

Body Image

Learning to Love Who We Are

The statistics are alarming. The majority of U.S. women--some estimate more than 80 percent--are unhappy with their appearance. At least 10 million young women, and 1 million young men have an eating disorder. Girls as young as 6 and 7 are expressing disapproval of their looks, and most fourth-grade girls are already diet veterans. Most unsettling is the fact that more women, and girls, fear becoming fat than they do dying.

Combating the Images

How do you see yourself? Are you content with the person looking back at you from the mirror each morning or do you frown in frustration?

magazine covers, others are trying to teach young girls to love their bodies, beautiful imperfections and all. One way to combat the Hollywood hype and to create an appreciation for the bodies we have is through hands-on massage and bodywork.

Why Massage Affects Body Perception

Being unhappy with our bodies has serious, and sometimes lifelong, ramifications. Feelings of unworthiness and self-loathing can set up a lifetime of self-deprecating behaviors. What regularly scheduled massage allows us to do is "get back" into our bodies and reconnect with ourselves. Massage can

Your body is a temple, but only if you treat it as one.

-Astrid Alauda



Massage can help restore feelings of self-worth and nurturing--key for body image issues.

Unfortunately, many of us are unhappy with the person looking back. Whether it's lamenting about having a pear-shaped figure instead of an hourglass, or exhibiting more serious, self-hating body dysmorphic disorders, body image is under siege in our celebrity-fixated society. While Madison Avenue continues to airbrush photos of svelte, 120-pound supermodels for

help us release physical and mental patterns of tension, enhancing our ability to experience our bodies (regardless of their shape and size) in a more positive way. Just as it facilitates our ability to relax, massage also encourages an awareness of the body, often allowing us to more clearly see and

Continued on page 2

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

Body Image

Steer Clear of the Gym

Nuts Help Control Diabetes

Continued from page 1

identify destructive behaviors, including overeating or purging.

Massage also creates a sense of nurturing that is especially powerful when it comes to poor body image. Accepting the nonjudgmental touch of a trained therapist goes a long way toward rebuilding an appreciation and respect for your own body. If we find acceptance for who we are and how we look, we are giving ourselves permission to live comfortably in the skin we have.

The Value of Massage

Research shows that touch is a powerful ally in the quest for physical and mental health. Not only does it help us be more in tune with our bodies, it can also help restore a sense of "wholeness" that is often lost in our segmented, overscheduled lives. When we regain that connection, it's much easier to remember that our bodies are something to be cherished, nurtured, and loved, not belittled, betrayed, and forgotten.

Valuable for every age and every body type, massage and bodywork have innumerable benefits. Here are a few:

- Alleviates low-back pain and improves range of motion.
- Decreases medication dependence.
- Eases anxiety and depression.
- Enhances immunity by stimulating lymph flow.
- Exercises and stretches weak, tight, or atrophied muscles.
- Increases joint flexibility.
- Improves circulation by pumping oxygen and nutrients into tissues and vital organs.
- Releases endorphins--the body's natural painkiller.

Every Shape and Size

Whether a client weighs 30 pounds or 300 pounds, massage and bodywork therapists are trained to appreciate all bodies, without judgment, and to deliver the best care possible. As in any session, a therapist's goal is to create an environment that feels safe and nurturing for clients, all while delivering much needed therapeutic touch. For heavier clients, some minor adjustments might be needed in the delivery of the bodywork, but its nurturing, therapeutic, nonjudgmental role will remain unchanged.

Through the Scars

We also have to remember that a negative body image is not necessarily about those few extra pounds on the hips. It might instead be tied to the scars of past injuries and surgeries. Massage can help here, too. For burn victims, research has shown massage can help in the healing process, while for postsurgery breast cancer patients, massage and bodywork can reintegrate a battered body and spirit. In addition to softening scar tissue and speeding postsurgery recovery, massage and bodywork for these clients is about respect, reverence, and learning to look at, and beyond, the scars.

Finding the Stillness

Experts say that when the tissues start to let go and relax under a massage therapist's hands, profound shifts occur emotionally and physically. A softening happens, and the brain and body begin

to integrate again. The chasm between body and mind that created the eating disorder, or fueled the negative body image, begins to narrow. In her book, "Molecules of Emotion," Georgetown University Medical School professor Candace Pert explains that the body is the "actual outward manifestation, in physical space, of the mind." She says that if we generate negative energy in response to our appearance, it can eventually find its way into reality.

