



# Inside Massage & Wellness

Winter 2007

## Thermal Palms® - The New Kid On Your Therapist's Block

For those of you who have tried hot stone massage, and even those of you who have not comes this new and delicious modality offered by massage therapists.

Heat modalities such as hot stones have been used by massage therapists to warm tissues, to soften connective tissue and provide a wonderful heat based massage.

Often therapists have run into



the concern of making sure that the stones do not glide over sensitive areas such as the bones of the spine, the shoulder blades and for some people the hips bones. It can make for an uncomfortable massage when that does occur and in some sense therapists have to miss some parts of the muscles from receiving heat to ensure their client's comfort.

Thermal Palms® changes all that. They are soft and mould to all parts of the body that is being massaged; be that the neck, the shoulder blade or even right over the spine.

With stones, a therapist either just placed the stones on the body or if they did massage with them, they would have to switch

with new stones once the ones they were using lost their heat.

With Thermal Palms® there is enough heat in two of them to last a half hour without breaking the continuum of the massage. This helps with the relaxation component of the massage because the therapist is not continually breaking contact with their client.

Often times when you come in for your massage you have probably thought in your head, "Oh, I should have told them I wanted a hot stone massage". We hope to ourselves that it can be done on a moments notice when in fact the therapist needs prior notice of your request to heat the stones up sufficiently for

-Continued on page 3

### Inside this issue:

Beating the Winter Blahs	2
Warm Up with Hearty Cabbage Soup	2
Book Review—The Gift of Fear	3
Yoga Pose - Downward Dog	4

### Quote of the Quarter

*At times our own light goes out and is rekindled by a spark from another person.*

*Each of us has cause to think with deep gratitude of those who have lighted the flame within us.*

*Albert Schweitzer*

## Research Corner - Walnuts Each Day May Keep Your Cardiologist Away

Have you ever wondered what happens to your arteries when you eat saturated fat? We are told to limit them, but why?

It turns out that when you eat a meal high in saturated fat, the fat molecules temporarily inhibit the production of nitric oxide in the arteries. It is this nitric oxide that the inner lining of your arteries produces that keeps your arteries elastic and healthy.

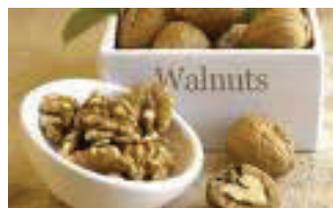
Eating a fatty meal creates

an inflammatory response in the arteries. Our bodies in an attempt at healing the inflammation will lay down plaque cholesterol amongst other things.

Plaque deposits can lead to narrowing of the arteries, which can lead to a heart attack. This cholesterol can also calcify leading to arteriosclerosis. An artery that has lost its elasticity loses the ability to control blood pressure. This can result in an increased

risk of high blood pressure.

Cardiovascular disease kills more Canadians than any other disease. Now, walnuts may be in the arsenal of weapons to help us fight and perhaps prevent heart disease.



A study published in the Journal of the College of Cardiology stated that walnuts helped maintain artery health after a fatty meal more than olive oil did.

The study took two groups of men. Both groups were instructed to eat a strict Mediterranean diet for 2-6 weeks prior to the study. It is well known that a Mediterranean diet can help lower bad cholesterol and have a great impact on

-continued on page 2

# Naturopathic Corner - Chase Away the Winter Blahs...

By this time of the year most of us are feeling the effects of decreased daylight. Some of us go to work in the dark and return home in the dark. Compound this with jobs that keep us inside under artificial lighting, and you have a recipe for the winter blahs.

The reason why we feel less energetic is because our brains require stimulation from sunlight (or another full spectrum light source) in order to regulate our daily rhythm. Normally, the hormone melatonin is released in the evening, making us drowsy and ready for sleep. It peaks during the early morning hours and is reduced by the time we wake.

Without exposure to sunlight in the

morning our brain can't start the clock, so that melatonin release will occur at the proper time in the evening.

In most people this results in a delay in the nightly release of melatonin. Therefore when we wake in the morning melatonin is still acting and causes drowsiness and fatigue.

The degree to which you are affected by decreased daily sunlight depends on several factors including:

**Your health status** - Do you suffer from depression, seasonal affective disorder, mental fatigue, insomnia, memory loss or other hormonal disorders? These disorders make you more sensitive to

changes in the amount of sunlight?

**Your diet** - Do you consume enough foods rich in tryptophan, B6 and other nutrients that the body uses to make melatonin? Are you using substances/medications that alter the body's ability to make and use melatonin? (alcohol, caffeine, sedatives, antidepressants, etc)?

**Your lifestyle** - Are you able to be outdoors or exposed to full spectrum lighting? Have you installed full spectrum lighting in your indoor surroundings? Do you maintain regular sleep and wake times?

Continued on page 3

## Walnuts & Cardiovascular Health - continued from page 1

cardiovascular health.

