

# Marolyn's Massage Update

Winter 2017-18

Member, Associated Bodywork & Massage Professionals

## What Massage Can Do For You

### Beyond Pain Relief, Massage is Valuable for Preventive Care

Karrie Osborn

*This article first appeared in the Summer 2013 issue of Body Sense.*

Whether it is an aching back, recovery from an injury, a case of carpal tunnel syndrome, or a host of other debilitating physiological conditions, there's no doubt massage and bodywork works to relieve pain. But once your therapist has helped you tackle your pain, do you quit calling? When the pain is gone, are you gone, too?

Massage therapy is highly effective for pain relief, but it is an amazing preventive therapy as well. Massage helps build and maintain a healthy body (and mind), it combats stress, and it works to

Massage can play an important role in a good health-care regimen. Just as you eat healthily, exercise regularly, and take your vitamins to ward off illness and maintain a fit body, you should consider making frequent massage a part of your wellness lifestyle.

According to Benny Vaughn, a sports massage expert in Fort Worth, Texas, one of the benefits of consistent and regular massage therapy is better flexibility. "This happens because regular and structured touch stimulus enhances the nervous system's sensory and spatial processing capacity," he says. "That is, the person becomes more aware of her body's movement in space and becomes more aware of tightness or

*Be happy for  
this moment.  
This moment is  
your life.*

-Omar Khayyam



Massage helps you maintain a healthy body.

keep the immune system strong. In short, massage can keep on working for you, even after the pain is gone.

#### MASSAGE FOR WELLNESS

If it's been a while since you booked your last massage--because your pain is no longer an issue or your injury is fully rehabbed--you might want to consider massage for preventive care.

pain long before it reaches a critical point of mechanical dysfunction."

As a preventive measure, frequent massage puts you more in tune with your body. "The consistency of massage therapy over time creates a cumulative stress-reduction effect," Vaughn says.

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#### Office Hours and Contact

[www.accessbodyworks.com](http://www.accessbodyworks.com)

Email: [marolyn@accessbodyworks.com](mailto:marolyn@accessbodyworks.com)

970-669-9405 (call or text)

By Appointment only: Tues - Sat.

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"The person becomes acutely aware of stress within her body long before it can create stress-driven damage."

And the more massage you receive, the more benefits you reap. "Massage therapists know that people who get massage regularly demonstrate greater improvement and notice a reduction in pain and muscular tension, as well as an improvement in posture," says Anne Williams, author of *Massage Mastery: From Student to Professional* (Lippincott Williams Wilkins, 2012).

"People regularly make a commitment to fitness," Williams says. "People regularly make a commitment to changing their diet. The difference they'd experience if they regularly made a commitment to massage is mind-blowing."

### STRESS IS A KILLER

Stress is more than just a word we throw around to describe the nature of our hectic day. Today, we understand that stress kills.

According to the Benson-Henry Institute for Mind Body Medicine, 60-90 percent of all US medical visits are for stress-related disorders. Chronic pain, headaches, heart disease, hypertension, and ulcers can all be wrought from stress. Many would argue that the best benefit of massage is its ability to reduce the stress in our lives.

From the perspective of daily living, think about the stress you felt at today's meeting--now it's hiding in your neck. Tomorrow that can turn into stiffness and eventually begin to affect other parts of your body. If you see your massage therapist for your regular session this week, the chances are good you won't reach the tipping point. Think of massage and bodywork as a way to rebalance your body.

Noted researcher Tiffany Field and her colleagues from the Touch Research Institute at the University of Miami School of Medicine report that massage causes positive biological changes when it comes to stress. Through the course of more than 20 studies, these scientists found that massage decreases cortisol (a stress-derived hormone that negatively affects immune function and kills our immune cells) and increases dopamine

and serotonin (the neurotransmitters most associated with emotional well-being).

Add to this the research that shows massage can lower your heart rate and decrease your blood pressure, and you have a mighty effective, nonpharmacological, stress-fighting tool that's about as natural as natural can get.

### A ONE-HOUR VACATION AND SO MUCH MORE

You may no longer need to rehab that knee or work the scar tissue from your surgery, but don't forget about everything else massage can do for you. Massage is the entire package, helping to heal body, mind, and spirit. Think of it as a one-hour vacation with amazing return on investment.

Whether it be maintaining joint

flexibility, managing blood pressure, or enhancing immunity, massage works. From repair to relief and from recovery to relaxation, massage is a magnificent piece of natural medicine you should always have as part of your health-care routine.

