

Professional Massage Therapist

Certified Empowerment Coach

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Colleen's E-Words



Edition 13, March 30, 2009



Welcoming Possibilities

COMING ATTRACTIONS!

Spirit-LifeCoach.com

What do you want to be
when you grow up?

Why are you here?

What gets in the way of
being who you really
are?

What is there at our
disposal that sustains
us?

How to tap into that
which holds the *key* to
what we want?

No matter what your
focus is right now — the
economy and personal
finance, relationship,
perfect career, family/
parenting, personal de-
velopment, spiritual
awareness — the an-
swers are readily avail-
able to your hard ques-
tions. Not, however, at
the same level of the
question.

How do you get to the
level of the answers?
Let my coaching exper-
tise lead you to the way.
Not my answers—
YOURS!

Call me or e-mail me for
your first free consulta-
tion — let's get started.

HEALTHY AGING

Last week I attended a speed net-
working event sponsored by Senior
Life [a marvelous newspaper for
senior citizens]. I was the only
massage therapist in the group.
There were, however, representa-
tives from home health care, hos-
pice and nursing homes, as well as
people representing devices—
hearing, mobile, and other—for the
ease of life as a senior citizen.

However, not all of us are ready
for those services.

Massage therapy can play a helpful
role for persons who are utilizing
home healthcare, nursing homes
and /or hospice. People of age
who are ill get touched very little.
And yet, therapeutic touch is vital
to well being. There are massage
modalities taught especially for the
geriatric set. Common sense rules
in taking account the condition of
the skin, the bones and easy bruise-
ability. Something so simple as
holding the hand of someone is
highly therapeutic.

So, what about those of us who
are healthy and aging? Many of us

have decided, whether out of ne-
cessity or because we enjoy it, to
be active, self-sustaining members
of society as long as our health
allows. That creates a demand for
education about our bodies, for
maintenance and prevention, and
for programs that support our
lifestyle.

A change of mind-set. Minnesota
has a successful holistic [treats
the whole person—mind/body/
spirit] health center built right into
an independent and dependent-
care resident facility. It includes a
wellness center that offers yoga,
access to personal trainers, mas-
sage, a chi [energy] machine,
watsu therapy [a water-based
massage tradition], and a saltwa-
ter swimming pool.

The results of this are citizens with
decreased pain, reduced edema or
swelling, improved weight loss, a
diminished need for insulin, as well
as feeling better spiritually and
psychologically. The attitude from
the top down to maintenance, in-
cluding the citizens is *not*, "I'm old

now, I need the doctor to take care
of me." Rather, it *is*, "I can im-
prove my life no matter how old I
am; I am never too old to grow."
Right here in Indiana, as reported
in the Indianapolis Star this past
week, hospitals have massage
therapists and spas and alterna-
tive health maintenance options—
both for becoming well and main-
taining wellness.

Ladies Home Journal recently
[March, 2009] ran a whole section
called, *The Healing Touch*. It re-
ported that 57% of patients who
asked their doctors about massage
were strongly encouraged to have
them. Dr. Brent Bauer, director of
complementary integrative medi-
cine at the Mayo Clinic, is quoted
as saying, "More and more, we find
massage can have measurable
medical benefits for a variety of

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COPYWRITE 2009

Thanks to Indianapolis Star, [3/26/09] *Daily Living Section* [Barb
Ladies Home Journal [Christine Fellingham] March 2009, and Body Sense,
pring/summer 2009 for the information for this newsletter.

WELCOME
SPRINGTIME!

Berggoetz, La-
[Karrie Osborn]

HEALTHY AGING, *continued*

of conditions. Research has shown that massage can increase the number of cancer-fighting cells in breast-cancer patients, make osteoarthritis sufferers more mobile and help reduce the spasms of Parkinson's disease. It offers potent benefits to healthy people, as well."

MASSAGE LESSENS CHRONIC PAIN

Scientists are finding that regular massage may lessen the chronic pain of fibromyalgia and reduce the use of pain medication. It may also keep discomfort lower for up to three months after the treatments. *Doctor's orders:* Get a 30-minute full-body massage twice a week for at least six weeks. Avoid deep-tissue massage or any other technique involving firm pressure.

Anne Williams, education program director at Associated Bodywork and Massage Professionals, says, "There is tons of evidence that massage decreases pain, even if that pain is the symptom of a broader problem." So, while massage does not treat osteoarthritis per se, *it can decrease the symptoms of osteoarthritis and significantly reduce pain.* How does it do that? Williams explains, "That passive movement in massage can keep joints more mobile. It stimulates the synovial fluid, which lubricates the joint and nourishes the articular cartilage."

MASSAGE SOOTHES BACKACHE

Dr. Tiffany Field, director of the Touch Research Institute at the University of Miami School of Medicine suggests foot reflexology massage, a therapy in which specific points on the foot are massaged, helps the back. She says that after three reflexology massages in one week, 63 percent of patients with *herniated disks* reported pain reduction.

MASSAGE FOR INSOMNIA

Anecdotal evidence and some research on chronic fatigue — supports the idea that a good rub can lead to a good night's sleep. The Mayo Clinic and South Miami Hospital use bedside massage to help patient's relax and sleep more easily. *Doctor's orders:* A weekly massage is ideal.

MASSAGE CALMS HEADACHES

Massage decreases cortisol, the stress hormone that can tighten muscles, triggering a tension headache. There are studies that show simple neck and shoulder massage reduced both the number of

chronic headaches and the length of time the headaches lasted. *Even those with hard-to-treat migraines* can get relief from weekly craniosacral massages and may also sleep better. *Doctor's Orders:* Get massages once or even twice a week at first, then less often as you feel better.

MASSAGE CUTS CARPAL TUNNEL PAIN

Massage can *prevent* this, which is notable if you are on the computer a lot or have other hand/wrist repetitive careers. Weekly treatments by a massage therapist can reduce pain and increase grip strength. *Doctor's orders:* Weekly massage of your arms, wrists and hands using moderate pressure.

MASSAGE AIDS HEALING AFTER SURGERY

This is a major reason hospitals such as the Mayo Clinic, Scripps Memorial, University of Pennsylvania Medical Center, and the University of Texas; some presurgery patients at Duke; Palliative Care Unit at the University of Rochester Medical Center, to name a few, have massage-therapy programs. Both for the stress of pre- and post surgery, as well as for pain management and lymphatic-drainage techniques.

SUMMARY OF MASSAGE BENEFITS

- Improves range of motion and decreases low-back pain.
- Increases circulation, allowing the body to pump more oxygen and nutrients into tissues and vital organs.
- Provides exercise and stretching for atrophied muscles.
- Reduces swelling and scar tissue.
- Reduces recovery time from injury/surgery.
- Reduces stress, the cause of nearly 90 percent of diseases we face.
 - Releases endorphins, the body's natural painkiller, thereby reducing need for medications.
 - Stimulates lymph flow and supports the body's natural process of detoxification.
 - Massage stimulates the cellular function in the hypodermis, dermis, and epidermis — stimulation and circulation directly benefits the skin.



One of the greatest benefits of any type of bodywork is the ability it gives you to reconnect with the pleasure of movement and be in your body in a different way.