

Bodywork Sampler

Ten Types of Somatic Methods, All Awaiting You

Nora Brunner

A rich garden of bodywork exists, to benefit you at the different ages and stages of your life. Getting the advice of your massage therapist, doing some research on www.massagetherapy.com, and seeking methods to which you are intuitively drawn are your best guides to finding what works for your body and spirit. No need to wait for a medical problem or a new high on the stress-o-meter to get on the table and into the hands of your massage and bodywork therapist.

1. SWEDISH MASSAGE

This technique is typically the starting point for most massage training and client receiving. It involves five kinds of touching and is delivered to soft tissues

2. DEEP TISSUE

Often integrated with other massage methods, deep-tissue work is exactly what it sounds like. Once the outer muscles have been relaxed, the work goes deeper into the fascia, the deep, dense, connective tissue that helps join your body parts together. Deep-tissue work is an excellent remedy for chronic muscular pain, injury rehabilitation, and reduction of inflammation-related pain caused by arthritis and tendinitis.

3. SPORTS MASSAGE

Whether for professional athletes, active kids, or weekend warriors, sports massage has benefits for participants in the active life. For most people, sports massage is handy after muscle exertion



A variety of bodywork methods exist, offering many options to best meet your needs.

by the therapist's hands, which are moisturized with massage oil or lotion. The kneading, rolling, vibrational, tapping, and percussive movements all work inward toward your heart and will stimulate your circulation. Among many benefits, Swedish massage will hasten healing of injuries, reduce swelling, and help dissolve scar tissue adhesions.

to relieve stiffness and soreness. But anyone can borrow from the gym bag of the professional athlete, so to speak, especially if he or she is training for a major event like a triathlon. Sports massage can ease muscles that shorten and tighten to compensate for and protect injured areas. Massage of

Continued on page 2

Health is a relationship between you and your body.

-Terri Guillemets

Office Hours and Contact

218-263-1501

www.ohanatherapeutic.com

E/O Mon: 11am-6pm

Tues: 9am-1:30pm

Wed. & Thurs: 11am - 6pm

E/O Fri: 9am-1:30pm

In this Issue

Bodywork Sampler

Prevent the Afternoon Slump

Nuts Help Control Diabetes

Continued from page 1

surrounding areas can relieve ripples of pain that expand from the injury site.

4. CHAIR MASSAGE

Chair massage is provided by a trained professional, with you seated on a padded, ergonomically designed chair and is often delivered in a semiprivate kiosk, fully clothed, without massage oil, and purchased in segments from five minutes to 20 minutes at about \$1 a minute. The focus is applying compression (pressure) to the head, shoulders, neck, back, and arms. Use chair massage for relief from long airplane rides, to relax shoulders weighted down by shopping bags or suitcases, or on your lunch hour.

5. STONE MASSAGE

This modality is truly a hot topic. Stones are warmed and then placed on the body, as well as used as an extension of the therapist's hands throughout the massage. The placement of the stones can be aligned with chakras, meridians, and zones according to the energy system your practitioner follows. Stone work can easily be blended with other kinds of massage and can be a powerful healing and grounding force. It's touted as an effective remedy to ease pain, stress, anxiety, and overactivity. Your therapist may refer to improvements in your flow of earth element or to the function of your root chakra.

6. GERIATRIC MASSAGE

Geriatric massage is a gentle approach tailored to meet the individual needs and comfort levels of seniors. For example, geriatric massage can be done with clothes on and may only address certain parts of the body. Massage for seniors also addresses the need for loving touch, an element that may be lacking in their lives. You can do a favor for the aging members of your family and book a professional massage for them.

7. PREGNANCY MASSAGE

Mothers-to-be can greatly benefit from pregnancy massage. It's worthwhile considering this as a baby shower gift for you or a friend to ease those backaches and swollen ankles. It can help a mother's changing posture and possibly the positioning of the baby in the womb. The beneficial relaxation chemicals a mother's body releases when getting a massage also flow to the baby. And once

the baby is born, massage can help bring mother's strained body structure and physiology back into alignment.

8. BABY MASSAGE

Right after that pregnancy, there's a special way for baby to get started on a lifelong enjoyment of massage. Practitioners can give, and teach parents, baby massage, which provides stimulation to little nervous systems, promoting brain development, and supporting that all-important parent-child bonding.

9. REFLEXOLOGY

Reflexology works with the incredible system of nerves and energy meridians rooted in our feet, hands, and ears, which are connected to corresponding systems and organs. Reflexology is a smart way to work with health concerns not ordinarily reachable through regular massage, such as problems in organs or

internal systems. This also goes for areas too damaged or painful to benefit from direct touch.

10. ENERGY WORK

Receiving energy work may mean never being physically touched, keeping all of your clothes on, and remaining seated or standing. Despite this hands-off approach, recipients of energy work often report dramatic reorientations in how they feel and move in the world. Some of the more prominent methods are shiatsu, reiki, Zero Balancing, jin shin jyutsu, and Insight Bodywork.

There are new discoveries every day in the complex relationship between body, mind, and spirit. Whatever your path, keeping an open mind and listening to your body are the guides to your unique situation. Your health and wellness are up to you, so relax and let go of your stress. You deserve it.



Massage is for all ages, including infants, who are often calmed by bodywork.

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.

Nuts Help Control Diabetes

The Benefits of a Healthier Diet

If you're a diabetic, or are otherwise concerned about your glucose levels, a new study has some potentially life-saving news for you. Researchers have found that replacing carbohydrates with just two ounces of nuts on a daily basis significantly improved glycemic control and reduced LDL cholesterol for patients with type 2 diabetes.

The study was published in the August issue of *Diabetes Care* and features the work of David Jenkins, MD, PhD, DSc, who says that, "Nuts, including peanuts, can make a valuable contribution to the diabetic diet by displacing high glycemic index carbohydrates and replacing them with vegetable fats and vegetable proteins which have been shown in the long term to be associated with better cardiovascular health and diabetes prevention."

Why so good?

One of the qualities of nuts that the study gives as a potential cause of this benefit is that they are a source of mono- and polyunsaturated oils--fatty acids that are healthier than saturated fats. In addition, they report that the high amount of protein found in nuts helps reduce hunger by increasing the length of time that one feels full.

Making the change

One thing to consider when seeking to implement this change in your diet is the increasing prevalence of peanut and other tree nut allergies. A 1999 study by the National Institute of Health (NIH) estimated that approximately 1.1 percent of the population, or some 3 million Americans, are affected by this allergy, which can cause hives, throat tightness,

wheezing, vomiting, and other serious side effects.

On the other hand, the NIH reports that over 18 million Americans have been diagnosed with diabetes and estimates that there are an additional 7 million who have not been diagnosed. If consuming two ounces of nuts a day can significantly improve aspects of this condition, which is associated with blindness, heart disease, kidney failure, limb amputation, stroke, and death, it would appear to be a smart move to make.

*When the body
gets working
appropriately,
the force of
gravity can flow
through. Then,
spontaneously,
the body heals
itself.*

-Ida Rolf

ROCK 'N' MINGLE

Wednesday, June 19th 4:30-6:30pm

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