

Our Peaceful Times

ISSUE #14: FROM PEACEFUL HEALING THERAPEUTIC MASSAGE 860-349-HEAL

HEALTH INSURANCE COVERAGE:

IMPORTANT UPDATE: *Our paperwork for **AETNA** has just completed review and been accepted. If you belong to Aetna, please let us know when you come in for your next visit. Aetna has an excellent program, providing its members with a 30% discount off their sessions!*

Many health insurance companies cover your massage therapy visits or allow us to offer you a discount off the base price of your massage session. If you have not asked us what your coverage is, please feel free to call us. If we are not currently a participating provider with your health insurance company, please feel free to give us the contact information for your insurance company so we can do our best to help you better afford your sessions!

Some of our patients have a special provision in their policy which allows them to be reimbursed for medical expenses not directly covered by their insurance policy. If your health insurance policy has the same provision, please research what you need to do to be reimbursed for your massage therapy sessions. We would be more than happy to provide invoices and/or medical notes.

Please note that when purchasing gift certificates, your health insurance discount is only good for others on your policy.

BREATHE FOR EVERY DAY

Breathing may be something you take for granted, especially since your body takes care of this task without any conscious thought on your behalf. However, stress, pain, and your emotions and psyche can create limitations to your breathing. When you hurt – emotionally or physically – your breath becomes shallow, creating pockets of stale air within your lungs. Bring thought and awareness back into your breathing.

NOTE: If you experience any unusual pain or dizziness or any other symptoms, please cease these exercises and consult with your physician immediately if they continue.

Take a long, slow inhale, feel your chest muscles expand and stretch as your lungs fill with fresh air. Exhale slowly, feel your muscles and your lungs relax. After a few long inhales, take another long breath and at the end of that inhalation, take a couple very short inhalations and then exhale slowly. This stretches the tissues of your lungs and increases the amount of oxygen to which your lungs are exposed. Another exercise involves emptying the stale air from your lungs to also increase the amount of fresh oxygen entering your lungs. As you exhale slowly, when your lungs feel empty, make a couple short exhalations and then inhale slowly to fill your lungs again and breathe normally.

Repeat these breathing exercises two times.

MOTHER'S DAY AND FATHER'S DAY!

Mother's Day is just around the corner and Father's Day soon after that! What better way to celebrate parenthood than with a massage! Parenting is one of the busiest jobs around so give yourself or a parent you love a break from their hectic schedules!

Our office is open Monday through Friday from 8am to 8pm for appointments. However, our gift certificates (for single sessions and five-session packages) are available for pick up 7 days a week. Call ahead and we will have your gift certificates ready for you when you arrive!

WALK FOR EVERY STEP

Continuing with our previous newsletters' subjects of healthy posture, this article will address our moving posture. Moving posture is something of which we are usually not aware. As long as our arms and legs are moving in the direction we wish to go, we do not think much about how they do it.

The most efficient walking technique is to swing your arms straight ahead and behind you in the exact direction you are walking. Many people – often unconsciously, sometimes due to muscle tightness or injury – swing their arms diagonally so their hands cross in front of or behind their bodies. When your arms swing on a diagonal instead of straight fore and back, your body (especially your chest and shoulder muscles) has to work harder to compensate since the diagonally swinging arms are pulling it off balance to the left and right instead of just straight ahead.

The most common unhealthy walk is a bow-legged posture which results in the feet pointing outward at a diagonal angle. If someone walking with this posture was striding along a sidewalk, their feet would be pointing at the curbs and the houses on either side of their path. The main problem this posture causes is a constant tightening of the gluteal muscles (the buttocks) which can pinch the sciatic nerve and cause shooting pain down the legs.

Correcting this diagonal swing and stride onto a straighter path will require conscious walking, paying attention to your own body instead of letting your mind wander. Not that you need to pay strict attention to your arms and legs and nothing else, but remain conscious while you walk so you can correct yourself when you sense you are moving out of these healthy postures.

Freedom is not worth having if it does not connote freedom to err. It passes my comprehension how human beings, be they ever so experienced and able, can delight in depriving other human beings of that precious right.

--Mahatma Gandhi