

Affirmation

*Before all else, each of us must take a fundamental risk-
to be true to ourselves.*

Jim Webb

Christmas is the perfect time for the perfect gift, for those you love:

A Massage Therapy Gift Voucher.

Available for any of our treatments, at a price to suit your budget.

ATMS accredited therapists

Health fund rebates (where applicable)

We accept Eftpos, Mastercard, Visa and Cheques

We value your comments, suggestions or questions relating to any aspect of our services and thank you for entrusting us with your care.

Diana Carr *Dip. RM & RT*

Richard Lane *Dip RM*

Liz Baker *Dip RM & Sports*

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Massage Matters

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Welcome to the latest edition of your massage newsletter: keeping you informed about what is happening at your clinic. Also, an extra special welcome to those of you who have joined our growing number of clients who recognise the therapeutic value and power of massage.

As most of you are now aware, I am leaving the practice and Sydney and will be moving to Bellingen, near Coffs Harbour, in mid January. My family and I are doing our own "seachange" and can't wait for our new lives to begin. I am planning to establish another practice and if all goes according to plan, I will finally have my Bachelor of Naturopathy by the end of next year. I will keep you all posted on how things go and let you know how to contact me if you find yourself nearby and in need of a massage. I will miss everyone, especially those of you who I have come to know well over the years. I thank-you for entrusting me with your care and allowing me to be part of your lives.

When I leave, Liz and Richard will extend their hours to cover the times that I worked, and will continue to provide the quality of care that you expect and deserve. Time is ticking and I am counting down the weeks till I go, so if you'd like to see me before I leave, please call and we will arrange a time to suit you.

If you wish to continue to receive this newsletter, after my departure, and have not seen Richard or Liz as yet, then please call the practice on 9344 7533, otherwise you will no longer be on the mailing list.

It's that time of year again. The silly season, where we all tend to overindulge and run around like "chooks without heads". If you're feeling the worse for wear, then why not treat yourself to a relaxing massage for Christmas. or resolve to treat yourself to one regularly in 2003.

Richard and Liz would like to join me in wishing you and your family the most **awesome** Christmas ever. May all your hopes and dreams become a reality (as my own dream is finally becoming a reality).

Diana Carr

Upcoming Seminar

Odd Bod Tidbits

Your body is creating and killing 15 million red blood cells per second

.....
No word in the English language rhymes with month, orange, silver and purple

.....
The longest recorded flight by a chicken is 13 seconds.

.....
More people are killed annually by donkeys than die in air crashes

.....
Most lipsticks contain fish scales

.....
Bats always turn left when leaving a cave

Chronic Problems

Sustained periods of overloading or underuse of soft tissue can change it's functioning potential, muscles can become inflamed, degraded or painful and lose proper tone. If we ignore these problems that our body is trying to alert us to, the bodies own treating mechanisms will often be overwhelmed and unable to effectively cope with healing the tissue. The stretching and manual techniques used in massage therapy assist the body with its own healing abilities and provide a positive stress on the body which is invaluable for optimal healing and pain reduction.

If you have been experiencing restricted function or pain in your muscles and joints for a while and have been thinking of doing something to relieve these symptoms, remedial massage therapy can help to break down lesions and thickenings which can form in the muscles. As many muscle problems, caused by injury, stress (emotional or physical) or overuse, are allowed to manifest over considerable periods of time, they are often considered pains that we just have to put with.

This is not necessarily the case and remedial massage can re-mobilise the affected areas and provide pain relief.

Health Fund Rebates – Annual Limits

Most Health Funds set annual limits for the amount of rebates that you can receive for Remedial Massage. If you still have some rebates available don't forget that they will expire at the end of the year so book in for those massages soon. Alternatively, you start January with a clean slate so may be able to start reclaiming your rebates!

Water – Are you drinking enough

- Even mild dehydration will slow down's one metabolism as much as 3%.
- One glass of water shuts down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
- Lack of water is the number one trigger of daytime fatigue.
- Preliminary research indicates that 8-10 glasses of water a ay could ease back and joint pain in a significant proportion of sufferers.
- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic maths and difficulty focusing on the computer screen or on a printed page.
- Ensuring that you are hydrated significantly reduces the risk of colon cancer, breast cancer and one in 50% less likely to develop bladder cancer.

Are you drinking enough water every day? 8-10 glasses is recommended - more if you are exercising regularly. And remember, coffee and tea do not count!

In recent anecdotal evidence from a Retirement Home in Australia, residents increased their level of hydration (on the recommendation of a nutritionist) and started having regular massages. They found that the level of medications prescribed by the in-house doctor dropped to *one-third* of the original level!

How Often Do I need a Massage?

This is a question that we are constantly asked and the simplistic answer is to say "As often as you can depending on your time and budget", remembering that massage is preventative maintenance and should not be considered a luxury.

If you are seeing us for the first time or you are suffering from a chronic problem then we suggest that you return to see us within a week (or ten days maximum) for a follow-up massage. After this we suggest that you may wish to space out your massages at a slightly longer interval until you find out what works best for you (but never to leave it so long that the original condition returns!). Heavier work loads and higher stress levels may mean that you need a massage more frequently. Exercising and a healthy life-style may result in you needing fewer massages. In a recent internet survey of Massage Therapists, the consensus was that for individuals with 'normal' health (ie no specific issues or concerns), around once a month was optimal.

Very occasionally you may not respond to your massage. If after the first two or three visits you have not made any progress then it may be that other treatment may be more suitable and we will assist in sending you in the right direction.