of this great healing modality book a hot stone massage with your therapist today.

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Research Corner - Migraines Reduced with Massage Therapy

A study in 1998 demonstrated that massage therapy showed benefits for people suffering from migraines. The study by Hernandez-Rief, Field, Dieter, Swerdlow & Diego was published in the International Journal of Neuroscience (96,1-11)

Twenty-six adults with migraine headaches were randomly assigned to a massage therapy group. One group received twice-weekly 30 minute massages for 5 consecutive weeks while the other group were placed on a "wait-list" control group. The

massage group reported fewer distress symptoms, less pain, more headache free days, fewer sleep disturbances and the taking of fewer analgesics. Also they demonstrated increased serotonin levels.

Special points of interest:

- Registration for summer session classes for Pilates & Yoga begins in early June
- Kundalini Yoga workshop June 30th. 5:30 - 7:30 pm \$14

Stress Busters - The Epsom Salt Bath

The Epsom Salt Bath is one of those stress busters that most people have usually heard of as an old folk remedy to help relieve sore muscles, but most people have never done it.

The Epsom salt bath is an under used "miracle".

This old folk remedy has its basis in science as to what it physiologically does to the body. The temperature of the water is hot enough to start the sweating process. As well, since the salt in the bathwater is at a higher concentration than what is in the body tissues, water is drawn from the body and with it, metabolic wastes such as lactic acid which is what causes sore muscles after an intense workout or after

activity the body is not used to.

To prepare for an Epsom salt bath, put 2-3 cups of Epsom salts in the bathwater. Make sure you have a bottle or cup of water beside you to sip during the bath to prevent dehydration. Have the bathwater as hot as you can be comfortable with as this will promote sweating and will help with melting away tension and relaxing the muscles. Also, keep a cool cloth on hand for the back of the neck. If you feel too hot, you can use the cloth. If you feel at all faint, place cold cloth on the neck. If you continue to feel unwell, stop the bath immediately and get out very carefully. Under normal circumstances, before getting out, unplug the tub and

let it drain half way before standing up. This stops the shock to the body from going from buoyancy to gravity.

Special caution is to be used if you have diabetes (especially if you have been diagnosed with diabetic neuropathy), heart conditions or high blood pressure. An adjustment to the temperature of the bath with warm water as compared to hot can be used as well as the level of the bathwater not going above the heart.

Light a candle, sit back for 15-20 minutes, enjoy and let the stress melt away.



Take time for yourself.

Summer Reading - by Maureen

I was invited to write a book review for this newsletter. Being that this is my first article for this publication; the challenge is to choose a book. There are so many good authors and good books circulating out there, I will suggesting a few!!!

Wayne Dyer has written over the years many excellent books to assist one in their spiritual and psychological process. His newest one is called the *The Power of Intention*. In this book he describes the Universe of Intention and how to access it. This is a very powerful book and useful for those who are feeling the need to

harness and actualize along their spiritual path.

Marianne Williamson, in her latest book *The Gift of Change* invites us to step up and play the game of life fully alive and conscious that our individual process will impact the world process. It is a tall order, but Marianne gives us hope, for our personal self, and the world. Others that Marianne has written are, *Return to Love*, her best selling book, in which she talks about experiences in integrating *the Course in Miracles* into her life. Other equally wonderful books are, *A Women's*

Worth, Illuminata, Everyday Grace and Enchanted Love.

Paulo Coelho is a best selling Brazilian writer and his books are translated into 41 languages of which one is English. His first novel was *The Alchemist* for which he received international acclaim. Some of the comments were...:

"Beneath this novel's compelling story and the shimmering elegance with which it's told lies a bedrock of wisdom about following one's heart" - Booklist.

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Give Those Muscles a Break—Some Stretches for the Neck

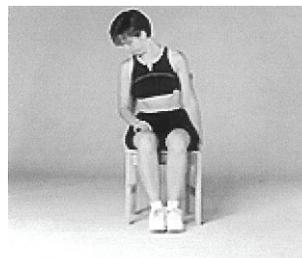
When stressed the first place our shoulders go is towards our ears. Give these muscles a break by stretching them after you have worked them out so hard.