It was often thought olive oil was the key ingredient in the Mediterranean diet. It turns out that olive oil, a very good for us mono-unsaturated fat, may in fact not be the prime star in this continual saga of heart disease. Walnuts for certain, and perhaps other nuts, which are a big component of the Mediterranean diet, are what may contribute more to our cardiovascular health.

After the two weeks, for one meal of the day, each group would ingest a salami

and cheese sandwich on white bread and 1/2 cup of high fat yogurt. Each group either added 5 tsp (25ml) of olive oil soaked in the bread or 40 gms (under 1/4 cup) of walnuts to their meal.

Both the walnut and olive oil had beneficial effects on cardiovascular health, but only the walnuts seemed to reverse the negative effects of the inflammation in the vessel walls caused by the ingestion of fat. This was discovered by both blood work and ultrasound of the brachial (upper arm) artery.

These findings however, do not give leeway to just eat a fatty meal as long as we finish off with walnuts.

Doctors in this study stress that walnuts in combination with a diet low in saturated fat has the most benefit on our cardiovascular health.

For those interested in reading the study itself, please find it at

[www.acc.org/media/releases/highlights/2006/oct06/acute-effects.pdf](http://www.acc.org/media/releases/highlights/2006/oct06/acute-effects.pdf)

## Hearty Cabbage Soup



**Prep Time:** 20 min

**Total Time:** 50 min

**Makes:** 3-1/2 qt. or 14 servings, 1 cup each

You'll savor the flavor of this low-fat soup. The vegetables team up to provide a good source of dietary fiber, vitamin A and vitamin C.

### Make Ahead

This soup freezes well. Prepare as directed; cool completely. Ladle into 1-qt. freezer containers and freeze up to 3 months. Thaw in refrigerator before heating to serve

### Directions

**PLACE** all ingredients in 6- or 8-qt. stockpot

**BRING** to boil on high heat. Reduce heat to medium-low.

**SIMMER** 30 min. or until vegetables are tender.

4 cups chopped green cabbage (1/2 of a small head)

2 medium carrots, sliced

2 medium celery stalks, sliced

1 medium onion, chopped

1 pkg. (10 oz.) frozen green beans, thawed slightly

1 can (15-1/2 oz.) cannellini beans, drained, rinsed

6 cups water

2 cans (14-1/2 oz. each) chicken broth

2 cups canned crushed tomatoes, undrained

1 envelope. GOOD SEASONS Italian Salad Dressing & Recipe Mix (optional)

## The New Kid on The Block - continued on page 1



Thermal Palms® pouches

a good hot stone massage.

As long as your therapist is flexible, you can most likely ask to upgrade to a Ther-

mal Palms® massage as it only takes your therapist an extra 4 or 5 minutes to prepare them for your massage as they are prepared in the microwave.

### What to Expect When You Receive a Thermal Palms Massage

As with a hot stone massage, your therapist will apply a liberal amount of oil or lotion to ensure a good glide to ensure smooth even heat distribution.

Your therapist will then introduce the Thermal Palms® in a couple of layers of the fabric. This acts as a heat guard as the Thermal Palms® are very hot. Let the therapist know when they have

cooled down enough for him or her to remove another layer of material. As each heat guard is removed, you get closer to the actual heat of the Thermal Palms®.

Depending on what you want, Thermal Palms® can be used for just the back and neck or the entire body. All you have to do is just relax, breathe deeply, sink into the table and enjoy.

Thermal Palms® were created by Huguette Long, an RMT and owner of Spa Modalities from the Ottawa area.

To learn more about Thermal Palms® or to tell your massage therapist about them, go to [www.thermalpalms.com](http://www.thermalpalms.com)

## Beating the Winter Blahs - continued from page 2

What can you do to help regulate your melatonin levels?

1) An early morning walk on a sunny day has been shown to provide one with enough sunlight stimulus to improve energy and mood.

Adding some full spectrum light bulbs to the often used areas of your home may be enough to improve melatonin release, as well as decreasing eyestrain and improving vitamin D production. Not all full spectrum bulbs provide light that is similar to the sun; see [www.mercola.com](http://www.mercola.com) for an informative article. For those more seriously affected, the use of concentrated light boxes (available at Shoppers Home Health Care) is the preferred method of sunlight supplementation.

2) Ensure that you are eating foods that give the body the nutrients necessary to produce melatonin and serotonin (regulates mood and appetite and is a

precursor to melatonin). Complex carbohydrates help to increase serotonin levels. Raw vegetables, whole grains (e.g., brown rice, oats, millet), raw nuts and seeds, and legumes (e.g., chick peas, kidney beans, peas, lentils) contain complex carbohydrates. Foods rich in vitamin B6 – including bananas, sunflower seeds, oat bran, feta cheese, halibut, salmon, beans (e.g., chickpeas, kidney beans, lentils, lima beans, and pinto beans), chicken, millet, and brown rice – and foods high in tryptophan - including turkey, chicken, yogurt, nuts, eggs, fish, and pineapple – also promote the production of serotonin.

