

Relaxation this Spring

April 2016

Member, Associated Bodywork & Massage Professionals

Massage Multiplied

Benefits of Massage Improve with Frequency

Karrie Osborn

What kind of massage client are you? Do you make an appointment after someone has given you a massage gift certificate? Do you try to get in every now and then for a stress-relieving tune-up? Or do you see your therapist religiously--once a week, every three weeks, once a month?

While getting a massage--regardless of how often--is incredibly beneficial to your body and mind, getting frequent massage treatments is even more powerful as a healthcare ally.

"People who get massage regularly demonstrate a reduction in pain and muscular tension and an improvement in posture," says Anne Williams, author

Stress Killer

One way in which frequent massage can improve our quality of life is by alleviating stress. Experts say most disease is stress-related, and nothing ages us faster--inside or out--than the effects of stress. As stress-related diseases continue to claim more lives every year, the increasingly deadly role stress plays in modern-day life is painfully clear.

Massage is a great way to take charge and reverse the situation. Mary Beth Braun and Stephanie Simonson, authors of *Introduction to Massage Therapy* (Lippincott Williams and Wilkins, 2007), explain the benefits of massage

*Be happy for
this moment.
This moment is
your life.*

-Omar Khayyam



Regularly scheduled massage has proven a powerful ally in health and wellness.

of *Spa Bodywork: A Guide for Massage Therapists* (Lippincott Williams and Wilkins, 2006).

"People regularly make a commitment to fitness. People regularly make a commitment to changing their diet. The difference they'd experience if they regularly made a commitment to massage is mind-blowing," she says.

therapy in the simplest of terms: "Healing input influences healing output." They note that frequent massage can reduce the accumulation of stress and improve overall health. "The benefits of massage are cumulative," they write.

Continued on page 2

Office Hours and Contact

Mental Escape Massage
Kelly Lewis, NCTMB, CPM
913-424-8517
Mon-Fri 10-5 & Wed 10-4
Wednesday I'm at Salon Mission
On the Sprint Campus

In this Issue

Massage Multiplied
The Art of Bathing
The Sunshine Vitamin

Continued from page 1

This being the case, it only makes sense that those aches and pains you see your massage therapist for might disappear faster, stay away longer, or even go away altogether with more frequent visits. Stress might never reach those physiologically detrimental levels where the immune system is suppressed or the nervous system is sent into an alarm state if you are able to receive stress-relieving bodywork with some consistency. Not only would your body benefit by regularly unleashing its aches and pains instead of adapting to them, but your mind would have time to wash away the stresses of a life lived in overdrive. Both are critical pieces for living well.

Experts say the body and mind can learn to live more calmly, more efficiently, and more healthfully when frequent massage shows the way. That makes for a healthier whole, allowing us to continue to live life at its fullest, even as we deal with each new stress or challenge.

Preventive Measures

In so many ways, massage is preventive health care. Yes, it can address injuries, scar tissue, and chronic pain, as well as provide relief for cancer patients and reduce hospitalization for premature babies, among many other valuable benefits (go to Massagetherapy.com for more information on the myriad benefits of massage). But when the healthy, and trying-to-be-healthy, among us seek out massage on a regular basis, it helps us live a proactively healthier life.

Since bodywork influences every system in the body, there are enormous possibilities created by increasing the frequency in which you address those systems. It's best to discuss your session goals with your massage therapist and together devise a plan of frequency that meets your needs, while taking into account your therapist's best advice.

Body Awareness

According to Benny Vaughn, sports massage expert and owner of Athletic Therapy Center in Fort Worth, Texas, one of the benefits of consistent and regular massage therapy is better flexibility. "This happens because regular and structured touch stimulus enhances the nervous system's sensory and spatial processing capacity," he says.

"That is, the person becomes more aware of their body's movement in space and becomes more aware of tightness or pain long before it reaches a critical point of mechanical dysfunction."

Quite simply, frequent massage puts you more in tune with your body. "The consistency of massage therapy over time creates a cumulative stress reduction effect," Vaughn says. "The person becomes acutely aware of stress within their body long before it can create stress-driven damage."

He says the consistency of receiving regular massage therapy has the potential to create a cumulative wellness effect. "Ultimately when one feels good, our whole being follows suit on all other levels--i.e., decision-making is better, processing life events is better, and being happy is easier when you are not in pain or feeling 'heavy' or 'tight.'"

Williams says she's certain people's lives would be changed if they could schedule massage and bodywork more frequently. "I encourage clients to commit to getting massage once a week for a month and then evaluate the results they get," she says. "I guarantee they will become massage enthusiasts for life."

