

Our Peaceful Times

ISSUE #7: FROM PEACEFUL HEALING THERAPEUTIC MASSAGE 860-349-HEAL

NOW MORE THAN EVER, WE NEED TO HEAL

The events in the world have changed the way we feel and think. Now, more than ever, people are experiencing depression and increased levels of stress and anxiety. It is a very real and serious problem for every person, not just those who already suffer from those conditions. The ongoing effects of the cataclysmic events of the past year affect us all. Many are suffering silently and needlessly, but there is help available. If the weight of life is feeling particularly heavy, see your doctor to rule out any more serious conditions and ask them to guide you to some of the many ways of dealing with depression, stress, and anxiety.

Therapeutic massage is a very affective way to deal such conditions. The Touch Research Institute studied the affects of massage and other treatments on patients suffering from depression using control groups. The study read as follows:

'A 30 minute back massage was given daily for a 5-day period to 52 hospitalized and adjustment disorder children and adolescents. Compared to the control group who viewed relaxing videotapes, the massaged subjects were less depressed and anxious and had lower saliva cortisol levels after the massage. In addition, nurses rated the subjects as being less anxious and that nighttime sleep increased over this period.'

So in addition to helping patients recover from muscle/soft tissue injuries and many illnesses, therapeutic massage can aid all of us in dealing with the effects of a stressful life and world. Please give us a call and take advantage of your "Discounts For Donations" and Sliding Fee Scale programs so you can help yourself heal and maintain good physical and mental health.

PEACEFUL HEALING EXPANDS THEIR DONATION PROGRAMS

In August of 2001, we announced that a portion of your session fees were going to be donated to one of our charities, Vital Ground Foundation (www.vitalground.org). This new program was a tremendous success., and we were able to send Vital Ground a sizable donation to go towards purchasing lands in grizzly country to be preserved for these beautiful creatures and the ecosystem which depends on them. We would also like to thank all our clients who came in during August, even if it was for their normally-scheduled sessions, to support such a worthy cause. You helped to make a difference.

Due to events this fall and the holiday season, we had suspended our program, but this year, we will be resuming it full-time. On our calendar for 2002 are the following programs and causes we will be donating to:

January -- Spastic Paraplegia Foundation

Known by many other names, Spastic Paraplegia affects the lower nervous system, degenerating the nerves in the legs and affecting mobility. As of right now, the only treatment for this condition is physical therapy and therapeutic massage. The SP Foundation has been established to help raise funds in the search for a cure.

March -- Defenders of Wildlife

Defenders (www.defenders.org) is a wildlife conservation organization dedicated to working with lawmakers and other organizations to preserve wildlife and wilderness.

May -- American Indian College Fund

The American Indian College Fund (www.collegefund.org) supports scholarships and tribal colleges (32 are supported by this organization at the present) and to educate the public on the need for tribal colleges to rebuild Indian society.

June -- Animal Haven, Inc.

Animal Haven is an animal shelter located in North Haven, CT which takes in stray or abandoned cats and dogs. Instead of euthanization, they use a rigorous screening process to find good homes for their animals.

NOTE: We have also been busy donating gift certificates to many local charities for use in their auctions. If you are a member of a charity or fund-raising organization and you are looking for gift certificate donations (we do not donate cash), please feel free to contact us.

SPRAINS AND STRAINS

Aren't they the same thing? Actually, they are two separate conditions which, due to the similarity in their spelling, are incorrectly interchanged. A **sprain** is an injury (a rupture or tear) to a ligament--fibrous connective tissue which binds two or more bones together to form a joint. A **strain** is an injury to a muscle or tendon--connective tissue which connects a muscle to bone. The easiest way to keep them straight in your head is to remember that there is a T for "tendon" in "strain".

Sprains and strains occur in different degrees of injury. The lowest degree is when you can still use the joint but not to its fullest extent. The highest degree of injury means that the tendon, muscle, or ligament has been completely torn, mobility is lost, and usually requires surgical repair.

Always contact your healthcare professional when any injury occurs. They will be able to assess the amount of damage and prescribe the proper treatment.

See our next issue for more information on the effects of therapeutic massage on these injuries.

Peace, Love, Health, and Happiness to all.

Jenn & Jamie