

Tolga Natural Therapies – Staying in Touch

Sep./Oct. 2020

Member, Associated Bodywork & Massage Professionals

A Cornerstone of Health

Why Now, More Than Ever, You Need a Massage

While you may be tempted to trim your wellness budget when economic times are tough, now more than ever, massage should play a role in reducing stress and strengthening the health of Americans.

When you feel your best, you are more likely to be able to face the challenges difficult times present. With greater health and peace of mind, you can face difficulties with poise, clarity of purpose, and strengthened emotional reserves.

Truly, massage is more than a luxury--it's a vital part of self-care that has a positive ripple effect on us as we work, play, relax, live life, and care for others.

reducing the risk of stress-related illnesses, massage also boosts immunity, helping you fight colds, flu, and other viral infections.

Following is a sampling of a long list of bodywork benefits:

- EASE ANXIETY.
- REDUCE THE FLOW OF STRESS HORMONES.
- IMPROVE SLEEP.
- BOOST THE IMMUNE SYSTEM.
- BUILD ENERGY LEVELS.
- REDUCE FATIGUE.
- FOSTER CONCENTRATION.
- INCREASE CIRCULATION.
- DEVELOP SELF-ESTEEM.
- REDUCE FREQUENCY OF HEADACHES.
- RELEASE ENDORPHINS.

*It is health that
is real wealth
and not pieces
of gold and
silver.*

-Mahatma Gandhi



Massage induces a sense of grounding and calm, helping you face challenges with ease.

Invest In Yourself, Invest in Those You Love

In economically challenging times, it is vital to invest in preventative health care. The last thing you want is to get sick, have to take time off of work, and pay expensive medical bills. Staying healthy means maintaining your ability to take whatever life has to throw at you. Besides lowering stress levels and, in turn,

And if you think about it, massage is an excellent value. The price of massage has remained stable in recent years, as the cost of movies, dining out, and sports events has risen. Which of these has the power to improve your health and your outlook on life?

Continued on page 2

Office Hours and Contact

Tolga Natural Therapies

Lynalee Strickland

0429 794 077

Monday 11:30am to 5pm

Tuesday and Friday 9am to 5pm

Saturday 9am to 12pm

In this Issue

A Cornerstone of Health

Reach Bodywork Nirvana

Try This Breathing Exercise

Continued from page 1

The positive effects of regular massage can have far-reaching effects in many areas of your life.

At Home

Massage therapy will also help families under stress create healthier households with clear-thinking and more relaxed moms and dads. Children are very sensitive and often pick up on tension in a household; parents who are taking care of themselves are more likely to be better caregivers and provide a sense of security to their kids. This goes for caregivers of aging parents and other family members.

At Work

The health benefits of massage can help forestall illnesses and lost work time, especially when you may be asked to produce more with fewer resources. Decision-making skills will be better and your performance is likely to be improved with a clear focus and more energy.

A hint for the boss: Research shows employees exhibit less stress and improved performance when given twice-weekly, 15-minute massages in the office!

For Health Conditions

Those with already existing health conditions can continue to reap benefits in the following ways. And proactively caring for health through massage may help reduce costly doctor visits and use of prescription and over-the-counter medications.

Research shows:

- Massage can reduce sports-related soreness and improve circulation--good to know when you may be exercising more to reduce stress.

- Deep-tissue massage is effective in treating back pain, arthritis, osteoarthritis and fibromyalgia. Fibromyalgia patients receiving massage also have less pain, depression, anxiety, stiffness, fatigue, and sleep problems.

- Massage reduces symptoms of carpal tunnel syndrome.

- Oncology patients show less pain, fatigue, nausea, anxiety and depression following massage therapy.

- Stroke patients show less anxiety and lower blood pressure with massage therapy.

- Massage therapy is effective in reducing postsurgical pain.

- Alzheimer's patients exhibit reduced pacing, irritability and restlessness after neck and shoulder massage.

- Labor pain. Massage during labor appears to reduce stress and anxiety, relax muscles and help block pain. Some medical professionals believe massage also reduces tearing, shortens labor, reduces the need for medication and shortens hospital stays.

- Preterm babies receiving massage therapy gain more weight and have shorter hospital stays than infants not receiving massage.

- Massage is beneficial in reducing symptoms associated with arthritis, asthma, high blood pressure, and premenstrual syndrome.