Massage Can...

- Alleviate low-back pain and increase range of motion.
- Create body self-awareness.
- Improve muscle tone and stimulate their nerve supply.
- Improve elasticity of skin and promote skin rejuvenation.
- Improve sleep and calm the mind.
- Increase endorphin and serotonin production.
- Reduce edema, as well as joint inflammation.
- Release negative holding patterns from previous injuries.



A consistent massage routine helps you manage stress before it causes illness.

The Art of Bathing

Simple Recipes to Soothe Mind and Body

From bubble baths to essential oils to Dead Sea salts, prepared bath products are designed to enhance a bathing experience, but they can be expensive. Instead of spending the extra money on special bath products, try one of these natural, simple bath recipes with ingredients you probably already have in your cupboard or refrigerator.

Epsom Salts

ADD 2 CUPS EPSOM SALTS TO BATH WATER.

Magnesium sulfate, or Epsom salts, has been used for centuries as a folk remedy, and research now confirms its numerous benefits. The second most abundant element in human cells and a crucial component for bone health, magnesium is also needed for muscle control, energy production, and the elimination of toxins. Magnesium eases stress, aids sleep, and improves concentration while reducing inflammation, joint pain, and muscle cramps. Sulfates help to flush toxins from the body, prevent or reduce headaches, and even improve brain function.

Most American diets are deficient in magnesium. However, one of the best ways to boost dietary intake is by bathing in Epsom salts, which are readily absorbed through the skin.

Milk

ADD 2-4 CUPS MILK OR BUTTERMILK TO BATH WATER.

Rich in calcium, protein, and vitamins, milk replenishes the skin, while lactic acid found in milk acts as a natural exfoliant. A member of the alpha hydroxy acid family, lactic acid breaks the glue-like bonds between the outer layer of dead skin cells. Soak in a milk bath for 20 minutes, then gently scrub skin with a loofah or washcloth.

Honey

ADD 1/4 CUP HONEY TO BATH WATER.

A fragrant, natural humectant, honey helps skin attract and retain moisture. Its antibacterial and anti-irritant properties make it an ideal cleansing and soothing additive to a warm bath.



Turn your home bath into a spa experience.

The Sunshine Vitamin

Shelley Burns

In the world of skin health, we focus on ways to improve skin quality. We work to prevent acne, cellular damage, dryness, and wrinkles. It is less common to discuss how a skin-care strategy may increase risk of developing other health conditions.

Skin cancer is one example. To prevent skin cancer, we protect ourselves with sunscreen--especially during the summer months. But by using sunscreen we are blocking the absorption of vitamin D, the "sunshine" vitamin.

Vitamin D is fat soluble and contains powerful antioxidant and anticarcinogenic properties that can prevent premature aging and cellular damage. Solid research indicates that vitamin D plays a role in reducing the risk of cancer, specifically breast, colon,

and prostate cancers. Vitamin D has been associated with preventing diabetes by reducing insulin sensitivity. It also improves heart health, reduces the risk of multiple sclerosis, strengthens bones, and decreases the effects of seasonal affective disorder.

Vitamin D can help resolve skin conditions like psoriasis, as it plays a role in skin cell regulation, including cell turnover and growth. Vitamin D can be effective in reducing the itching and flaking associated with this disorder. Ultraviolet B (UVB) treatments have long been used successfully in treating psoriasis because UVB produces vitamin D in the body.

Getting between 5-10 minutes of direct sun exposure daily on the arms, face, hands, and back (without sunscreen) can

provide enough vitamin D to meet your daily requirements, though sun exposure does present a risk. Because it is difficult to obtain enough vitamin D through food, many prefer to use supplements. Research on the health benefits of ingesting vitamin D led experts to advise an intake of 25-50 micrograms daily.

Shelley Burns is a doctor of naturopathic medicine and completed studies at the Canadian College of Naturopathic Medicine. She has certification in complementary and integrative medicine from Harvard University.

*Try to be a
rainbow in
someone's cloud.*

-Maya Angelou

You can still find me inside Seeking Solace Yoga near 91st & Metcalf on weekdays.

Don't forget! I will be raising my rates this summer by \$10 for new clients and those that have not been in for at least 6 months. To ensure your rate doesn't increase, make your appointment by May 31st as they will increase on June 1st.

Only 2 months left to ensure you stay at the lower rate!

Be sure to call or email ahead to ensure you get the time you want and need!

I hope everyone has a great month!

Mental Escape Massage

9200 Glenwood
Overland Park, KS 66212



Member, Associated Bodywork & Massage Professionals