

Our Peaceful Times

ISSUE #9: FROM PEACEFUL HEALING THERAPEUTIC MASSAGE 860-349-HEAL

Season's greeting, everyone!

Wow, it's hard to believe the holidays are here already. We haven't even finished LAST year's Christmas shopping! It's even harder to believe that Peaceful Healing has been in business and serving the community for five years! Since opening our doors in 1999, we've helped hundreds of people heal from injury, illness, and the stress of everyday life. Plus, through our "Donations For Discounts" program, we have collected food, clothing, and necessities, and raised thousands of dollars for Animal Haven (a wonderful no-kill shelter which rescues and finds homes for dogs and cats), St. Vincent DePaul Place (a soup kitchen in Middletown), Vital Ground Foundation (an organization that purchases and preserves land so wildlife can survive and thrive), Defenders of Wildlife (protectors of the environment and wildlife), and dozens of other charities. Yet none of that would have been possible if it wasn't for the kindness and generosity of you, our patients. In helping yourselves, you have helped countless others, and we want to thank you from the bottom of our hearts.

As always, Peaceful Healing is collecting food, clothing, and necessities for our local charities (St. Vincent De Paul Place and Animal Haven) this holiday season, and year round. Bring in three or more of the following items and you will receive \$5 off your session (one discount per session please): canned or non-perishable food (peanut butter, cereal, dry pasta, canned veggies or fruit, etc.), clothing (for all ages), necessities (shampoo, toothpaste, toothbrushes, and other personal items), wet or dry dog food, wet or dry cat food, blankets, and pet treats and toys.

These organizations need your help, not just around the holidays but year-round, so please do whatever you can.

First-time patients and regulars alike can't stop raving about how much they love receiving Peaceful Healing gift certificates. Let's face it, who wouldn't love a free massage?! It's extremely relaxing, feels great, and helps body and mind heal. This holiday season, or for a loved one's anniversary, birthday, or any special occasion, give those you care about a gift certificate for a therapeutic massage. After all, what gift could be better than health, healing, and peace of mind?

HYDRATION INFORMATION

With the onset of winter comes the onset of drier weather, and drier weather means a drier you, inside and out. During the heat of summer, the first thing we think of is a cold beverage, yet when winter begins, liquid refreshment is usually the last thing on our minds.

However, with the drier air, our bodies need water more than ever! Besides keeping our skin and other vital tissues hydrated, water's other important function is to help our body flush away the waste products it builds up as our organs and muscles work hard throughout the day. Without proper hydration, those waste products have a harder time exiting the body, causing soreness and a run-down feeling that drains all your energy.

Keep yourself hydrated by drinking at least forty-eight ounces of water a day. Water is the best choice since it will provide your body with much-needed moisture without all the chemicals, stimulants, and sugars found in soda, juice, sports drinks, coffee, and tea. By ingesting these additives, the body has to work harder to filter them out before it can absorb the moisture from your drink. When you drink plain water, your body hardly has to do any work at all to keep itself healthy and hydrated!

THE ELASTIC THAT BINDS

Many of us find elastic to be an important part of our wardrobe. What we often don't realize is that most of our elasticized garments are the wrong size or are worn incorrectly. Some of us wear girdles or other similar clothes which are meant to bind our bodies into a more preferred shape. How often at the end of the day have you removed your socks or undergarments and seen the stripes left behind? Tight elastic causes the blood vessels to be constricted, cutting off the flow of nutrients to and of waste products from your skin. It can be ego-bruising to buy a larger size than you are accustomed to, but your body will thank you for it.

Sometimes we need to wear tight garments like support hose for health reasons. However, a common mistake we make is in the way we wear them (the same can be said about knee-high stockings as well). Quite often we will roll the support hose down just below our knees instead of pulling them up above. Most who wear these hose do so for one of two reasons: to support varicose veins and aid in the return of blood to their hearts or to reduce edema (fluid build-up) in their legs and feet. By rolling the tops of the hose down we are actually impeding the flow of blood or extra fluids.

Release the hold elastic has on our bodies, and we will be taking one more step to improving our health.

SAVE ON YOUR MESSAGES!

Based on the response from our last round of coupons, we have decided to once again offer our massage package...this time without that little slip of paper! When you pay for a package of four massage therapy sessions or gift certificates, you get the fifth session or certificate free!

Have a wonderful holiday! -- Jamie & Jenn