

Affirmation

What we see depends mainly on what we look for.
-Sir John Lubbock

MESSAGE AVAILABILITY

<i>Monday</i>	Richard from 2.45pm to last appointment at 8.00pm
<i>Tuesday</i>	Sally from 10.00pm to last appointment at 5.30pm
<i>Wednesday</i>	Richard from 3.00pm to last appointment at 8.15pm
<i>Thursday</i>	Richard from 6.00pm to last appointment at 8.30pm
<i>Friday</i>	Sally from 10.00am to last appointment at 5.30pm
<i>Saturday</i>	Richard and Sally from 9.30am to last appointment at 4.15pm

Other times may also be available – please ring to check

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.

We understand that life can be busy and prefer not to charge a cancellation fee. We do, however appreciate at least 24 hours notice for any cancellation/change of booking as we are professional therapists and our time is of value. Other clients may also benefit from the availability.

Thank you for your understanding!

Richard Lane *Dip Rem M & Dip Sports Therapies*

Sally Hudson *Cert IV Rem M & Dip Sports Therapies*

Maroubra Dynamic Physiotherapy

47 Green Street

Maroubra Junction

www.maroubramassage.com.au

Phone 9344 7533

MESSAGE MATTERS

Issue 14

Summer 2004-05

Welcome to the latest edition of your message newsletter and the last for 2004. And a special welcome to those of you receiving this newsletter for the first time.

It's that time of year again - the silly season - where we all tend to overindulge and run around like headless chooks! If you're feeling the worse for wear (or just run-down and in need of a pick-me-up) then why not treat yourself to a relaxing massage for Christmas or resolve to treat yourself to one regularly next year. Alternatively if you're stuck for a Christmas present, don't forget that Massage Gift Vouchers make a great idea!

We wish you a very merry and safe Christmas and hope you have a fantastic 2005.

Richard and Sally

Maroubra Massage Website

www.maroubramassage.com.au

Well at long last we've finally developed a website to publicize the massage services that we provide at Maroubra Dynamic Physiotherapy. The address of the website is listed above, please note that "maroubra" "massage" is just one word with no full stops, spaces or underscores.

While the information provided on the website will probably be familiar to those of you who visit the practice, we would still urge you to check out the website and recommend the site to any friends/family who may be interested in the services we supply (the more visits/hits we receive then the higher up the Google listing we will appear!). If you have any recommendations on how to improve the site or if there are areas that you would like to see covered then please let Richard know or alternatively send your feedback via email to info@maroubramassage.com.au

Included on the website is the option to subscribe directly to the newsletter. If you prefer to receive Message Matters via email then please utilise this service (and please just let us know that you no longer require a snail-mail version).

There is also the facility to leave feedback and testimonials regarding your massages. Again we would urge you to take a couple of minutes to fill out either of these forms so that we can improve the quality of your massage experience.

Now the address again – just in case you missed it!

www.maroubramassage.com.au

Odd Bod Tidbits

- A total of 18% of the adult US population had a massage in 2002.
 - Most heart attacks occur between the hours of 8 and 9 am.
- About 26 per cent of all indoor water used by households in Sydney is for laundry.
 - 93% of all greeting cards are purchased by women.
- Barbie's boyfriend Ken was not sold in India until relatively recently because it clashed with the traditional arranged marriage.
- The best time for a person to buy shoes is in the afternoon. This is because the foot tends to swell a bit around this time.

Walking Wards off Dementia

Previous studies have suggested that physical activity could be related to dementia risk, but it was not known if the association included low-intensity activity such as walking. Recent research published in the Journal of the American Medical Association has found that for men over 71 those who walk less than 400 metres per day, experienced a 1.8-fold increased risk of dementia compared with those who walked more than 3 kilometres a day.

In a second study, it was found that women who walked at an easy pace for at least 1.5 hours per week had significantly higher cognitive scores than those who walked less than forty minutes per week.

An expert commented on the study that the authors do not suggest possible mechanisms, but it is certainly becoming increasingly evident that exercise which is beneficial for the heart is also good for the brain. He added: "More speculatively, there is also evidence from some animal studies that exercise increases the number of active stem cells in the brain, which may possibly be relevant to brain protection. Although the mechanisms require further study, walking would be generally beneficial as part of a healthy lifestyle, and may also reduce the risk of developing dementia."

Keep your fluids up!

How calming and relaxing for your muscles and body is water when you swim in the ocean, or have a nice relaxing bath. Water has many positive effects on the mind and body, clearing thoughts as well as internal organs. Hydration is a major factor in keeping muscles in good working order.

With the high temperatures of summer almost upon us, it is very important that we consume enough water to prevent dehydration and possible injury while exercising and doing normal everyday activities. Headaches and muscle cramps are the first sign of serious dehydration followed by numerous unpleasant symptoms.

How much to drink?

As a general rule, 8 glasses or 2 litres of water per day is required. For athletes or during exercise this may increase due to more fluid loss. As the festive season is upon us we must be aware of our consumption of beverages containing alcohol and/or caffeine as these are dehydrating and reduce the power of water soluble hormones in the body.

Drink through out the day. If you do not like the taste of water then try adding lemon. This also aids the digestive system.

Massage Relieves Symptoms of Premenstrual Syndrome

Women suffering from symptoms of premenstrual syndrome (PMS), such as irritability, headaches, anxiety and weight gain, felt relief from regular massage sessions, according to results from a recent research study. The study, "Premenstrual symptoms are relieved by massage therapy," was conducted by the Touch Research Institute in conjunction with the University of Miami Medical School.

The results of the study indicated that those receiving regular massages experienced a decrease in anxiety, a decrease in depression, a reduction in perceived pain, and an overall reduction in PMS symptoms including pain and water retention.

Overall, the findings of the research suggested that massage therapy may be an effective long-term aid for pain reduction and water retention, and short-term for decreasing anxiety and improving mood for women with premenstrual dysphoric disorder. The benefits of regular massages would be expected to apply to the milder PMS.