There is now a body of research to support the benefits listed above. But there's no greater testimonial than the person who is a regular receiver of massage. The first-hand experience of bodywork clients largely echo the same sentiment: bodywork enhances quality of life, and the return on your investment is great.

While bodywork feels like a luxurious mini-vacation, and you should by all means enjoy it, there is an actual physical need for massage. Maintaining a regular massage schedule will help you operate at your peak level--whether it be at work, at home, or at play. Invest in yourself, and book a massage today.



Massage is one of the few things that provide so much pleasure while improving your health.

Reach Bodywork Nirvana

Create a checklist to maximize your experience

Darren Buford

Crafting the perfect massage or bodywork session requires transparency between you and your therapist. Of top priority: communication. Without some back and forth conversation between you and your therapist, you may not get what you're looking for, or you may be unsatisfied with the direction your practitioner takes.

Following is a checklist to help ensure you maximize your experience.

ARRIVE ON TIME

Being there 10-15 minutes before the session keeps you from feeling rushed.

RELAY ALL APPROPRIATE MEDICAL HISTORY

Allergies? Injuries? Medications? Surgeries? Speak up, for safety reasons. Your preexisting conditions could change your therapist's protocol for your session.

SET CLEAR GOALS

Have you explained the areas you want

addressed? Your therapist isn't a mind reader.

BE OPEN

Therapists' strategies may not involve a direct path to your sore elbow. Understand that the body works in mysterious ways, and your knowledgeable therapist may take a more circuitous path to healing than you expect.

BE QUIET ...

It's your time; you paid for it. Relax and bathe yourself in the stress reduction and healing bodywork offers.

... BUT SPEAK UP WHEN YOU DON'T LIKE SOMETHING

Room too cold? Too hot? Pressure too deep? Too light? Music not to your taste? Aromatherapy too pungent? Your therapist wants you to enjoy your time, so let him or her know when something isn't right.

BOOK YOUR NEXT SESSION

Rome wasn't built in a day, and your body may not be "fixed" in one session. Bodywork is cumulative and often requires a regular regimen to get things just right. Before you depart, be sure to schedule your next appointment. Discussing a treatment plan with your therapist will help you reach nirvana.



Create your checklist to reach bodywork nirvana.

Try This Breathing Exercise

Anne Williams

Do you ever find yourself unconsciously holding your breath when you're tense? This can cause tension to build in your body and may let the chest collapse, leading to misalignment.

Proper breathing provides oxygen to the muscles and body, helps you stay relaxed and centered, and even helps you maintain correct body alignment throughout your day.

You can also use breathwork as part of a stress-reduction program by following this progressive relaxation exercise.

1. Begin by lying in a comfortable position without crossing your arms or legs, and focus on your breathing to create a slow, deep pattern. Inhale through your nose while counting to 10 and expanding your abdomen. Hold the breath for one second, and exhale

through your nose on the count of 10. Inhale and exhale in this pattern five times.

2. Beginning with your head, tense your facial muscles as tightly as possible and count to five. Release the muscles completely, and sense the muscles feeling heavy and still. Work down your entire body, tensing muscle groups and then relaxing them. After the head, move to the neck, chest, arms and hands, abdomen, back, thighs and gluteals, lower legs, and feet.

3. After relaxing each set of muscles, mentally scan your body for any areas of remaining tension and ask those areas to relax completely.

4. Repeat the slow breathing exercise.

5. Gently begin to move your body to come out of the deeply relaxed state.

Try using progressive relaxation directly

before or after your sessions, directly before bed, or at any time during the day as a pick-me-up. Focus on taking full, deep, even, rhythmic breaths. With a little practice, you can become more aware of your own breathing patterns and use breathwork effectively as you move throughout your day.

*We cannot cure
the world of
sorrows, but we
can choose to
live in joy.*

-Joseph Campbell

TOLGA NATURAL THERAPIES
Remedial Massage | Reflexology | Aromatherapy
Health Fund Provider
Seniors & DVA Card Holders Discount

Treatments available:

- Remedial Massage
- Swedish Massage
- Myofascial Release
- Chair Massage
- Lymphatic Drainage Massage
- Aromatherapy Massage
- Reiki
- Reflexology
- Chinese Reflexology
- Thai Foot Massage

Investing in massage and reflexology is an investment in your health.

Tolga Natural Therapies

2B/33 Kennedy Highway
Tolga, Q 4882



Member, **Associated Bodywork & Massage Professionals**