

- Eating citrus fruits
- Adding soy to your diet
- Not smoking
- Cutting down on caffeine and salt
- Eating plenty of leafy green vegetables
- Taking extra Vitamin D
- Not drinking too much
- Exercising
- Decreasing protein consumption

Stay Balanced During the Holidays

The winter holidays are just around the corner, and this time of year involves a whirlwind of social activities with friends and relatives. As a result, you may eat or drink more, which adds to feelings of depression and anxiety. To counteract these feelings, pay attention to your inner dialogue and be aware of your stress patterns.

For instance, if you pull the covers over your head when times become stressful, take a walk outside. If you are constantly on the go, get a massage or take a yoga class to help slow you down. If you are irritable or anxious, take a bath with aromatherapy. Understand your stress and counteract it by doing opposite actions.

Other ways to stay balanced during the holidays include:

Keeping a schedule. Pencil relaxation into your schedule and stick to it.



Enjoy the holidays with minimum stress by scheduling in time for relaxation.

Shifting your focus. Set "boundary time," or a designated time for self and relaxation. Also allow for "spontaneous time,"

which is a time in your schedule when nothing or anything can happen.

Releasing expectations. It is unnecessary to give to everyone you expect to receive gifts from; to reciprocate an unexpected gift; to keep individuals on your gift-giving list year after year; to purchase gifts equal in values to ones you receive; and to perpetuate the idea that homemade gifts are more meaningful than store-bought ones.

Most people expect holidays to resemble those joyous family reunions depicted in the movies. Release your expectations about the ideal holiday scenario and just enjoy your reality.

- Taken from Massage Magazine

Massage Therapy for Insomnia

If you choose to go for a massage to help with your insomnia, it is very important to discuss with the therapist the source of your insomnia. If you have determined that the cause is stress, then the therapist will be able to proceed with a relaxation massage, calming your mind, slowing

down your breathing and your heart rate. If the reason is physical pain, then they can give you a more therapeutic massage to alleviate the discomforts. In this case, the massage will rid the muscles of tension, reduce inflammation, ease joint pain while increasing blood and lymph so

that nutrients are brought to the cells and tissue damage can be repaired. For most digestive problems, a stomach massage can be added to the treatment to relax indigestion and the calming effects will also soothe many stomach ailments.

- Taken from www.selfgrowth.com

That Pain in your Left Knee Might be Caused by your Right Shoulder

The amazement and wonder of the human body has been the single most analyzed and scrutinized topic since the inception of thought. How do we work? How do we break? What were humans like 10,000 years ago and what will we be like 10,000 years from now? These questions have promoted amazing advancements in conclusions through research but unfortunately we have barely scratched the surface of the human body's function and unlimited potential.

One field of study in massage therapy that has created tremendous understanding is Kinesiology. Kinesiology is the study of the body in motion in addition to the effects of the body in relative space affected by forces such as gravity. We have learned that the 206 bones and 640 muscles in the body were perfectly designed to function as a cohesive unit as opposed to hundreds of individual structures. These muscular patterns which have developed as an intricate pattern of layers and angles allow us to move in an array of complex ways. However, with this gift comes the potential for dysfunction.

Even though most of us take it for granted, our gait is a vital function of our everyday lives. The process by which we walk and run can provide great benefits or crippling injuries. Humans cross-pattern; meaning when your left leg comes forward your right arm comes forward. One of the reasons for this principle is because of balance but another reason is crucial for optimum movement.

The primary muscle used to propel us forward is called the gluteus maximus which is located in the back of your hip; it is the largest muscle in the body and contracts to pull your leg straight back resulting in your body moving forward. Interestingly, even though this muscle directly controls the hip, it inserts into a bone and connective tissue slightly lower than the knee. This provides additional length—the longer the muscle, the more powerful a contraction. One of the other attachments for this muscle is a large web of connective tissue in the small of the back; that tissue allows the gluteus maximus to attach to the latissimus muscle that travels all the way to the opposite shoulder. When we are walking or running, both muscles will stretch together and contract together. This allows for a longer and more powerful contraction from one shoulder to the opposite knee.

If you can grasp that concept, imagine some mild shoulder discomfort or swelling the day after you engage in some gardening or golfing. When you injure anything in the body the first inclination is to protect the area by not moving it. So you would naturally guard that shoulder from moving. That lack of movement in the latissimus causes your gluteus maximus to contract a little bit harder with every step because now it does not have its partner muscle to assist with the gait cycle. The average person takes 12,000 steps per day (6,000 per leg) resulting in overuse and dysfunction that travels to the gluteus maximus attachment on the outside of the opposite knee from the shoulder injury.



Massage = Movement

One thing we are all well aware of is that this world is in constant motion. Nothing stays the same, not even for a second.

From the moment of conception, our lives are in constant motion. Cells dividing, multiplying, dying and regenerating. Our bodies grow and change daily.

Even if we sit or lie as still as we possibly can, movement continues. Our cells continue to grow, die, and regenerate, our hearts beat constantly, the lungs expand and contract with the breath...

And yet there are times, particularly in this stress-filled society we have created, that we crave nothing more than to STOP! Even if just for a moment.

You are handed one problem after

another to work through and solve. "Here, take care of this for me and while you're at it, fix this, that, and the other."

Pretty soon, you feel as if you have a ton weight on your back and you are slogging up a mountain through three-foot-thick snow.

All that energy you are carrying begins to interrupt and slow the natural flow of energy and movement in your body until you can hardly catch your breath. Every system in your body has to work harder just to do what they are naturally designed and built to do.

Certainly there is something to be said for continuing to move when you think you can go no further. But what if you are unable to move under that mountain of energy? What if you

just have to SIT DOWN?

Massage can help!

Massage by nature is all about movement. The practitioner's hands moving smoothly and deftly over the body, manipulating tissue, muscles, tendons, joints, and, in the process, moving and stimulating blood flow, lymphatic fluid, digestion, energy, etc., so that toxins and negative energy are released from the body thereby creating space for the natural flow of energy to begin again and restoring effortless movement.

Massage can help you GET BACK UP and continue to move through life at your own pace and on your own path.

Massage = movement. Movement that helps to lighten your load and restore wellness!

Taken from www.selfgrowth.com