

The Healing Power of Touch

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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

"Don't go through life, grow through life."

-Eric Butterworth



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

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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.

De-stressing the Commute

Turning Road Rage into Road Sage

The average American commuter spends an hour a day driving to and from work. During this stressful, stop-and-go time, it's likely that blood pressure increases, adrenaline begins pumping, and muscles constrict and tighten. By the time you get home, you're wiped out and grumpy, and you have less to offer to those you come home to. If this sounds familiar, recognize that you have the power to reduce commuter stress. Here are a few tips to make your commuter time contribute to -- rather than detract from -- your life.

- Employ adjustable back cushions, pillows, wedges, and lumbar supports for a more comfortable commute. For more information, check out www.relaxtheback.com.

- To successfully sidestep the late-afternoon slump often caused by the stress hormone cortisol, keep some healthy snacks within arms reach. Celery, string cheese, water, and nuts -- especially almonds -- are good options for the drive home.

- Borrow books-on-tape/CD from the library. Consider purely entertaining novels to ease the intensity of your drive.

- Learn a foreign language. Libraries also loan out these types of tapes and CD, too.

- Use your commute as an opportunity for spiritual or emotional growth. When stressing about a traffic jam, remind yourself that it's completely out of your control. Remember, attitude is everything.

- Practice breathing. When stress occurs, breathing becomes shallow and constricted. Taking full, deep breaths gives the body more oxygen, helping to regulate physical and mental function. Exhaling fully releases tension and built up toxins.

For more ideas on achieving calm in a busy world, consider reading *Serenity to Go: Calming Techniques for Your Hectic Life* (New Harbinger Publications, 2001) by Mina Hamilton.



Creativity goes a long way on your commute.

Hemp Nutrition

Set Aside Stereotypes For This Wonder Food

Shelley Burns, N.D.

While hemp has often been negatively associated with marijuana, it actually has very little mind-altering tetrahydrocannabinol (THC) in it--just 0.3 percent in hemp, compared with the 3-15 percent found in marijuana. And in parts of the world, it has been used to make clothing, bedding, and rope thousands of years.

Now more recently--hemp and its good balance of antioxidants, carbohydrates, fats, and proteins--is being viewed as a health-promoting, disease-preventing food. Its derivatives include hemp oil, hemp butter, hemp protein powder, and newest of all, hemp milk. Hemp milk is positioned to compete with other non-dairy alternatives like soy, rice, and almond milk.

HEMP'S POWERFUL PROPERTIES PROVIDE A NUMBER OF BENEFITS:

- Its antioxidant content counteracts environmental toxins.

- Its carbohydrates help increase energy, improve endurance performance during exercise, and keep the mind at peak performance.

- Hemp seeds have more dietary protein than soybeans, meat, fish, chicken, cheese, and milk. Hemp protein has the added benefit of being gluten-free.

- Hemp contains all nine essential amino acids, the building blocks of cells, antibodies, muscle tissue, and enzymes.

- Hemp is loaded with essential fatty acids (EFAs), which are required for maintaining good neurological, digestive, and skin health.

- Hemp has a low-cholesterol content and a high content in natural phytosterols that also reduce cholesterol levels.

- Hemp is helpful in preventing conditions such as Alzheimer's disease, arthritis, and asthma.

- Hemp is also good for the planet. As a low-maintenance plant that grows just about anywhere, needs little or no pesticides, and is an ideal crop for organic, sustainable farming.

*“I try to take
one day at a
time, but
sometimes
several days
attack me at
once.”*

-Jennifer Yane

BACK TO SCHOOL SPECIAL!

Mention this newsletter when you book your next September session and receive a SPECIAL GIFT you will even get a chance to choose!

The Skincare of nature

Papaya by Melanie Grimes, citizen journalist

The pulp of the papaya fruit can help reduce wrinkles. Papayas contain an enzyme called papain that is known as a digestive enzyme that can also help repair wrinkles.

Papaya Facial Mask

To make a papaya facial mask, select a green papaya, one that is not yet fully ripe. Mash one half of the papaya and combine with a tablespoon of honey. Cleanse the face with warm water and apply the papaya mask. Leave on for a half hour and then rinse off. This can be repeated twice a week to help rebuild skin and prevent wrinkles.

Latex-fruit Allergy

Papayas contain an ingredient called chitinases which can cause an allergic reaction in people who have a latex allergy.

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