



Staying in Touch®

Happy New Year!

Now that the holidays are over and we are beginning another new year, have you made your plans for the coming months?

If you have included any goals to improve your health, be sure to read the accompanying article to see how massage can help! This is the time of year people seem to be more susceptible to colds and flu, so give your immune system a boost with a soothing, therapeutic massage!

Speaking of health goals, is there is anything we can do to help you reach yours? If you have any questions about how massage can help you, just ask. We're here to help you, so please feel free to contact us with anything you'd like to know more about.

Remember that it's easier to keep moving toward new goals when you define and focus on the *rewards* your efforts will one day provide. So, when you write down your goals and your plans, make sure to include the benefits you'll get from achieving those goals.

We'll see you soon!

How Does Massage Help You Stay Healthy?

Sometimes you value your health most when you're ill. It's easy to take good health for granted when you feel okay and you're busy living your life. Doesn't it make sense to do the things that support good health and ward off illness?

Your ability to stay healthy is dependent on your immune system—your body's defense against colds, flu, bacterial and viral infections, cancer, toxins, and all manner of health threats.

Your body's first line of defense is your skin, which allows entry to nourishing substances while simultaneously rejecting germs and toxins.

Another key player in your immune function is a fluid called lymph, which basically is blood plasma without the red and white cells. Blood can only carry nutrients, water, and oxygen so far into the body. The lymphatic system moves lymph to every cell in your body, delivering nutrients and removing cellular waste. Lymph also collects and removes bacteria it discovers throughout your body, doing its part to keep you healthy and disease-free.

According to Marcelle Pick, OB/GYN NP at womentowomen.com, "The lymphatic system is recognized by doctors in Europe and the Far East for its importance to preventive health care. They understand how lymphatic function supports every other system in the body, including the immune, digestive, detoxification and nervous systems. In fact, many believe that poor lymph health underlies a host of conditions, from cellulite to cancer."

White blood cells may be the most important part of your immune system. Concentrations of these cells are found in your lymph nodes, tonsils, spleen, thymus, and bone marrow—on call to defend you 24 hours a day. You may be surprised to learn that the largest immunological organ in your body is your intestine, with

70%-80% of all antibody-producing cells located in your digestive system.

How does massage help? "In one study after another, research is suggesting that massage therapy has a positive impact on immune function," said Diane Zeitlin, research associate at the Center for Research in Complementary and Alternative Medicine, Kessler Medical Rehabilitation and Education Corp., West Orange, N.J.

"An increase in white blood cells and natural killer-cell activity better prepares the body to fight off possible invading cells," said Zeitlin. "These cellular changes suggest the immune system benefited from the massages, and these findings fall in line with previous research."

In a study conducted by the Touch Research Institute (TRI) at the University of Miami on women who had been diagnosed with breast cancer, the women received regular massage therapy (three times a week for five weeks), with 80 percent showing improved immune function.

"These are the first studies that show an effect of massage therapy on an immune function test, which can support the use of (see **How Does Massage ...** on back)



Shivers and chatters

“Just like rubbing two sticks together creates friction and fire, the body shakes to generate more heat. Shivering hands, trembling legs and chattering teeth are all localized reactions to the body’s attempt at raising the temperature.

“Shivers are a common symptom of the flu. Raising body temperature helps mobilize the antibodies that fight infections and viruses, which is why the body also creates a fever.”

From: *Twitches, starts and other body oddities explained* by Rich Maloof for MSN Health & Fitness

How Does Massage . . .

(continued from front)

massage therapy to alleviate stress, relax muscles and now possibly serve as an alternative medical practice,’ said Michael Ruff, Ph.D., research associate professor at Georgetown University Medical School.”¹

So give your immune system some help this season with regular massage sessions! Call today to schedule your next appointment.

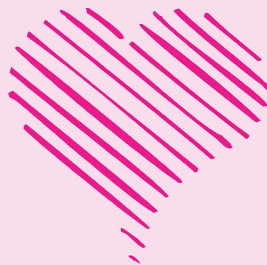
References: 1. *American Massage Therapy Association*; <http://health.howstuffworks.com/>

Can laughing keep us healthy?

“Research shows that when we laugh our metabolism picks up, muscles are massaged and stimulated, and a variety of biochemical substances rush into the bloodstream. After a period of laughing, subjects feel momentarily relaxed. Laughter also fortifies us against depression and heart disease and heightens our resistance to pain.

“Now U.S. researchers think that laughter may boost the immune system as well. ... For example, in one experiment conducted by Dr. Kathleen Dillon at the Western New England College in Springfield, Massachusetts, university student volunteers were divided into two groups. One group was instructed to watch a nonhumorous educational video. The other group watched a humorous video of ... comedy routines. Dr. Dillon found that concentrations of salivary immunoglobulin (IgA), an antibody linked to lower rates of upper respiratory illness, jumped measurably in the ‘humor video’ group.”

—excerpted from *The Odd Body*, pgs. 202-203 by Dr. Stephen Juan



**Treat your sweetheart to
a massage this Valentine’s
Day, with a massage gift
certificate! Call to order ...**

**Hold fast to dreams for if dreams die,
Life is a broken winged bird that cannot fly.**
—Langston Hughes

The content of this newsletter is not intended to replace professional medical advice. If you’re ill, please consult a physician.
