

# Our Peaceful Times

ISSUE #5: FROM PEACEFUL HEALING THERAPEUTIC MASSAGE 860-349-HEAL

*If I can stop one Heart from breaking,  
I shall not live in vain;  
If I can ease one Life the Aching,  
Or cool one pain,  
Or help one fainting Robin  
Unto his Nest again,  
I shall not live in vain.*

-- Emily Dickinson

In this season of reflection, Jenn and I need to express our gratitude to the wonderful people who have walked through Peaceful Healing's doors. We became therapists to help people heal, and watching our patients recover from injury, illnesses, and anxiety/stress brings happiness and a sense of purpose to our lives.

But we don't know if you are aware of how you have helped *us* heal and grow in the past two years. This has never been a "business" where nameless faces just pass through without notice. It is a place where Jenn and I open our hearts so that you can discover who we are and find comfort in this place of healing. It is also a place where you share the stories of your wonderful lives with us. During your visits, we laugh at life together, and even cry sometimes when you share some of the pain that brought you into our care. To us, you have become more than "patients" or "clients", you have become friends. And working with you leaves both Jenn and I at peace. Thank you for healing with us.

## PEACEFUL HEALING WAITING ROOM GETS MAKEOVER!

We've finally shoved our waiting room and office space kicking and screaming into the 80's! "But it's almost 2001!" you say. True, but some of the office furniture has been stuck in the 60's and 70's for a long time, and we can only update one decade at a time or the room will go into shock.

The first thing to go was the magnificent orange, black, and chrome office chair from the Sears "Mod Squad" collection. The new furniture doesn't give us the same "feel" (i.e. severe low back pain), but we'll manage somehow. We've also added a new rug, tables, and art.

We tried to use Feng Shui to create an improved atmosphere, but seeing as the Feng was out of our price range, and the Shui was on backorder at Home Depot, we relied on simple common sense in arranging the furniture. For instance, we didn't put the chairs in front of the door or try to turn the restroom into a dog kennel. We kept it simple, yet functional.

All joking aside, we really do like the new look of our office and would love to have you stop by with friends and/or family to see what we've done.

## NEW THERAPY OPTIONS

In the past we've had clients who wanted to come in for a session with someone they know. But unfortunately, since we only had one licensed therapist, the best we could offer was a back-to-back sessions.

With our new therapist Jenn working full time, we can now offer **two sessions simultaneously** for friends, spouses, siblings, and children. While one person is receiving their session in our regular room, the other person can receive theirs in an adjacent curtained-off section of the outer room. Because we don't have permanent walls to insure complete privacy, we will only be offering this double session for your friends, relatives, and spouses.

Another type of session we are now offering is being worked on by **two therapists**. Often, patients have many problem areas that need extra attention, but a single therapist only has a limited amount of time to address them. This new type of session allows twice the therapeutic work so that we can accomplish more in the same amount of time. In an hour session, the client will receive twice the work. And in a half hour, you can receive a thorough full body session. Perfect if you need a full hour's work, but only have a half hour to spare! The way this type of therapy works is that while one therapist addresses the back, neck, and arms, the other works the legs and feet. Clients are welcome to request which therapist they prefer on different areas.

The price of two simultaneous sessions is the same as two individual sessions. Working with two therapists costs \$45 for a 1/2 hour and \$90 for an hour.

## GIFT CERTIFICATES MAKE GREAT PRESENTS ALL YEAR 'ROUND

What could be better than giving the gift of health, healing, and peace of mind? Uhhhhh . . . I can't think of anything else either! Whether it's the holidays, an anniversary, or a birthday, everyone gets tired of receiving socks, a coffee maker, or another weed whacker. Wouldn't you like to give or receive a gift that is special and means so much more? There is no better way to recuperate from the hectic chaos of the holiday season or to lift your spirits out of the *'I thought today was your 50<sup>th</sup>--no, I'm only 42'* dumps than a peaceful, quiet therapeutic massage that enhances health, well-being, and lifts your spirits!

When you need a gift that is always the right size and never goes out of style, please remember Peaceful Healing Therapeutic Massage.

