

Our Peaceful Times

ISSUE #8: FROM PEACEFUL HEALING THERAPEUTIC MASSAGE 860-349-HEAL

Hello, dear friends.

So much has happened since our last newsletter. Triumphs, setbacks, joy, sorrow, aches and pains, both mentally and physically have touched all our lives. For Jenn and I it was certainly a trying year. In July we said goodbye to our beloved dog, Tama. It was the single most devastating experience of our lives. Yet, as they say, in every end there is a beginning, and on November 26th we welcomed our newest animal companion, Rama, (a longhaired German Shepherd) into our home.

Now, we could easily devote this entire newsletter to the adverse physical and emotional effects of raising a puppy, not to mention how the experience can mess up your carpet, but for now we would like to stick to the connection between body and mind. When we are under emotional stress or suffering from depression, our body is effected every bit as much as our mind. Think about it. What happens when we get angry? Our jaw, fists, and dozens of other muscles throughout our body clench and tighten without us knowing it. And that is just in response to a single emotion!

Over time, as we struggle through our stressful lives and the emotions that come with them, our muscles accumulate that tension and lead to problems such as headaches, and neck, shoulder, and back pain. Studies also show that negative emotions put our body under stress and lead to a weakened immune system and sickness. By the same token, those same studies show that the state of our body equally affected our minds. Usually if your back or neck is killing you after a long day at work, you are probably not the most chipper person on the block.

Our bodies and minds are undeniably connected, and to care for one we must care for both. With all that is going on in our lives, and the world, we need now more than ever to take care of ourselves. Therapeutic massage is a simple, pleasant way to heal the pains of both body and mind, and maintain good health. With Peaceful Healing's sliding fee scale (helping those with financial issues), Discounts For Donations program (bring in 3 or more items of food or clothing for animals and/or people to receive \$5 off your session), and accepting health insurance, it is easier than ever to make therapeutic massage a part of your life, for health, healing, and peace of mind.

ICE VS HEAT

Ice and heat serve two different functions during healing. Heat is a part of the healing process. Your body uses heat to kill germs, as well as viruses and other illnesses. The body responds to an injury with a flood of healing fluids which can create a traffic jam at the site and actually impede the process. Ice is important to control the body's natural healing responses, slowing them to an even

flow to minimize inflammation and swelling.

When and how do you use ice and heat? Ice is very good for acute (or recent) injuries, and heat is used for chronic (or older) injuries. Ice aids the body in healing itself while heat can help to soothe away pain and tension in areas of soreness.

When using ice or heat packs, we recommend placing a thin towel between the pack and your skin. This allows the cold or heat to seep into your skin instead of being a shock to your system--especially when an ice pack is used. It is also important that the packs not be left on your skin too long. Prolonged exposure can actually damage your skin by burning it or decreasing the blood flow to the area too much. The recommended amount of time to leave a cold or hot pack on is fifteen minutes every hour.

****NOTE** about using ice: While ice is best for reducing swelling and pain from an injury, certain health conditions may be aggravated by its use. Ice should NOT be used by people with rheumatoid conditions, cold allergies (if ice is applied to the skin, a rash develops in that area), frostbite, paralysis or impaired sensation, or Reynaud's disease or any other condition that makes them sensitive to the cold. Also, use the amount of ice you are comfortable with. If you tend to be easily chilled, wrap yourself in blankets or warm clothing while using the ice, or you can also reduce the length of time you apply the ice to your injury (ex.: from 15 minutes to 10). After icing the injured area, it is also important that you do NOT stretch or do strenuous activities for several minutes. Icing numbs the muscle and you may unintentionally reinjure the area while it is in this state.

PEACEFUL HEALING IS NOW ACCEPTING HEALTH INSURANCE

Over the past few years, we have been asked by our patients if we accept insurance. For the past seven months we have been on a trial period, accepting payments from two different insurance companies, and we are now opening up this opportunity for the rest of our patients.

How can you receive this benefit? Either visit our website and follow the links to a questionnaire you can print out yourself or call our office and ask us to send one to you in the mail. The questionnaire contains important information we need from you and your insurance company about the coverage your policy provides. Please return this information to us before your next visit.

Non-payment of your therapy by your insurance company--whether due to a limit on your coverage being reached or your policy expiring or being cancelled--will be your responsibility.

Peace & Happiness to all, Jenn & Jamie