3) Maintain a consistent sleep schedule so that you are not working against your body's natural rhythm.

4) Seek help from a Naturopathic Doctor for a personalized assessment that will include vitamin/mineral/nutrient status, lifestyle factors, hormonal status,

pharmaceutical use, concurrent health concerns, how the functioning of your body's organs can be contributing to the winter blahs and what you can do about it



**Dr. Julie Thurston, ND** strives to understand the underlying causes of her patient's personal health needs, and to offer them effective, science-based natural options and choices to drugs and surgery, while respecting the natural self-healing processes of the body and spirit. As a licensed naturopathic doctor, Dr. Julie offers patients a comprehensive range of evidence-based naturopathic medical diagnostics and therapeutics recognized and covered by most extended or private health insurance programs. Dr. Julie can be reached at the Eco Clinic for Integrative Health Care in Barrie, Ontario. 705-720-2000.

## The Gift of Fear and Other Survival Signals That Protect Us From Violence

Intuition - The act or faculty of knowing or sensing without the use of rational processes; immediate cognition.

Part of staying well, is staying safe! In his book The Gift of Fear, Gavin De Becker gives great insight into what fear really is, a gift. Not the emotions of anxiety and worry, but real fear. That emotion that prompts us to action.

He believes we have the innate God given ability to sense when we are in true danger.

Instead of living in fear, De Becker wants us to live without paranoid based fear and listen to our intuition when encountering experiences.

Featured on Oprah, De Becker believes the biggest mistakes made by most people in danger is that we ignore our instincts. The attacker usually sends subtle behavioral clues indicating an aggressive intent. The victim usually notices these clues on a subconscious level and gets an uneasy feeling. We tend to disre-

gard our intuition our gut instinct out of "politeness" or "giving someone the benefit of the doubt". Unfortunately, the reality is that not everyone is trustworthy or has our best interests in mind.

In future newsletters, key points in De Becker's book will be touched on when it comes to what we should be aware of in our experiences with strangers and others.

In Association with



206 Bradford St  
Barrie, ON  
L4N 3B6

Phone: (705) 735-2910  
(705) 719-9884

E-mail: info@lisasmithrmt.ca  
www.lisasmithrmt.ca



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 whole 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, ThermalPalms® massage, pregnancy massage, relaxation & deep tissue therapeutic massage

## Downward-Facing Dog (Adho Mukha Svanasana) - Restorative Yoga Asana - from the Yoga Journal Online



Downward-facing dog

### Benefits

- \* calms the brain and helps relieve stress and mild depression
- \* energizes the body
- \* stretches the shoulders, hamstrings, calves, arches, and hands
- \* Strengthens the arms and legs
- \* Helps relieve the symptoms of menopause
- \* Relieves menstrual discomfort when done with head supported
- \* Helps prevent osteoporosis
- \* Improves digestion
- \* Relieves headache, insomnia, back pain, and fatigue
- \* Therapeutic for high blood pressure, asthma, flat feet, sciatica, sinusitis

### Contraindications

- \* Carpal tunnel syndrome
- \* Diarrhea

\* Pregnancy—do not do this pose in late term

\* High blood pressure or headache: Support your head on a bolster or block, ears between the arms

### Step by Step

1. Come onto the floor on your hands and knees. Set your knees directly below your hips and your hands slightly forward of your shoulders. Spread your palms, index fingers parallel or slightly turned out and turn your toes under.
2. Exhale and lift your knees away from the floor. At first keep knees slightly bent and the heels lifted away from the floor. Lengthen your tailbone away from the back of your pelvis and press it lightly towards the pubis. Against this resistance lift the sitting bones towards the ceiling and from your ankles draw the inner legs up into the groins.
3. Then with an exhalation, push your top thighs back and push your heels onto or down toward the floor. Straighten your knees but be sure not to lock them. Firm the outer thighs and roll the upper thighs inward slightly. Narrow the front of the pelvis.
4. Firm the outer arms and press the bases of the index fingers actively into the floor. From these two points lift along your inner arms from the wrists to the tops of the shoulders. Firm your shoulder blades against your back, then widen them and draw them towards the tailbone.

Keep the head between the upper arms, don't let it hang.

5. Downward Dog is one of the poses in the traditional Sun Salutation sequence. It is also an excellent yoga Asana all on its own. Stay in this pose anywhere from 1-3 minutes (or take a break when your body is telling you to). Then bend your knees onto the floor with an exhalation and rest in Child's pose.

### Beginners Tip

If you are having difficulty releasing and opening your shoulders, raise your hands off the floor on a pair of blocks or on the seat of a metal folding chair.

### Preparatory Poses

- Plank Pose
- Uttanasana (Standing forward bend)

### Subsequent Poses

- Uttanasana
- Standing Poses (ie; tree)
- Head stand



Uttanasana Pose



Plank Pose