

Body Bliss Notes For A Better You

Summer 2009

Member, Associated Bodywork & Massage Professionals

Massage as the Body's Workout

Can Bodywork Sometimes Make You Sore?

Shirley Vanderbilt

You've just had a wonderful massage, and you go home feeling both relaxed and rejuvenated. But later that night you feel like you're coming down with something. Or perhaps the next morning, you wake up with twinges of muscle soreness, maybe some fatigue, and you just don't feel yourself. What happened? Chances are it's the massage, and it's perfectly OK.

Keith Grant, head of the Sports and Deep Tissue Massage Department at McKinnon Institute in Oakland, Calif., says, "It's very much like doing a workout. If the muscles aren't used to it, they often respond with some soreness." Grant notes this should last for no more than a day or two. If it lasts longer, the

therapist can find all the kinks that have built up from daily stress and too little or too much exercise. The whole point of a therapeutic massage is to release that tension, work out the kinks, and help your body relax so it can function at an optimal level. All of this work stretches muscles, pushes blood into them, and gets things working again.

A Closer Look

There are several theories, in addition to muscle function, as to why people sometimes experience after-effects from massage.

Massage can stimulate the lymph system, which is comprised of several organs

*If you do not
have a dream,
how can you
have a dream
come true?*

-Faye LaPointe



A good massage can sometimes leave you feeling like you had a good workout.

massage may have been too intense, and the therapist should adjust for this in the next session. However, just as with exercise, when your body adjusts to having this type of workout, your physical response will also be less intense.

A professional massage is more than an ordinary backrub. Your massage

(thymus, tonsils, spleen, adenoids), hundreds of lymph nodes, and a multitude of vessels that run throughout the body. These lymphatic vessels carry a clear fluid, known as lymph, that circulates around the body's tissues, absorbing fluid, waste products, dead cells, bacteria, viruses, fats, and proteins

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Office Hours and Contact

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By Your Personalized Appointment

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from the tissue as it goes, while also giving passage to immune cells as they're needed. Massage can sometimes stimulate the lymph system, helping to eliminate toxins from the body. And if the body contains a high level of environmental or dietary toxins, you could feel some mild, flu-like symptoms. While most people come out of a typical massage feeling nothing but relaxed, some people do report feeling a bit nauseous. If this is the case, make sure to drink plenty of water and perhaps take a slow walk. Movement creates a greater lymphatic response and will hurry the process along.

Grant points to another theory being closely examined by experts. Neurological sensitivity, or "sensitization," looks at the "whole response of what's going on in a person." As Grant explains, massage provides a significant amount of input to the central nervous system and the body responds to that increased information. Pain and other occasional after-effects may be the result of a system that has received more information than it can handle at that particular time. And because the amount of sensory input we receive during any day or week is always fluctuating, sometimes we may be overloaded and other times not. It depends on the total stress (emotional, spiritual and physical) being experienced by the body at that moment.

Minimizing Overload

So what can you do to minimize the sometimes uncomfortable side effects? It's important to communicate with your massage therapist regarding your expectations, as well as your current state of health. Your therapist can then tailor the massage to your personal needs and desires, and make adjustments in intensity or technique as the session proceeds. "I'd look at what's being done," says Grant. In some cases, a shorter or more soothing session may be more appropriate. In others, the therapist may need to change the kind of technique used. Much of this can be judged by how the person is feeling and responding during the massage.

In addition to communicating clearly with your practitioner throughout the session, following a few simple steps will help ease tenderness and maximize

benefits:

- UNDERSTAND THAT EVERY BODY REACTS DIFFERENTLY.

Your body is an organism made up of complex systems that react to a constantly changing influx of external factors.

- MAINTAIN GOOD HEALTH PRACTICES.

This means keeping your mind free of negative clutter.

- DRINK PLENTY OF WATER IMMEDIATELY FOLLOWING YOUR TREATMENT.

Continue to do so for the next day or two. This will rehydrate your tissues and ease the effects.

- TAKE IT EASY AFTER YOUR MASSAGE.

Go home, relax and just allow your body to find its balance naturally.

Getting a massage can do you a world of good. And getting massage frequently can do even more. This is the beauty of bodywork. Taking part in this form of regularly scheduled self-care can play a

huge part in how healthy you'll be and how youthful you'll remain. Budgeting time and money for bodywork at consistent intervals is an investment in your health. And remember: just because massage feels like a pampering treat doesn't mean it is any less therapeutic. Consider massage appointments a necessary piece of your health plan, and work with your practitioner to establish a treatment schedule that best meets your needs.

Like exercise, making bodywork a habitual practice is good for your health. And if you wake up the next morning a little sore, it's probably because you had a really good massage.



Bodywork can stimulate the lymph system, which can help detox the body.

Prevent the Afternoon Slump

Some Tips for P.M. Energy

Jerry V. Teplitz

If you're like most people, you've experienced the afternoon slump. You know the feeling -- it's only 2 p.m., yet you feel drained. Fortunately, you can employ methods to reduce the slump's frequency and shorten its duration.

DRINK WATER.

Your body uses water even if you're not exercising. If you wait until you feel thirsty, you're already dehydrated. Keep a water bottle handy all day.

AVOID SUGAR AND SIMPLE CARBOHYDRATES.

