

Affirmation

It is better to light one candle than to curse the darkness
Chinese Proverb

MASSAGE AVAILABILITY

Monday	Richard from 2.45pm to last appointment at 8.00pm
Tuesday	Sally from 10.00pm to last appointment at 5.30pm
Wednesday	Richard from 3.00pm to last appointment at 8.15pm
Thursday	Richard from 6.00pm to last appointment at 8.30pm
Friday	Sally from 10.00am to last appointment at 5.30pm
Saturday	Richard from 9.30am to last appointment at 4.30pm

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

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Massage Matters

Issue 15

Summer-Autumn 2005

Welcome to the latest edition of your massage newsletter and the first for the New Year. We hope you all had a wonderful Christmas and New Year. Congratulations to those who have made resolutions to include massage as part of their regular health regime!

Unfortunately due to the economic realities of life we have had to increase our prices marginally. This is our first increase since 1999 and whilst we cannot guarantee that it will be another 6 years before we have to increase our prices again, we can guarantee that we will continue to offer premium value on our massage services!

Richard and Sally

www.maroubramassage.com.au

Thank you for your comments and feedback on our website. We have taken note of some of your observations and made changes accordingly!

It is now easier to leave feedback and testimonials with greater security to you and subscribing to the newsletter on-line is as straightforward as entering your email address and clicking a button (rest assured your email address will not be given to any third party – we respect your privacy).

Also you can order gift certificates directly on-line without having to come into the clinic so it's easier for you to give a special treat to your friends and family.

We do urge you to leave feedback. A few minutes of your time can lead to us improving the quality and effectiveness of the service that we offer to you. Or if you are highly satisfied with our massages then please leave a testimonial so that we can use your words to encourage more people to benefit from our massages.

Need a gift for Valentines Day?

How about a Massage Gift Certificate?

Now available for order on-line (or at the clinic).

Just go to www.maroubramassage.com.au
and click on the gift certificate window.

Odd Bod Tidbits

- Banging your head against a wall uses 150 calories an hour.
- You share your birthday with at least nine million other people in the world.
- The 'dingo fence' in Australia is the longest fence in the world, and is about twice as long as the Great Wall. It has a gate every 19kms along it's length.
 - More redheads are born in Scotland than other part of the world.
- Bill Gates gets four million e-mails each day, but only about 10 make it to his in-box because of his anti-spam software.

Yo-Yo diets and the Immune System

Just about everyone knows that yo-yo dieting - repeatedly losing and gaining weight - isn't very effective in the long term. And who wants to go through the frustration of dropping 5 – 10 kilos then putting it all back on and more? The reality is that far too many people are on yo-yo diets these days, and the consequences might expand (no pun intended) beyond simple weight loss and weight gain.

According to a study in the Journal of the American Dietetic Association, repeatedly losing and gaining weight in cyclical fashion may actually reduce long-term immune function, and the reduction is proportionate to the amount of times the person has intentionally lost weight. This is significant because the immune system is essentially the body's line of defense against infection, illness and disease. When the immune system is low, your chances of getting sick are high - the lower your immunity, the greater the risk of acquiring anything from a common cold to cancer.

Maintaining a weight appropriate to your body height/type and following a sensible, moderate exercise and diet regimen are the keys to keeping immune function high - and they're great ways to stay happy and healthy, too!

Sports Nutrition – Author Recommendation

If you're a Sports Person and interested in improving your performance through diet and nutrition then check out the books of Dr. Michael Colgan such as

Sports Nutrition Guide: Minerals, Vitamins & Antioxidants for Athletes or
Optimum Sports Nutrition: Your Competitive Edge (+ numerous other)

Whilst it's possible to obtain these books in Australia it's actually cheaper to import via Amazon.com. For a link to investigate these then click on the link on our newsletter page on our website www.maroubramassage.com/newsletter.html

Trigger Point Therapy

There is growing evidence that a lot of our most common aches and pains are actually caused by trigger points. Trigger points are known to cause headaches, neck and jaw pain, low back pain and some other kinds of joint pain which may be mistakenly ascribed to arthritis, tendonitis, etc.

So what is trigger point therapy and what are trigger points? Trigger points are small contraction knots in muscle tissue that affects the muscle by keeping it both tight and weak. At the same time, a trigger point maintains a hard contraction on the muscle fibres that are directly connected to it. In turn, these taut bands of muscle fibre keep constant tension on the muscle's attachments, often producing symptoms in adjacent joints.

The resulting accumulation of waste products as well as deprivation of oxygen and nutrients, can perpetuate trigger points for months or even years unless some intervention occurs. Trigger points can exist in two states, either active or latent. Active trigger points are those which cause discomfort. Latent trigger points wait silently in the muscle for a future stress to activate them. Aches and pains which began in the past become more frequent and severe in intensity as we age.

The difficulty in treating trigger points is that they typically send pain to some other part of the body. Most conventional treatment of pain is based on the assumption that the cause of pain will be found at the site of pain. But trigger points almost always send their pain elsewhere! Luckily, referred pain is now known to occur in predictable patterns so once your therapist knows where to look, trigger points can be located and deactivated.

The downside of trigger point massage is that it is not necessarily a relaxing technique. It requires the participation of the client to communicate the presence and intensity of pain and discomfort. The therapist and client work together as a team to maximize the effectiveness of the treatment. However, it is common to find great improvement after one treatment. Repeated treatment may be necessary for those with chronic trigger points. Stretching should be done as "home work" to encourage the muscles that have been treated to stay in a lengthened position.

Richard is about to commence studying Trigger Point Therapy at Nature Care College so if you have any questions about Trigger Points then either contact him at the clinic or via email info@maroubramassage.com.au