

Our Peaceful Times

ISSUE #4: FROM PEACEFUL HEALING THERAPEUTIC MASSAGE 860-349-HEAL

*No eye can see the sun without becoming sun-like,
and no soul can see beauty without becoming
beautiful.* -- Unknown

PEACEFUL HEALING ANNOUNCES SLIDING SCALE POLICY

What do you consider a "luxury"? A European vacation? A brand new car? If you're a parent, a luxury might be sleeping past 6am on a Sunday or, just once, using the bathroom without your 5-year-old pounding on the door screaming, "Phone's ringing!"

Most of the time we choose to do without these things merely because they seem frivolous or unimportant. We can survive without a visit to Europe, with a little work our old clunkers will get us where we want to go, and using the bathroom doesn't have to be a peaceful, stress-free experience (though it does help). But what about when we are forced to do without something because of money? What happens when one of life's necessities is out of reach? **When it comes to our health and well-being, we should never have to do without!** Imported shoes are a luxury, healthcare is not.

For the past year and a half Peaceful Healing Therapeutic Massage has worked with hundreds of clients, and it's surprising just how many people tell us that therapeutic massage is something they must scrimp and save for, or simply do without, even when suffering from pain, illness, or stress. These kinds of stories have always bothered us because we believe that healing and self-care is for everyone, not just for those with greater means. Granted, some people choose not to make healthcare a priority, but sadly, there are those who have that choice made for them.

We have personally experienced the traumatic injustice of being refused aid because of our financial situation, and the message those refusals sent was: *no one cares if you live or die, money is more important than your health.*

Now that we have our own practice, we can run it with our hearts as well as our minds, treating people (and animals) with the values we believe in. If we've learned anything from life it's that when your heart guides you, all things are possible.

Jenn and I want massage to be accessible to everyone, so we've decided to advertise our long-standing sliding scale policy. Our most important goal at Peaceful Healing is to work with people and help them heal, no matter what their financial situation. Please tell friends and loved ones that we'll always work with them to find a manageable fee.

We promise that the day Peaceful Healing puts money ahead of the health and well-being of our clients is the day we close our doors forever.

CONSUMER REPORTS RATES THERAPEUTIC MASSAGE AS THE MOST EFFECTIVE FORM OF NATURAL HEALTHCARE!

Years ago, when I didn't experience something firsthand I tried to learn about it from friends, family, and the friendly people at Radio Shack. This usually led to such accurate information as *Vegetarians can eat chicken because it isn't meat; it's easier to stay warm when you're soaking wet; and Michael Bolton's music is entertaining and doesn't cause brain damage.* After living, learning, and making one exceptionally poor CD purchase, I decided to stop listening to the random misinformation floating around me and gather my own facts, especially when it came to my health and well being.

In the past 20 years there has been constant research in the field of massage therapy. Some of the finest news magazines and journals have published findings on this form of healthcare, securing its valued place in the medical community. The Journal of the American Medical Association, New England Journal of Medicine, Time, Prevention, and most recently Consumer Reports (May 2000) are just a few that have accurately informed the public about the effectiveness of using therapeutic massage for countless medical conditions.

Consumers Union's Consumer Reports recently conducted a survey of alternative medicine use in North America. Readers rated their experiences using a wide range of alternative and mainstream therapies. Overall, the findings showed that for all the medical conditions reported by readers, **massage therapy** was the most effective natural modality, just below surgery and prescription drugs. Individual findings for specific conditions included:

Arthritis: **Massage therapy, exercise, and megavitamins** were the most effective natural treatments, ranking just below prescription drugs. The least effective treatments in this category were magnets, and ginko biloba (herbal).

Back pain: **Massage therapy and chiropractic treatment** were the highest rated among **all** therapies. Lesser, yet effective modalities were exercise, physical therapy, and accupressure. The least effective in this category were magnets, and ginko biloba.

Headache: **Massage therapy** was the highest rated natural treatment just below prescription drugs.

Unfortunately, the study didn't apply massage therapy to their research on **depression, high blood pressure, and insomnia**, even though many published studies have found massage to profoundly affect these conditions.

I was skeptical of most of the information I received

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FROM PEACEFUL HEALING THERAPEUTIC MASSAGE

while training to become a massage therapist, partly because the work was foreign to me, and partly because I need to experience something myself before I trust it. Well, after years of training, receiving therapeutic massage, and working with hundreds of clients, I know firsthand how this form of healthcare can help people heal.

At Peaceful Healing we've seen the lives of real people change for the better. When clients told us how they were freed from the harmful patterns of stress, anxiety, depression, pain, injury, and illness, we wept tears of joy because it is an honor beyond words to be part of the healing process . . . and the reason Jenn and I were put on this earth.

Please educate yourself and those you love about therapeutic massage.

- American Massage Therapy Association (AMTA):
www.amtamassage.org
- Touch Research Institute, University of Miami:
Ph. 305.243.6781 www.miami.edu/touch-research
- Office of Alternative Medicine: Ph 888.644.6226 or 301.402.2466 <http://altmed.od.nih.gov>

DONATION REQUESTS

We at Peaceful Healing would also like to thank our clients for participating in our donation program which currently benefits **St. Vincent De Paul Place** in Middletown, **Cause for Paws** in Durham/Middlefield (for cat items), and **Animal Haven, Inc.** in North Haven (for dog items).

We recently talked to **St. Vincent De Paul Place** and they gave us the following list of preferred items to pass on to our clients:

Pasta sauce
Peanut butter
Canned vegetables
Soups
Canned meats (like Spam and Underwood)
Juices
Clothing and shoes
Toothpaste, deodorant, women's items, etc.

Cause for Paws items:

Dry and canned cat and kitten food
Kitty litter
Blankets

Animal Haven, Inc. items:

Dry and canned dog and puppy food
Blankets

POLICY UPDATE

We've updated our discount policies to increase awareness and donations to the wonderful organizations we support. For further details please see the enclosed discount flyer or give us a call at 860-349-HEAL.

You must be the change you wish to see in the world. -- Ghandi

NEW THERAPIST AT PEACEFUL HEALING

Jenn Burgess, an outstanding therapist whose training has already gained her diverse experience, will be available to take appointments this August. She has completed 638 hours of training at the Connecticut Center for Massage Therapy, including 18 hours of externship at the Sexual Assault Crisis Service in Middletown and field trips to New Horizons Village and Avery Heights, assisted living communities for physically challenged adults and retired adults, respectively. Jenn was also the only massage therapy student in New England and on the East Coast to be awarded the AMTA Educational Scholarship for her scholastic dedication to massage therapy and her skills as a massage therapist.

Not a new face to the office, Jenn is nevertheless a welcome addition to the staff. Like Jamie, she brings her gentle nature and a love of animals and healing to the practice.

ASK THE THERAPIST

Is deep pressure the most effective way to receive massage?

No. Muscles spasm because of pain and/or injury. When a therapist works too deep and causes discomfort, a muscle will tighten even more to protect itself, making matters worse. Sometimes lighter pressure is most effective because the therapist works a relaxed and "unaware" muscle which allows the techniques to move deeper into the tissue, separating fibers and increasing circulation—key elements in helping muscles heal.

How do you remove beet stains from a garment?

Club soda. (Please limit your questions to the topic of massage therapy—ed.).

(If you have a question for "ask the therapist", please write, phone, or mention it during your visit and we'll answer it in the next **Our Peaceful Times**.)

*Peace, Love, Health, and Happiness to all.
Jenn & Jamie*