Below are two main stretches for the muscles whose main job is lift the shoulder blades upward



Traps - Self Traction

Sitting tall, grasp back edge of chair with hand of the side to be stretched. Turn head toward that same side and lean head and body away to feel a stretch in the side of the neck.



Levator - Self Traction

Sitting tall, grasp back edge of chair with hand of side to be stretched. Turn head to opposite side and flex head forward (nose toward elbow) Let body lean away to feel a stretch in the back and side of lower neck

Mindfulness– Based Stress Reduction - by Jaak Reichmann, M.D.

Have you ever wondered what can be done about stress? Stress is everywhere; we can't get rid of it. However, we *can* learn to deal with it more effectively.

There are many programs, which claim to reduce stress. Yet there is one in particular, which has been shown in scientific studies, to be highly effective in reducing stress, anxiety, depression, chronic pain, and a number of body/mind ailments, as well as improving confidence, self-esteem, relationships, and overall enjoyment in life.

The Mindfulness-Based Stress Reduction program was developed over 25 years ago by Dr. Jon Kabat-Zinn at the

University of Massachusetts Medical Center. There are currently about 300 centers in North America offering this program, many of them teaching hospitals.

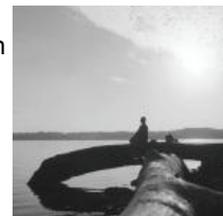
The program enables people to let go of the past, worry less about the future, and to live more fully in the present moment. It does this by cultivating mindfulness, which simply means non-judgmental moment-to-moment awareness.

The skills of present– moment awareness and acceptance are taught in various postures: sitting, standing, lying down and moving, all in the service of learning to be more present in every-

day life.

The course consists of 8-weekly sessions of 2 1/2 hours each. The program is run in classes, but the benefits come from doing the practice and listening to the CD's provided.

Dr. Jaak Reichmann is the founder of The Center for Stress and Anxiety located in Barrie. For more information, please call 722-7170



Summer Reading - by Maureen

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"An entrepreneurial tale of universal wisdom we can apply to the business of our own lives" - Spence Johnstone, M.D. author of *Who Moved My Cheese* (yet another interesting must read!!!)

It is an astounding read that leaves one breathless at the end. His other equally wonderful books are *The Pilgrimage*, *The Valkyries*, *By the River of Piedra I sat Down and Wept*, *The Fifth Mountain*, *Ve-*

ronica Decides to Die, *Warrior Light*.

I would add to this list *The Hidden Messages in Water*, by Masaru Emoto.

Emoto is an internationally renowned Japanese scientist who has discovered that the moles of water are affected by our thoughts, words and feelings. He proves this through freezing water with specific words that were attached or spoken and then photographs the ice molecule or snowflake. This book was re-

ferred to in the though provoking movie *What the Bleep Do We Know* (which is a very interesting watch when one is not in the mood for reading,. It is now out on DVD and is available at video stores)

Happy reading!

Maureen is the owner of Bell, Book & Candle located at 79B Dunlop St W. 737-5671

Herbal Corner - Yucca Schidigera

Yucca is a desert plant related to the Joshua tree that grows primarily in the southwestern United States. The medicinal parts used are the root and the stalk.

Yucca is presently being used as a treatment for arthritis. It has anti-inflammatory properties. Native Americans have used this herb in the past for sprains, sores, bleeding and other sorts of inflammation.

It is recognized as a fairly safe herb. It is an FDA approved food additive and



Yucca Schidigera

has been used as a foaming agent for beverages such as root beer.

Researchers testing Yucca's effectiveness against arthritis speculate that it works by blocking the intestinal release of toxins that inhibit normal formation of cartilage.

In test tube studies , an extract of one species of Yucca was found to fight deadly melanoma cancer cells.

There are no reported drug interactions although large doses may cause loose stools. Yucca is considered safe in humans with all medical conditions.

Yucca is available in root form as well as in tablets and caplets containing the active ingredient (yucca saponins). Two to four capsules daily of the tablets/ caplets or 3 to 5 cups of tea daily depending on the severity of the arthritis.

