

Our Peaceful Times

ISSUE #6: FROM PEACEFUL HEALING THERAPEUTIC MASSAGE 860-349-HEAL

*If all the animals were gone,
Man would die from a great loneliness of spirit.*

-- Chief Seattle

HELP US GAIN VITAL GROUND

Throughout the month of July, Peaceful Healing will donate \$1 from each session to the VITAL GROUND FOUNDATION, a nonprofit conservation organization dedicated to conserving habitat for grizzlies and all the other plants and animals that share the land with the Great Bear. The Vital Ground Foundation was created by Doug & Lynne Seus, who raise and train orphaned Kodiak grizzly bears for film work. The most famous member of their family, the legendary **Bart the Bear** has appeared in countless feature films, TV programs, and commercials. Bart passed away last year and we will be dedicating this donation to his memory from Peaceful Healing and its patients.

Please try to visit in July so you can heal and maintain good health, while we all help this great organization and save a truly noble beast.

In the future we will be donating proceeds from a specified month to other great organizations to help people, animals, and the environment.

*There is nothing more to be
If you can be the remedy
Who heals love.*

-- Noel Gallagher

A REAL PAIN IN THE NECK

Forget the corny jokes about bosses and presidents. The nauseating pain *we're* referring to is in the part of your body that holds up your head. Neck pain is a common problem among our patients, and while many people visit our office to have tension and spasming addressed, they also ask us if there's anything they can do on their own to aid the healing process.

After the patients' condition have been diagnosed by their doctor and massage/exercise recommended, we often suggest gentle range of motion and stretching exercises for the upper shoulders and neck. Movement brings blood to the tight, knotted muscles, and blood promotes healing. If you're suffering from neck pain (and have your doctor's okay) here are some tips to help lessen the stiffness and pain between visits. These tips are especially useful for those of you who work at computers or any job where you're holding your head in one position for long periods of time. Exercises should *always* be done without pain, even if that means the movements are very slight. Stretches should always be done *after* exercises when the muscle is warm and pliable.

- ◆ At work, try taking regular breaks every 15-30 minutes to move and stretch sore, stiff areas (Set a timer to remind you!) This can really make a difference!
- ◆ Change the way you sit and work. Move your work closer and upwards so you are holding your head and neck as straight as possible (imagine you are balancing your back, neck, and head like a tower of children's blocks). Our heads weigh 20 pounds and when its center of gravity is held in one direction our neck muscles have to struggle to hold that weight up.
- ◆ Do gentle, slow range of motion exercises for your neck, shoulders, wrists, and fingers every half-hour. When you hold yourself in one position for a long time, your muscles get tired and sore. Move your neck, shoulders, wrists, and fingers in slow circles in both directions, and shake out your hands. These movements help to increase circulation and decrease soreness. They also make for a nice breather away from your work!
- ◆ Ice can also be very helpful to reduce pain and swelling. Using an icepack wrapped in a thin towel for 15 minutes every hour can help you in times of pain. Also, if you're at work, washing your hands and forearms in cold water can be soothing & therapeutic.

ATHLETIC SUPPORT

Massage therapy has become a necessity for athletes in today's professional sports. Every major/minor league team you can think of has massage therapists (or people trained in massage therapy) on staff. Hockey, football, baseball, track, even auto racing organizations have therapists helping their athletes achieve greater performance and recover from injury. But you don't have to be Stanley Cup Champion **Ray Bourque** to benefit from massage therapy! **Peaceful Healing** works with many athletes on *all* levels and has helped them achieve amazing results. Football, soccer, and hockey players, golfers, track stars, and marathon runners have walked through our door telling us how massage improved their performance in competition and helped speed their body's recovery between events and after injuries. Muscles are an athlete's "motor", and since massage works to improve and maintain muscle health, it can keep an athlete's motor revved up and running strong. The benefits include:

- ◆ Increased blood & lymph flow to muscles, providing them with optimum nutrition.
- ◆ Reduced muscle tightness and increased range of motion, lessening chance of injury
- ◆ Improved tone in muscles
- ◆ Faster recovery from injury
- ◆ Reduced muscle soreness, allowing you to train more and perform better

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FROM PEACEFUL HEALING THERAPEUTIC MASSAGE

(Cont'd)

- ◆ Helps avoid chronic problems
- ◆ Provides relaxation and focus, which gives athletes a psychological edge

No matter if it's a daily workout for good health or you're **Tony Hawk** trying to land the 900, sports massage can help you get the most out of your body!

WE'RE ONLINE!

Last week on the news we saw a new form of communication being developed called the "internet". It sounded so innovative and exciting that we said, "Hey, let's beat the rush and get in on this thing from the get-go!" The result is our brand new website:

www.peaceful-healing.com

Please pay us a visit! We have:

- ◆ a listing of our services and fees
- ◆ information about massage therapy
- ◆ benefits for medical conditions and injuries
- ◆ our newsletters
- ◆ articles about our therapists
- ◆ the organizations we support through our practice and your donations
- ◆ a list of donations we are hoping for
- ◆ our recommended reading list

Our aim in creating a website was to provide our clients and potential clients with an easy way to get the information they need and to be able to access that information from the comfort of their own homes.

We also have email access at

peace@peaceful-healing.com

but we ask that any appointments still be set up over the phone in case the email goes astray.

Our website and all its information is there if you need it, but we still encourage people to phone us or visit. Technology is sometimes a wonderful thing, but we will *always* prefer to hear your voices and see your smiling faces!

WE THANK YOU FOR YOUR HELP

We would like to take some space in this newsletter to thank all our clients who have been inundating our office with donations of food, clothing, and pet food. For those of you who have seen the piles, you know what we're talking about! We are very proud of all those who have participated in our discount program and have helped so many people and animals with their generosity.

For those of you who haven't taken advantage of our **discounts for donations** program yet, please feel free to call us or check out our website for more information on the

simple steps you can take to help others, *and save \$10* off your sessions or gift certificates!

CANCELLATION/LATE POLICY

Just a reminder to please respect your therapist and other patients' time and commitments by phoning us with any time/day changes or cancellations **as soon as you become aware of them**. Informing us 24 hours in advance is preferable, but the *latest* we prefer you call is the night before or morning of your appointment. We do, however, understand that unforeseen emergencies sometimes occur (especially those of you with kids!). During those instances, we still request you call us so we know whether to expect you. We are *always* more than happy to work with you to reschedule so please feel free to call us anytime!

Also, when you make an appointment, the period of time you choose is reserved for you and begins and ends at its scheduled time (unless you have called in advance to reschedule or cancel), so please try to arrive a little early to utilize your entire session. Remember that there are patients after you and we're not always able to extend past the scheduled times.

Please try to plan ahead for appointments so we can better serve you and *all* our patients.

ASK THE THERAPIST

Why don't you put a map with directions to your office on your website, business card or brochure?

Peaceful Healing's office adjoins our home, so we do not publish our street address *anywhere*. This is to preserve our privacy and also to dissuade people from appearing for "walk-in" appointments on days that our office is closed or we are busy with other clients.

Why do you use lotion instead of oil?

We use special massage crème for two important reasons. The first is that our crème is all natural and doesn't contain nuts or perfumes which can irritate some people's skin. Secondly, most people do not appreciate the greasy "oil-dipped" feeling massage oil leaves. Our crème absorbs nicely into the skin and doesn't leave you feeling like a sardine.

Do your hands ever get tired?

Yes.

Peace, Love, Health, and Happiness to all,

Jenn & Jamie