*Karrie Osborn is senior editor for Body Sense. Contact her at [karrie@abmp.com](mailto:karrie@abmp.com).*



Regular massage helps reduce stress and improve your quality of life.

# Soothe Your Skin's Winter Ailments

*Kayla Fioravanti*

The drying effects of winter are upon us. Here are some at-home ideas to help soothe your skin through this challenging season.

## Cleanse

Put away your foaming gels and soaps and stock up on creamy products. Cleansing creams, lotions, and milks are great winter choices, because they don't contain the harsh, oil-stripping detergents found in most cleansing gels.

## Tone

Shelve your astringents and switch to a toner. In the cold months, your skin needs to be soothed and balanced, not dried out further.

## Moisturize

Choose heavier creams than you would in summer months. You can even use your heavy eye cream on your lips and face. If your skin itches, the dry air is causing the moisture in the top layer of your skin to evaporate quickly. Slather those areas with extra moisture until you

feel relief, and never be afraid of using pure oils on your skin--a bottle of jojoba or olive oil is great to have on hand.

## Exfoliate

Exfoliate twice a week to remove dead skin cells and help your skin absorb the extra moisture you are using. Because central heating systems reduce the amount of sebum our skin secretes, contributing to dryness, exfoliation will free this natural regulating agent. Use a cream-based exfoliant with jojoba beads, so your body can soak up the rich oils.

## Hydrate

For a simple in-home hydrotherapy treatment, start your day with a steamy shower. Just as you are finishing, switch the water to cold for about 15 seconds and then back to warm for 15 seconds. Repeat the process for two minutes.

## Shower and Bathe with Oils

Did you know you can apply body oil, lotion, or cream during your shower or

bath? The heat and steam help your skin to thoroughly absorb the moisture.

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# Don't Get Sick!

## Prevention is Key

*Leslie Roste*

Regardless of whether the threat is a simple cold or the flu, there are several things you can do to protect yourself from unnecessary downtime.

### Proper Hand Washing

This gets top billing because of its true effectiveness in preventing illness. The most important aspects of hand washing are the length of time (at least 30 seconds) and the amount of friction you use, not the water temperature. In fact, warm water is better than hot, as hot water dries the skin, leaving more microscopic openings on its surface. In cases where hand washing is not practical, keep hand sanitizer available. Alcohol-based hand sanitizers can also contribute to drying of the skin, so be diligent about moisturizing.

### Immunizations

Have you had all your shots? The most underimmunized group in America is women aged 30-55. Check with your physician to make sure you are up-to-date on everything from influenza to tetanus.

### Fluids and More Fluids

Staying well hydrated clearly benefits our skin, the largest organ of our immune system. The advice to stay adequately hydrated is even more important in the cold, dry months of winter.

### Eat Your Vitamins

A balanced diet, which includes all food groups, gives your immune system the resources it needs when it faces a challenge like the flu.

### Eight Hours of Sleep

Research continues to prove how vital

this is to every part of our well-being. It affects everything from our ability to resist illness to managing weight.

### Hands and Face

It is important to keep your hands away from your face--particularly the eyes, mouth, and nose, which are favorite points of entry for viruses. Start paying attention to how frequently you touch your face. Break the habit, and you could reduce your risk of colds and flu this season by more than 50 percent.

Leslie Roste has degrees in nursing and microbiology and is employed by King Research in Milwaukee, Wisconsin.

*The life you  
have led doesn't  
need to be the  
only life you  
have.*

-Anna Quindlien

Hello,

Here we are again looking at the Holiday season. This time of year is full of activity and sometimes stress. Take care of yourselves by prioritizing events, making it fun, keeping it simple and maintaining your inner smile.

For a little inspiration this season...

"May your coming year be filled with magic and dreams and good madness. I hope you read some fine books and kiss someone who thinks you're wonderful, and don't forget to make some art -- write or draw or build or sing or live as only you can. And I hope, somewhere in the next year, you surprise yourself."

Neil Gaiman

Be well and know you are all appreciated.

Marolyn

Phone/text: (970) 669-9405

Website/Online gift certificates: [www.accessbodyworks.com](http://www.accessbodyworks.com)

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## Access Bodyworks LLC

501 N. Cleveland Ave  
Loveland, CO 80537



**Member, Associated Bodywork & Massage Professionals**