

Our Peaceful Times

ISSUE #3: FROM PEACEFUL HEALING THERAPEUTIC MASSAGE 860-349-HEAL

Never doubt that a small group of thoughtful committed citizens can change the world: Indeed it's the only thing that ever has.

-- Margaret Mead

Each caring act, no matter how small, makes a very real difference in our world.

We'd like to thank all of you who donated food, clothing, blankets, and essentials to our holiday drive for **St. Vincent DePaul place** of Middletown and **Cause for Paws**. Using our profession to help people, animals, and the environment, as well as bringing awareness to the many other causes dear to us, are what make our work and lives so fulfilling. But it wouldn't be possible without the compassionate, caring people who walk through our door. Both Jenn and I thank you with all our hearts. **And we'd like everyone to know that the donation drive for both organizations, as well as our discounts for items dropped off, has not ended and will continue throughout the entire year.** We're also going to be donating a portion of our proceeds during specified months to different organizations we believe in and support. At the beginning of these drives you'll receive information on these wonderful charities and ideas on different ways you can help.

Peaceful Healing has learned a lot about the importance of giving during our first year and will continue to find new ways to benefit others through our skills as massage therapists and the values-led philosophy of our practice.

We'd like to make our practice a place where healing begins--for each person we work with, and for the world around us.

-- Peaceful Healing

Peaceful Healing TURNS 1 YEAR OLD!

New Year's Eve. Amid the glow of candlelight, a couple lovingly stare into each other's eyes and sigh, lost in the serenity of a perfect moment . . .

Until one of them says, "We need to get a new appointment book for the office . . . and some labels for the file folders--we're almost out. Oh, and we should . . ." If you'd like to experience similar evenings, by all means start your own business. But if you want to actually *enjoy* all those crazy moments that go along with an endless workday, do something you love. For us, our joy is **massage therapy**.

If life is a classroom (and it certainly is), then the first

year of our new massage therapy practice was high school, college, and grad school all at once! That's because no matter how well you're prepared at school, the greatest teacher is experience.

This past year we've greatly improved our existing skills by listening to and learning from our clients, as well as consulting with fellow therapists and instructors to gain new perspectives. We've also been acquiring new, more effective techniques by assisting classes at the Connecticut Center for Massage Therapy (CCMT) and attending advanced studies workshops. But we know we've only massaged the surface (if you will) of what there is to learn in this healthcare profession. We strive to improve our craft at every opportunity but realize "the more we know, the more we have yet to learn."

ASK THE THERAPIST

How often should I receive massage?

Research shows that the more often you're massaged, the more benefits you receive. So if you're asking whether 3 sessions **every day** would be the best regiment, the answer is yes. But for those of us living on "planet reality" we suggest a slightly less perfect plan of action.

Circumstances vary with each client, but a general rule is that **when recovering from an injury or illness**, 2-3 sessions a week (even if shortened in length) yields optimal benefits. When working with **chronic conditions such as lingering low back or neck pain**, a minimum of 1 session a week is recommended. And for **maintaining good overall health**, at least 2 sessions a month, preferably every other week, is best.

The simplified reasoning is that the body's nervous system and soft tissue (muscle, fascia, etc.) becomes trapped in certain unhealthy patterns, and the more often we disrupt those patterns with the healthy input of **massage therapy**, the better chance we have of breaking those harmful cycles and guiding our body and mind down healthier paths where healing is possible.

If anyone has a question they'd like answered in "ask the therapist", please tell us at your next appointment or let us know through phone or mail.

Oh, and if you want to know the rest of our tale on how we rang in the New Year, well, we were asleep by eleven o'clock. No one ever said doing what you love wasn't tiring!

Peace, Love, Health, and Happiness to all.

Jenn & Jamie