



Staying in Touch

Karen Mae Simpson

www.KarenMaeSimpson.com

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Hello –

I hope that you are getting real benefits from your massages as well as understanding how the body works. In the previous two newsletters, we have discussed how the liver and the digestion work. I hope that that information has been beneficial to you and helped you with your healthy regime whether it is weight-loss or just keeping the body healthy.

As a professional bodyworker, there is nothing more important to me than to make sure you get the best possible gains from every massage.

This issue of *Staying in Touch* includes hints to help you do just that. One of the most important steps for you is to feel completely at ease telling me about your needs. When you and I are both truly in tune with your session goals, we can work as a team to help you improve your well-being. Everyone's health condition is in a constant state of change. Massage is a great tool to help you direct your overall health in a positive direction.

Our bodies have an amazing capacity to adapt and survive. In today's world, there are many potential healthy risks out there. Making regular bodywork a part of your health plan can help your body to do its job better, and a healthy body is a vital part of a happy life. I look forward to seeing you soon!

Massage – a luxury or necessity

Just how important is massage in the lives of those who experience it on a regular basis? Are they simply indulging themselves in a luxury they could well do without? Or are there long term benefits which bring them back to their therapist time and time again?

In a society where touch is often taboo, professional massage provides an environment where one can experience touch in a safe, therapeutic way which can have long lasting benefits. The experience of safe, caring touch through massage will enable you to relax, and bring about healing on a deeper emotional level as well as the physical. Some people use massage to relieve stress, tension, aches and pains in the immediate situation, however, many more have found that regular maintenance through massage enables them to continue experiencing the benefits of good health.

As a therapist, I have seen many people suffering from pain and stiffness in the neck and shoulders, usually brought on by modern living, sitting day in and day out at computer desks, for example. Through regular treatments, they have gained relief and a sense of freedom in those areas of their body where they have suffered far too long.

A good Swedish massage will start gently, preparing the muscles for deeper work later on. This is especially important on the back and shoulders and also on the legs, particularly for those who

participate in sports or have an active lifestyle. After preparing muscles, it is then possible to work deeply, using knuckles or even an elbow. It is also important, having completed the deep work, to revert back to more gentle strokes,

bringing the sensation back to the surface of the body and a sense of relaxation.

Massage works with and complements conventional medicine, and also other therapies.

Many GP's will often refer their patients to professional massage therapists knowing that the benefits will work well with prescribed medication or indeed may prevent the need for medication.

People do come to me as a treat, having been given a gift voucher. However, they then find themselves not only feeling pampered and spoiled, but discover they feel more relaxed, less stressed and relieved of aches and pains. These people often end up booking further sessions, knowing that they will benefit from regular treatments which are geared to their own personal needs.

So is massage a luxury? For those who have never experienced it before, I can understand it may feel that way. But those who give themselves some 'me' time on a regular basis have discovered that massage has become a necessity to help support them in the stresses of modern life.



"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." - Leo Buscaglia

Karen Mae Simpson
Massage Therapist

www.KarenMaeSimpson.com

Tel: 01651-872935
Mob: 07811-362215



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Dealing with discoloured nails

Dr Jonathan Wright

Q: I don't know what's going on with my toenails. They're very thick and have started to become discoloured. What can I do about this?

Dr. Wright: While I can't say for sure without seeing your nails, it sounds like a case of toenail fungus. Check with your doctor to be sure. If it turns out that fungus is the culprit behind your problem, there are several things you could try.

While there are some over-the-counter drugs and prescriptions that can clear up the problem, these remedies can adversely affect liver function.

Instead, try rubbing in oregano oil, geranium oil or tea tree oil, all over and around the toenail. Then immediately rub in DMSO (Dimethyl Sulfoxide), which will 'carry' the oil right through the nail and start inhibiting the fungus. It does take a while to clear up toenail fungus with this method - sometimes eight or nine months or more. It'll even take three to four months before you start seeing any results. But most of the drugs take that long too and this is a much safer alternative.

Oregano oil is too strong for some people, especially blondes and redheads. If you start getting persistently red and irritated, quit until the reaction goes away and then switch to one of the other oils.

Karen Mae Simpson
Massage Therapist

Add Flowers To Your Life And Give Your Diet A Boost

By Wesley Berry

Did you know that adding flowers to your life could actually help your diet to be successful? No, I don't mean you should eat the flowers-although there certainly are some edible species. But, by simply placing flowers around your home, you could actually boost your mood, and thereby have more success in your weight loss goal.

It's no big secret that most of us find ourselves with our heads in the refrigerator and our hands in the cookie jar more often when we are experiencing significant stress in our lives. The result of those late night forages and stress-eating habits is an expanding waistline.

A recent 10 month study conducted by Rutgers University, the State University of New Jersey, provided scientific proof that flowers have a very real, positive impact on our emotional health. The study showed that:

- * Flowers have an immediate effect on happiness.
- * The positive impact of flowers is long lasting.
- * Flowers help people to connect.

According to Dr. Jeannette M. Haviland-Jones, who directed the Rutgers University study, "Flowers bring about positive emotional feelings in those who enter a room. They make the space more welcoming and create a sharing atmosphere."

Fresh flowers placed around your home will improve your mood and reduce your stress, making you less likely to reach for food to boost your happiness. Consider placing a beautiful bouquet or arrangement in the room of your house where you exercise. Seeing the flowers will bring a smile to your face and may help motivate you to keep up your exercise routine. Also, place the flowers in rooms that you spend most of your time in, such as your living room, kitchen, and bedroom.

Scientific studies show that certain colours have an impact on our feelings. To give your flowers some added power over the stress in your life, choose calming colours like cool blues. Your florist can help you choose colour combinations and arrangements that will have the best positive affect.

Like surprises? Call up your florist to order a surprise arrangement for yourself. Now, of course the day and time of the delivery won't be a surprise, but you can ask your florist to surprise you with an arrangement. Simply tell him or her how much you'd like to spend, provide a little information about your favourite flowers and colours, and ask the florist to surprise you with the rest. When the flowers arrive at your door, the end result will be a delightful surprise that will bring a smile to your face and immediately reduce any stress you might be experiencing... and you'll have to take your hand out of the cookie jar to answer the door!

