

A Healing Touch

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Member, Associated Bodywork & Massage Professionals

Age is a State of Mind

Baby Boomers Combat Aging with Bodywork

According to the U.S. Centers for Disease Control and Prevention, preventing disease and injury is critical to reducing the expected growth of health-care costs headed our way, as more than 70 million U.S. baby boomers cross the 60-year-old threshold. Moreover, disease prevention is critical to, well, your health!

Whether you're a boomer who is running a marathon or running after your grandchildren, you know that growing older doesn't mean growing old. If you're wondering how to stave off the effects of aging, the preventative and restorative nature of massage and bodywork might be just what the body ordered.

and its elasticity, and toning muscle tissue. Massage also creates a stimulating cellular function in the hypodermis, dermis, and epidermis layers of the skin and increases the production of skin-nurturing sebum.

Immunity and Stress

If you're already a frequent recipient of massage, you know what the work does to combat daily stress. But did you know how detrimental those stressors can be?

Experts say the majority of disease we encounter today is associated with stress. Not only that, stress is a huge factor in premature aging of the body. Researchers say chronic stress ages the

The quality of a person's life is in direct proportion to their commitment to excellence.

-Vince Lombardi

Office Hours and Contact

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Massage therapy can play an important role in aging well and remaining youthful and healthy.

Improved Circulation, Healthier Skin

As our bodies age, our circulation slows and our skin loses its once youthful vitality. Experts say the mechanical nature of massage combats these effects by increasing circulation through the manipulation of tissue, improving the appearance and condition of the skin

body, weakens immune cell function, and can make cells appear up to 17 years older than they really are. Through its effects, massage deftly attacks stress, while boosting the immune system.

Massage encourages the release of oxytocin, a stress-reducing hormone in the body most often associated with

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birth and bonding, and activates the parasympathetic nervous system and its relaxation response. Massage also decreases beta brainwave activity, increases dopamine and serotonin levels in the body, and reduces cortisol levels, all of which are linked to decreased stress.

Squashing the Pain

Part of the aging process, unfortunately, involves dealing with aches and pains. You might find a day of gardening brings on back pain you never experienced before, or your biking regimen now requires greater recovery time afterward. Even though pain is a constant source of grief for an aging body, massage can make a difference.

The passive movement in massage keeps joints more mobile and stimulates the synovial fluid, which lubricates the joints and nourishes the articular cartilage. Massage also prompts the release of endorphins and other pain-reducing neurochemicals.

In addition to the pains of physical exertion an aging body experiences, the discomfort caused by arthritis can be just as debilitating. Experts predict that one-third of Americans will get arthritis as they age. Ironically, most arthritis sufferers may not think of massage when they start to explore which therapies might ease their pain. While it is doubtful an arthritic joint can "heal" completely with massage, it can feel better. And for an arthritis sufferer, better is a welcome word, particularly when there are no side effects involved.

According to the Arthritis Foundation, an increasing number of doctors are recommending massage to their arthritis patients to help relieve the pain and stiffness caused by their disease. Massage can increase circulation around painful joints, bringing healing oxygen and nutrients, including amino acids, to rebuild tissue. Many massage therapists report that their arthritic clients find better and longer-lasting relief from massage than from pharmaceuticals.

Whether its reducing the symptoms of arthritis, or simply addressing the aches and pains of living an active life, massage can play an important role in aging well.

Bennies for Boomers

The benefits from massage and bodywork can help bodies of all ages, especially for baby boomers. Research has shown that massage:

- Improves range of motion and decreases low-back pain.
- Increases circulation, allowing the body to pump more oxygen and nutrients into tissues and vital organs.
- Provides exercise and stretching for atrophied muscles.
- Reduces swelling and scar tissue.
- Reduces recovery time from injury/surgery.
- Reduces stress, a major contributor to disease and ill health.
- Releases endorphins, the body's natural painkiller, thereby reducing the need for medications.
- Stimulates lymph flow and supports the body's natural process of detoxification.

Psychological Value

In addition to all the physical benefits massage and bodywork offers, there also are proven psychological changes we experience with massage. One of the reasons massage feels so relaxing is that there is a literal psychological benefit as dopamine and serotonin become balanced in the system. And when massage produces oxytocin in the body, there is a sense of being nurtured. Add that to the restorative effect that comes from those quiet moments during massage, and you've got a process that experts say is incredibly healing.