Always consult your doctor of pharmacist if you have any concerns .

Info from www.pdrhealth.com



Lisa Smith, RMT has lived in Barrie, ON for 24 years. Upon graduating from Elmcrest College of Applied Health Sciences, she set up practice at Balanced Body Pilates & Yoga Studio on 206 Bradford St., where she continues to practice today as part of a team dedicated to the health and wellness of the body.

She will on occasion, with a doctor's referral or very special circumstances, do

outcalls to support her community.

Lisa is committed to continuing education and keeps current on research issues and data as well as techniques that are complimentary to the Swedish massage that is the basis of her practice, This commitment helps to improve the outcomes of treatments.

Services provided include hot stone massage, pregnancy massage, relaxation & therapeutic massage

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Events Calendar (more information at www.city.barrie.on.ca)

23rd Annual Spring Barrie Automotive Flea Market

**June 2 - 5th 7:00 am to 7:00 pm
Sun 7am - 5pm**

Cars & parts as far as the eye can see. Offers everything from collectibles and classic cars to those hard to find car parts. If you can't find it here you can't find it anywhere. It's a car lover's dream!

Fossils Worlds Championship North America Challenge II - Equestrian Games June 4 & 5th 9:00 - 5:00pm Barrie Event Centre @ Essa Rd & Hwy 400

Mounted Equestrian games combining acrobatics and athleticism of the Wild West with the pageantry of Medieval times and the thrill or horse racing in a team event. Very spectator friendly. Played in the format of teams of 5, pairs & individual riders.

Barrie Native Friendship Center 16th Annual Pow Wow June 11 & 12 12- 8pm Barrie Fairgrounds @ Essa Rd & Hwy 400

16th Annual Pow wow "Honor Those who Give in a Time of Need" Enjoy native arts & crafts, native cuisine, and traditional song & dance. Adult admission \$7.00, Seniors \$5.00, children under 6 are FREE

Winning Colours Grand Prix of Barrie June 24, 25 & 26 9:00 am - ? Barrie Waterfront - Kempenfelt Bay

Winning Colours Grand Prix of Barrie marks its 6th Anniversary. It boast a multifaceted entertainment experience for everyone including not just racing, but much more!

Kids Fishing Day June 26th 10:00 am - 2:00 pm Heritage Park, Barrie

Sponsored by the Rotary Club of Barrie Kempenfest, this a FREE family event for children of all ages. Kids will learn to fish, and be given a fishing rod and lunch for taking part. First come first served!

They're Playing Our Song July 4th - July 9th 8:00 - 10:00 pm Gryphon Theatre

A musical romantic comedy written by Tony award winning composer Neil Simon. Box Office # 728-4613

Michael Burgess July 16th 8:00 - 10:00 pm Gryphon Theatre / Georgian College

Legendary Canadian performer best known for his portrayal of Jean Valjean in "Les Miserables" Box Office # 728-4613

Annual Promenade Days June 30 - July 2nd Downtown Barrie

Downtown Barrie is transformed into a pedestrian mall for these days. Enjoy shopping, dining and entertainment

2nd Annual Canadian Open Barbecue Championships & RibFest July 30 & 31st 8:00 AM - 9:00 PM Southshore Centre (205 Lakeshore Dr)

As many as 30 teams from Canada and the USA are expected to compete. A portion of the proceeds goes to the MacLaren Art Centre. \$20,000 in cash and prizes are up for grabs for the winners. Categories include: beef, chicken, pork, sauce and desert. There is also on-site entertainment, a beer and beverage garden and BBQ cooking demos with King of the Q's Ted Reader and Dr. BBQ Ray Lampe.

Kempenfest July 30 - August 1st Kempenfelt Bay/Centennial Beach/

Enjoy 2.5 km of fun under the sun on sparkling Kempenfelt Bay. Features include the Huronia Festival of Arts & Crafts which is one of the largest shows of it's kind in Canada. Over 370 artisans are in attendance. Two stages of live entertainment as well as the BBQ championships at the Southshore Community Centre.