

Our Peaceful Times

ISSUE #11: FROM PEACEFUL HEALING THERAPEUTIC MASSAGE 860-349-HEAL

DEPRESSION & MASSAGE THERAPY

We all know what it is like to be overwhelmed by work, money and family problems, phobias, and life in general, and with the long winter months ahead those feelings can grow even more intense. Depression can complicate our lives and effect our health, and once we are in its grasp it is hard to escape.

Depression can physically manifest itself in the form of chronic pain, fibromyalgia, headaches, migraines, teeth grinding/TMJ Disorder, muscle tension, stiffness, inflexibility, irritable bowel syndrome, insomnia, a lack of desire to be active or exercise, and an inability to concentrate or complete tasks. Thankfully, today's healthcare offers us many paths to recovery.

Massage therapy offers an effective way to accomplish deep relaxation and ease tension and pain. It may not be the miracle cure we have all been hoping for, but significant scientific evidence proves it can manage chronic depression for both young and old alike.

The Touch Research Institute in Miami, which studies the effects of massage and touch therapy on illness and injury, says massage therapy is an effective way to reduce the body's stress hormone, cortisol. They also found that the subjects in their studies reported feeling less anxiety and depression and experienced higher quality sleep for up to five days following their massage session.

So if you find yourself in the throws of depression, know that massage therapy is a natural way to ease the darkness.

NEW HEALTH INSURANCE UPDATE

Peaceful Healing is glad to announce that we are now listed as approved providers for the ASH Networks (including ASH Insurance Company, ASH Networks National Accounts and Seamless Accounts, and Group Health, Inc.). These plans offer either a massage therapy discount or full coverage for your massage therapy. If you are unsure of the amount of your coverage, please contact your health insurance company directly.

The current companies we are listed with (in addition to the ones listed above) are: Anthem/Blue Cross, Connecticare, and HealthNet. (These three companies offer a discount off the basic rate for your session.)













If your health insurance policy covers massage therapy, please feel free to contact us about how your program works. If we are not listed with your health insurance company, we will do all we can to get on their approved providers list so you can enjoy more of the benefits of massage.

Sessions being paid for through health insurance will be charged based on our regular rates. No other discounts may be taken unless discussed with your therapist.

HOLIDAY CHARITY DRIVE

During this holiday season, please remember those who have fallen on hard times and donate generously to the many wonderful charities in your area. Peaceful Healing will be collecting food, clothing, and essentials for Saint Vincent DePaul, Animal Haven, and CATALES, and offering a \$10 discount during the months of November and December for anyone bringing in 3 or more items.

Items these charities especially need include:

-  Winter clothing
-  Canned vegetables
-  Canned fruit
-  Juice
-  Canned soup
-  Dry cereal
-  Peanut butter
-  Canned cat and dog food *
-  Dry cat and dog food *
-  Cat and dog treats
-  Paper towels
-  Clorox wipes

* especially foods formulated for animals with weight and urinary tract problems and for kittens/puppies and elderly pets

NOTE: Particularly large items (such as large bags of dog/cat food or winter jackets) may be counted as more than one item towards your total. If you have any questions, please call.

CATALES is also collecting aluminum cans and ink and toner cartridges. You may drop these items off at Peaceful Healing, though these items may not be used towards your session discount.

GOT EMAIL?

In the interest of saving paper and the environment, Peaceful Healing will be offering an emailed version of their newsletter and coupons. If you would like to begin receiving your Peaceful Healing newsletters and coupons as email, please contact us at:

PEACE@PEACEFUL-HEALING.COM

If you would prefer to be removed from all mailings, please send us an email or call our office.

All contact information is kept confidential and is not shared with or sold to other companies.

Happy Holidays!

Jenn & Jamie