Self-acceptance, then, is paramount for living well, and massage/bodywork is a healthy path to get you there. Finding the stillness in a massage session allows you to just "be," without judgment. Partner that with the comfort that comes from allowing your body to be nurtured by someone else, and we begin to remember our value, regardless of our outward appearance, or what we perceive it to be.



Cultivating a positive sense of self, from the inside out, contributes to a life well lived.

Steer Clear of the Gym

Take it Easy After Your Massage

Ray Bishop

When booking a massage, consider your schedule, and try to avoid any strenuous physical exertion for at least 24 hours following your bodywork session. Exercising after a session can both increase muscle soreness and compromise the value of the soft-tissue work you've just received. "Strenuous exercise" includes activities such as running, weight lifting, high intensity aerobics, or power yoga classes.

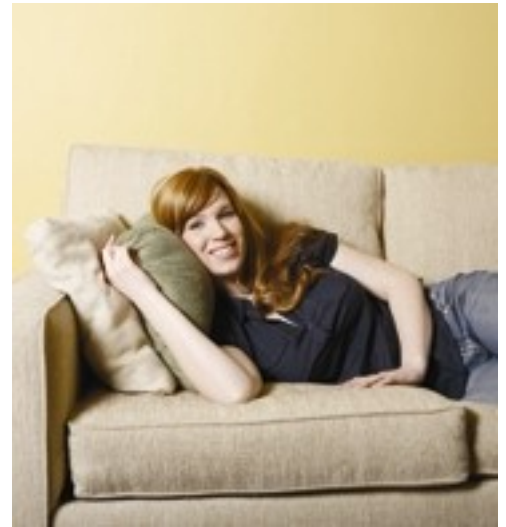
Light exercise such as moderate walking, gentle stretching, or swimming laps at an easy pace is okay for healthy individuals. One widely accepted view in favor of this twenty-four-hour recovery period is that sustained pressure on connective tissue makes it more gel-like. The technical term for this change is thixotropic effect. This state of increased softness lasts about twenty-four hours, so high-intensity exercise may pull or move the tissue back to old patterns or even induce new strain patterns.

Experts usually suggest taking it easy that evening and the following day. To further reduce any bodywork-related soreness, drink at least two liters of water in the next twenty-four hours to hydrate and flush your system. Take a hot Epsom salt bath and drink gently calming teas such as chamomile or passionflower to facilitate sleep and reduce stress that is so commonly seen as a contributing factor in chronic muscle tension and soreness. If you're dealing with an injury, the guidelines should be adjusted, but these basic suggestions seem to work well for most people.

It does appear that healthy people who exercise vigorously five to six days a week sometimes find even these modest recommendations quite challenging. If you're one of these people, consider working out before your session and then take it easy afterward.

To get the most out of your massage, hold off on the workout. When you do hit the gym again, you'll likely discover

your body is more fit than ever, thanks to the healing power of bodywork.



Take it easy and let your massage soak in.

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.

*Early to bed and
early to rise,
makes a man
healthy wealthy
and wise.*

-Benjamin Franklin

NEW PRODUCT ALERT!

We're excited to announce we've received a limited stock of our new essential oil brand. What we love about this new line is that much of it is organic and they actively seek out more sustainable sources for their products. Check our in-stock oils at your next session.

THANK YOU!!

A huge "Thank you!!" to everyone who donated and showed their support of the United Way of Northeastern Minnesota to get Paula to run the Renegade Trail Run in the muscle suit. With your help, we were able to raise an additional \$300 for their United for Veterans program. You rock!!

UPCOMING HOURS

E/O Monday (7/15, 7/29, etc.): 11am - 6pm

Tuesdays: 9am - 1:30pm

Wednesdays: 11am - 6pm

Thursdays: 11am - 6pm

E/O Friday (7/12, 7/26, etc.): 9am - 1:30pm

Empowering you to heal yourself

208 E Howard St
Hibbing, MN 55746



Member, Associated Bodywork & Massage Professionals