While a mid-afternoon candy bar may give you a quick rush, it actually worsens the slump. Instead, choose protein-rich foods and complex carbs.

EAT SMALL MEALS.

Have six small meals over the course of the day instead of three large ones. Big meals cause the digestive process to divert blood from your brain to use in the digestive track.

EVALUATE YOUR LIGHTING.

Most offices are lit with cool, white

fluorescent tubes, which have a terrible effect on how people feel and function at work. A better option is full-spectrum, fluorescent tubes.

TAKE TIME FOR WALKS.

Walking gets your blood circulating, helps you breathe better, and stimulates your brain due to the increased blood flow. Take a 5- or 10-minute walk during the day.

MEDITATE.

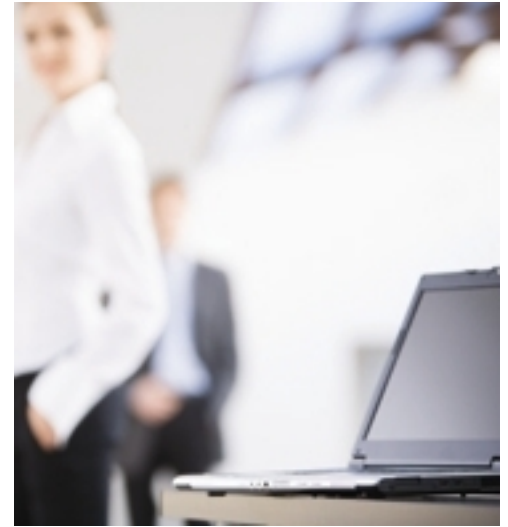
Meditation is great for rejuvenating your body. By meditating for 15 to 20 minutes twice a day, you're keeping your body continually energized and rested.

TAKE TIME TO BREATHE AND STRETCH.

Deep breathing exercises give you an energy boost. Also, stand up and stretch to increase blood flow and stimulate the lymphatic system.

HANDLE NEGATIVITY.

Negative people and images can have a draining effect on your energy. Make a conscious effort to stay positive.



Avoid the drain office settings can bring on.

Flax Facts

Reap the Health Benefits of This Little Seed

Flaxseed, the humble little brown seed with a nutty flavor, is a powerhouse in the nutrition world. It's able to reduce blood pressure, decrease risk of heart attacks and stroke, improve skin quality, help control blood sugar levels, reduce cholesterol, and even prevent breast and colon cancer--all in a single seed!

But what makes flax so powerful? Flaxseed contains high concentrations of alpha linoleic acid, a form of omega-3 fatty acids, which serve as the basic building blocks of cell walls. Additionally, flax is high in lignans, powerful antioxidants known for alleviating menopausal symptoms and fighting breast cancer. There are three forms of flaxseed, making it easy to incorporate into your diet.

FLAX OIL

While available in capsule form to be taken as a supplement, flax oil is best consumed as a food to get the most benefits from it. Many nutritionists often recommend purchasing the oil in small quantities, storing it in the refrigerator, and consuming a daily intake of two tablespoons. You can add a tablespoon to your morning smoothie or substitute flax oil in the vinaigrette dressing for your salad.

Flax oil breaks down to trans fats when heated, so it should never be used in cooking. While lower in lignans than other forms of flax, the oil is sometimes processed to preserve the lignans. Check the label for details.

FLAXSEEDS

Whole seeds are sure to have all the nutritional benefits of flax. Simply add these to your granola or salads for a nutty flavor. If a little tough on the teeth, grind them in a coffee grinder and sprinkle on foods. One note: raw, whole flaxseeds contain chemicals that can affect thyroid function. To get around this, simply toast the seeds in the oven for twenty minutes at 250 degrees, or limit your consumption of raw seeds to three to four tablespoons a day.

FLAX MEAL

Ground flax meal is another option to get the powerful nutritional value of flax. Add a tablespoon of it to your smoothies for extra fiber, or stir it into your oatmeal in the morning.

*Trust your
hopes, not your
fears.*

-David Mahoney

Young Living Oils

As most of you know, I use Young Living Essential Oils as an added tool when giving your massage. Most MAY not know you are able to purchase the oils through me so you may receive their benefits even when you're not in my office and on the table. Inquire at your next massage or give me a call. I'll be happy to share what I use, how, and the benefits I've found in using these amazing oils. They are reasonably priced (varies per particular oil) and invaluable.

Going GREEN!

I am happy to report my BodyBlissMassage.org website is being updated with new features on the way! Be sure to enter your email address to receive the quarterly newsletter electronically, rather than through the mail! This will help our environment in many ways, so log on! You will be able to reference issues easily and/or share with your friends articles they may find interesting and helpful. FaceBook has become wildly popular too, so within the month I will have a Body Bliss Massage Fan page. On this page there will be periodic one day only specials, don't miss out!

Biofeedback

Body Bliss Massage

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Danyelle Prom, a long time client, has now become a Biofeedback Technician. I personally have had many biofeedback sessions and find it to be very helpful in my overall health maintenance. This is a great non-invasive, cutting edge, insightful tool on your body's health. If you want to know more or want to take advantage of her August 1/2 price special be sure to call Dani at 541-337-3765.



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THANK YOU!!!

Thank you so very much for your referrals. I consider them one of the highest compliments you can give me for my skills and care. I appreciate you and look forward to continuing working with you and those you care about to keep you healthy and relaxed!