(over) →

# Our Peaceful Times

ISSUE #5 (PAGE TWO)

FROM PEACEFUL HEALING THERAPEUTIC MASSAGE

## MASSAGE & THE HOLIDAY/WINTER BLUES

No, it's not the name of a new rock band. Holiday depression and the "winter blues" (also known as SAD or seasonal affective disorder), is a serious problem affecting many people at this time of year. The symptoms include sadness, hopelessness and an inability to find pleasure in any activity, loss of energy, anxiety, irritability, difficulty concentrating and processing information, increase or decrease in appetite, and an increased desire to sleep.

The causes for SAD have been attributed to an increased sensitivity to the shorter sunlight hours we experience during the winter. With the decrease in sunlight, the body's light-sensing organ, the pineal gland changes the level of hormones it releases, causing an imbalance.

SAD is hard to diagnose since other forms of depression are similar. Symptoms to look for include: two or more winters of depression followed by non-depressed states during the spring and summer, and no other explanations for the depression you are feeling.

The reasons for holiday depression, and depression in general, are more complicated and still not fully understood. Emotions from life crisis, stress, passing of a loved one, unmet expectations of ourselves, etc. can trigger depression, in addition to pre-existing chemical imbalances in the brain. And whether you have a history of depression or not, the holiday season can be the most emotionally taxing time of the year.

The more these types of conditions are studied, the more treatments become available. Aside from psychotherapy and medication, the most common treatment of SAD is the use of special lamps which mimic the light of the sun. Light boxes or multi-spectrum bulbs, while expensive, can help a great deal. Using these products for 30 minutes a day have been shown to reduce the symptoms of SAD.

During this time of year, both SAD and holiday depression can be minimized by simply taking good care of yourself. Expose yourself to more light, especially sunlight. Go for walks outside on sunny days or in well-lit indoor areas. Vacation during the winter in a sunny and warm place. Exercise regularly and change your diet so you are eating fewer carbohydrates. (Exercise reduces stress and eating too many carbohydrates increases your sleepiness.) Also, work on stress management, and not just here in our office.

Medical studies using control groups found that one of the best natural ways to fight depression was **MASSAGE THERAPY**. A group of people hospitalized for depression were tested and found to be less depressed, less anxious, had lower stress levels, were more cooperative, and slept better after receiving **THERAPEUTIC MASSAGE** than the patients who just viewed relaxing video tapes. Here's one

last suggestion: Be sure to set aside some time for **fun** (and sorting laundry is NOT considered a game, regardless of what Mary Poppins says!). As often as you can, gather your friends and family to watch funny movies and play games. **Make** the time to start re-discovering the joy in life!

## HOLIDAY DONATIONS & DISCOUNTS

While you are helping yourself heal, discover the joy of helping others by donating food, clothing, and essentials to our ongoing drive for the less fortunate people and animals in our area. With your donation, you will receive **\$10 off** your session or gift certificate!

The items listed below were requested by these wonderful organizations. Please bring in **3** canned/bottled or personal items, **2** juices or articles of clothing, or **one** bag of litter, dry pet food, or blanket to receive your "Thank you" gift from Peaceful Healing. The more you can bring, the better!!! (one discount per session or gift certificate, please)

**St. Vincent De Paul Place:** 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:** dry and canned cat and kitten food, kitty litter, blankets

**Animal Haven, Inc.:** dry and canned dog and puppy food, blankets

## ASK THE THERAPIST

**What is your most cherished holiday memory?**

**Jenn:** *One of my favorite Christmas memories is when I would go to bed at about 9:30 and toss and turn for another hour and a half before I'd finally drift off to sleep, only to wake up between 4 and 5am to drag Mom out of bed so I could open my presents and see what Santa had left in my stocking. Then we would pack up everything and drive to the family feast where my cousin and I would compare gifts. My least favorite Christmas memory is when I received the Anne of Green Gables trilogy instead of the new Black Stallion book. I still haven't gotten over that one.*

**Jamie:** *My favorite Christmas memory is when my foul-tempered Uncle Ebenezer finally took me up on my invitation and followed the North Star all night to spend Christmas Day with us, proving that people **can** change for the better. And I still remember how me, Uncle Ebenezer, and Tanta Kringle played Toss-Across with the three wise men by the warm, roaring furnace.*

(Any similarities between Jamie's memories and reality are purely coincidental--Editor)

*Season's Joy to all, Jenn & Jamie*