

Professional Massage Therapist
www.memorable-massage-therapy.com
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Colleen's E-Words



Monday, June 1, 2009



Welcoming Possibilities

What if I told you

That

You could nurture

Yourself

For five months

With

Massage

For less than \$2.00

Per day

AND, you would not have to worry about bringing cash, check-book or credit cards

AND, you could come on a whim?

CHECK OUT THE COUPON ON MY WEBSITE!

SUMMER SPECIAL

IT TAKES TWO!

**\$10 off the first massage
\$15 off the 2nd massage**

OR

**Share this coupon
And each save**

-\$12.50 off

**ONE-HOUR
MESSAGE ONLY**

**Expires 7/31/09
In studio only**

Your Bio-Mechanical Health

I have now been practicing my 3-minutes to a pain-free life for two weeks. Three minutes a day is easy. This consists of 6 exercises or poses very similar to yoga. Dr. Weisberg has chosen these poses or moves, which are held for 30 seconds each, to improve and maintain optimal musculoskeletal health while preventing nearly all types of general aches and pains. He makes the statement in his book that, "treated to a daily consistent application of my program, your musculoskeletal system can remain in excellent condition for more than 100 years! Without it, whether you are now in pain or not, your muscles and joints will eventually fall prey to irreversible erosion and damage." [p.11]

These poses are not ho-hum, some are not very easy, and they do require that you modify and challenge. In other words, if you cannot do one of the poses for a full 30 seconds, challenge yourself to a longer period of time each day.

If you cannot get into the pose or do the move the way the picture shows, do *not* force yourself. That old saw, "no pain, no gain" is not applicable here at all. If you go into pain you are likely putting yourself in a position to tear fibers or injure yourself.

Having said that, what I am noticing is no lower backache, fewer leg and foot cramps, and temporary relief from my plantar fasciitis. The key is consistency of practice. I did miss a day and it was almost like starting over again the next day. This says more about the lack of shape that I'm in than it does the program. Three minutes is a short time compared to the results for the rest of my life.

After I have done the three minutes, my muscles experience a sense that they were given more oxygen and more freedom.

Now, I am utilizing these exercises during a massage session, if warranted. I am doing this by way of

"passive" stretching. That is, I manipulate the body part that needs stretching and I hold it for the 30 seconds. Furthermore, I demonstrate any appropriate stretch for your benefit and practice until your next massage.

If you believe that your workout at the gym or taking an aerobics class is the same thing, it is not. Tending specifically to the biological needs of your muscles and joints is specific to biomechanical health. Massage combined with specific stretching is great for biomechanical health as well as relaxation, but *now*, you can spend 3 minutes a day to continue those benefits for yourself.

I strongly recommend you purchase this book [see below], be informed, practice the routines, and experience the difference.

ABOUT THE AUTHOR: Colleen is an intuitive Stress Relief "artist" functioning as a Professional Massage Therapist
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3 Minutes to a Pain-Free Life, The Groundbreaking Program for Total Body Pain Prevention and Rapid

Relief. © 2005. www.painfreelives.com

New techniques for chronic pain relief!