

## Affirmation

I don't know the key to success,  
but the key to failure is trying to please everybody.

*Bill Cosby*

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entrusting us with your care.

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# Massage Matters

**Issue 9**

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Hi and welcome to the latest edition of your newsletter. Since the last newsletter, we have been busy and we thank you all for your continued support and referrals of your family members and friends.

Stephanie and Richard

## Heading off Headaches

Headaches just may be the most common human ailment. In fact headaches beat backache as the number one cause of time lost at work. Approximately three out of four people will have at least one headache during the year. It is becoming clearer that many tension headaches are usually due to Trigger Points.

These Trigger Points are small knots that develop in muscles and the name arises from the fact that these knots can sit in your muscles for long periods of time without causing pain until something 'triggers' them to become active.

Massage is a proven way of treating Trigger Points for relief of long term headaches. Although you may get some relief from a relaxation massage, long-term relief depends on identifying and treating specific Trigger Points which are responsible for your pain. It should be noted that some headaches, like migraines, are caused by disturbances of brain chemicals and are not alleviated by massage.

### ***When Should You See a Doctor?***

In a small number of cases, severe headaches may be a warning sign of a more serious disorder such as high blood pressure, bleeding in the brain, etc. If you have the following signs (or are concerned about your headaches) you should see a Doctor immediately

- ?? You suddenly start having severe headaches
- ?? You have severe headaches during or immediately after exercise
- ?? Your headache is accompanied by a fever
- ?? Your headache is accompanied by confusion or difficulty in speaking
- ?? You have a headache after a blow to the head (even up to a couple of weeks later)
- ?? Any time there is an increase in frequency/intensity of headaches.

***If in doubt, always consult your Doctor.***

## Odd Bod Tidbits

- ?? A person will die from total lack of sleep sooner than from starvation. Death will occur 10 days without sleep, while starvation takes a few weeks.
- ?? All pet hamsters are descended from a single female wild golden hamster found with a litter of 12 young in Syria in 1930.
  - ?? A rat can last longer without water than a camel can.
  - ?? Fingerprints serve a function – they provide traction for the fingers to grasp things.
  - ?? In 1920, 57% of Hollywood movies billed the female star above the leading man. In 1990, only 18% had the leading lady given top billing.

## Psychological Benefits of Massage

We have written many articles about the physical benefits of massage but the psychological effects of massage should not be underestimated. After a massage you should (hopefully!) feel healthier, invigorated, and more energetic.

Many people suffer from stress and find that massage promotes relaxation as it soothes away minor aches and pains. For most people, regular massage keeps them feeling more youthful and encourages them to pay more attention to proper nutrition, exercise and good health practices.

The emotional and psychological effects of massage are far-reaching. Massage can alleviate depression by creating a sense of reassurance and warmth, comfort and care. Some studies have indicated that depressed clients may have their own tension spot, which when it is massaged and loosened, leads to them experiencing a sense of being understood. For others massage fosters a sense of well-being.

In treatment centres for addictions, massage has proven to be an effective therapeutic tool for rebuilding more positive self-image and sense of self-worth. Other research has found that aggressive adolescents who received massage therapy had lower anxiety, reported feeling less hostile, and were perceived by their parents as less aggressive.

Massage helps you to recognize stress signals and to become aware of where you are holding tension. By getting in touch with these conditions you can begin to focus on relaxing on a daily basis and so rejuvenate the body and mind.

## Exercise is not a four-letter word!

Many of us think that exercise sounds like a four-letter word! Indeed, many people feel so negatively about exercise, that experts often advise using the term 'physical activity' instead.

No matter what you call it, moving your body is critical to feeling and staying well. And it's essential for achieving and maintaining a healthy weight. The sticking point generally comes when we try to do it.

So here's how to keep going when you just don't want to.

- ?? Focus on feeling good. That may mean rethinking your goals. If they are to lose weight above all else, you might find yourself facing some serious motivational challenges as you pass through the normal peaks and valleys of everyday energy. To find more motivation, refocus your goals to feeling great, having energy to do the things you want, and staying healthy. You'll likely find your weight moving to a healthier place, too.
- ?? Choose to move in ways you enjoy. It's really, really hard to do something we don't like doing. So when it comes to exercise, find things that are fun! Yes, they do exist. This may mean you need to change your definition of exercise (*or just call it physical activity instead!*).
- ?? Forget doing it perfectly – just move. We're talking about those recommendations that say we need to get so many minutes a day at such and such intensity in order to get the full benefit. It's certainly good to have a goal, but remember, something is better than nothing. If you're squeezed for time, do something in the time you have.

### \*\* Massage Research Findings \*\*

## Massage Improves Cognitive Performance in Infants

Stimulation of the nervous system through massage may enhance infant performance on cognitive tasks, according to a study at the University of Miami School of Medicine.

4 month old infants were randomly divided into either a massage group or a play group. In the massage group, the infants were given an eight minute massage on their chest, legs, feet arms, hands, neck, head and back.

Cognitive testing indicated that the massage group responded quicker than the play group, possibly because of the improved stimulation of the nervous system.