Aging, obviously, is a process none of us can avoid. As Benjamin Franklin said, "When you're finished changing, you're finished." Turn the inevitability of aging into a positive process of change and let massage and bodywork help you along the journey.



The aches and pains that often accompany the aging process can be managed with bodywork.

Soothe Your Skin's Winter Ailments

Kayla Fioravanti

The drying effects of winter are upon us. Here are some at-home ideas to help soothe your skin through this challenging season.

Cleanse

Put away your foaming gels and soaps and stock up on creamy products. Cleansing creams, lotions, and milks are great winter choices, because they don't contain the harsh, oil-stripping detergents found in most cleansing gels.

Tone

Shelve your astringents and switch to a toner. In the cold months, your skin needs to be soothed and balanced, not dried out further.

Moisturize

Choose heavier creams than you would in summer months. You can even use your heavy eye cream on your lips and face. If your skin itches, the dry air is causing the moisture in the top layer of your skin to evaporate quickly. Slather those areas with extra moisture until you feel relief, and never be afraid of using

pure oils on your skin--a bottle of jojoba or olive oil is great to have on hand.

Exfoliate

Exfoliate twice a week to remove dead skin cells and help your skin absorb the extra moisture you are using. Because central heating systems reduce the amount of sebum our skin secretes, contributing to dryness, exfoliation will free this natural regulating agent. Use a cream-based exfoliant with jojoba beads, so your body can soak up the rich oils.

Hydrate

For a simple in-home hydrotherapy treatment, start your day with a steamy shower. Just as you are finishing, switch the water to cold for about 15 seconds and then back to warm for 15 seconds. Repeat the process for two minutes.

Shower and Bathe with Oils

Did you know you can apply body oil, lotion, or cream during your shower or bath? The heat and steam help your skin to thoroughly absorb the moisture.

Yogurt, the Super Food

Balance Digestion, Improve Immunity, and Prevent Disease

In some form, yogurt has existed since at least 2000 BCE, and many food historians believe it predates recorded history, possibly going back as far as 9000 BCE. Why such staying power? A bit of a wonder food, yogurt improves digestion, which can boost immunity and even help prevent colon cancer. One dairy product even most lactose intolerant people can eat, yogurt is loaded with active bacterial cultures, the key ingredients that make it so healthy.

While we typically think of bacteria as dangerous bugs that cause disease and infection, the body is host to billions of bacteria that live in the intestines and help digest the foods we eat. These good bacteria, or microflora, actually fight off the bad bacteria that cause illness.

Some of these same good bacterial species are used to ferment milk, and it's these cultures that give yogurt its texture and tart flavor. They also process much of the milk sugar, called lactose, during fermentation, which is why yogurt usually doesn't bother people with lactose intolerance.

Eating yogurt helps maintain the microflora in the gut, optimizing digestion and keeping harmful bacteria in check. Ever noticed how a course of antibiotics is often followed by a bout of diarrhea? This is because antibiotics kill off all the bacteria in the gut--the bad stuff and the good--leaving the gastrointestinal tract compromised. Fortunately, yogurt can help counteract this imbalance.

Furthermore, this food is a good source of nutrients, including B vitamins, calcium, magnesium, and phosphorus. Whole milk yogurt also contains conjugated linoleic acid (CLA), an essential fatty acid with cancer fighting properties, especially beneficial in preventing breast and colon cancers. And CLA has been shown to increase fat metabolism, helping the body convert fat to lean muscle.

Maintaining the good bacteria in the gastrointestinal tract is key to healthy digestion, and eating quality yogurt is a great way to do this. Be sure to read the labels and choose varieties that contain live active cultures to ensure you're getting the most from your yogurt.

*Everyone has the
desire to win,
but only
champions have
the desire to
prepare.*

-Unknown

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!!! Happy Spring !!!

What a beautiful time of year. Time for us to dig out of our winter slumps and get moving! Many of you know I participated in my first triathlon in the fall. Well, training starts now for July 10th when I participate in the Ramblin Rose in Rock Hill! What a great time for training. The weather is warmer and the days are getting longer. Perhaps you have challenged yourself this year. Whether it's getting to the gym more often or participating in a triathlon for the first time, make massage a part of your training regiment. Massage will help you recover faster, prevent injury and reduce soreness. Ask me about specialized sessions for your particular activity.

I want to thank you for helping to make my business a success! You are appreciated and I look forward to your next session!

Call and make your appointment today!

(704) 577-4775

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