

- **Swedish Massage**—a massage treatment using stroking, kneading, or tapping to relax muscles gently
- **Hai**—a combination of deep tissue massage and passive stretching that can help to ease stiff, tense, or short muscles
- **Sport Massage**—a deep tissue massage to relieve muscle tension, stress, and residual pain from workouts, etc.
- **Couples Massage**—a massage treatment for couples side by side in a calm and often romantic candlelit setting

## Diabetes and Therapeutic Massage

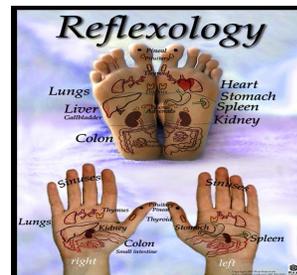
As more and more Americans incorporate alternative therapies into their program of health care, people with diabetes, too, are looking to the usefulness of different therapies to complement their lifestyle measures and medical care. One such alternative therapy is massage.

There are many benefits of massage therapy for people with diabetes. Most of these would be similar to the benefits of massage for the general population, but the following are of particular interest for people with diabetes:

**Relaxation.** Fluctuating blood sugar levels put tremendous strain on the body's systems. By sedating the nervous system, massage can bring a much-needed rest and an assuring

sense of well-being to the body.

**Increased Circulation.** Massage increases the circulation of blood and lymph, facilitating the transport of oxygen and other nutrients into the body's tissues. Improved circulation allows for more efficient uptake of insulin



by the cells.

**Myofascial effects.** Massage works directly with muscles (myo) and connective tissues (fascia) in the body, helping to

facilitate greater mobility. This is especially important for people with diabetes, because elevated blood sugar causes a thickening of connective tissue, which affects the mobility and elasticity of the myofascial system.

Because changes in blood glucose level can and do occur when people with diabetes receive massage, it's important to inform your massage therapist about your diabetes. It is also important to describe the signs and symptoms you experience when your blood sugar is low.

Massage therapy can give a wonderful psychological boost to someone who is living with diabetes and striving to balance all the factors involved in maintaining a healthy lifestyle.

## How to Increase Life-Force Energy—Breathwork

We usually breathe without any thought, mostly taking this life-sustaining process for granted. This is because no one teaches us about breathing as we grow up. This also is why most of us breathe incorrectly.

There are three types of breathers—nasal, chest, and belly.

Nasal breathers are breathing only in their nasal cavity, not

using the diaphragm. The result is a lack of oxygen flow throughout the body.

Chest breathers are breathing only into their chest, using a slight portion of the diaphragm. This type of breathing brings in some oxygen, but still not enough.

Belly breathers are breathing into their bellies and using the full

diaphragm to breathe as nature intended. They bring in enough oxygen to feed the body, mind, and spirit.

You can be one of these types of breathers—or a combination of all three—at times; however, to gain the most life-force energy, it is best to be a belly breather all the time.

- Taken from Massage Magazine

## Warning: Laughter Ahead

Although most people think of laughter as a healing, happy and healthy response, massage therapists sometimes encounter a tickle-induced laughter in our clients that may be a yellow light saying, "Warning: Proceed with Caution." Instead of mirth, ticklishness in our clients may actually point to something much deeper. The problem with ticklishness is that sometimes it masks the very areas that most need addressing to help alleviate our client's pain or discomfort. If a massage therapist retreats when ticklishness occurs, it cheats the client out of the full benefits of massage.

Ticklishness in massage clients may point to deep pain. It could be psychological, mental, spiritual, or emotional. One of the best ways to respond to this laughter is to teach simple self-massage. If a client's feet are ticklish, suggest that she sit in her favorite chair and just wrap her hands around one foot and hold still for a few minutes each day. Gradually she may be able to start kneading or stroking her feet. Reassure the client that there are no time lines. She is in complete control of this process. If the client's abdominal area is the caution zone, suggest that she simply lay her hands on her tummy for a few minutes before she gets up each morning.

Massage therapists should accept and appreciate whatever decision their clients make about self-touch for ticklishness. They will make the right choice for where they are now on their life journeys. Each client is a complex landscape, with a network of branching and interwoven paths. If a therapist tries to impose a session plan without their cooperation, they will lose a client. Therapists must respect clients' boundaries, which will result in a much better chance of achieving the best results for their needs.

The goal of achieving healthy, well-balanced muscles in clients might not be reached by a straight road. Scenic detours may need to be taken. Talk carefully and respectfully. And pay attention when laughter warns you to proceed with caution.

## Functions of Water in the Body

Drinking a healthy amount of water is vital to your health. You can never imagine just by changing this simple step, you gain tremendous health benefits, and sometimes you can even throw away your migraine medicine or pain killer. Before you can appreciate the benefits of water to your health, let's review the role of water in the human body.

The human body is anywhere from 55% to 78% water depending on body size. A rule of thumb, 2/3 of body consists of water, and it is the main component of the human body. Did you know that your tissues and organs are mainly made up of water?:

- Muscle consists of 75% water
- Brain consists of 90% water
- Bone consists of 22% water

- Blood consists of 83% water

The functions of water in the human body are vital. The water:

- Transports nutrients and oxygen into cells
- Moisturizes the air in lungs

- Helps with metabolism
- Protects vital organs
- Helps organs absorb nutrients better
- Regulates body temperature
- Detoxifies
- Protects and moisturizes joints



Every cell in your body needs water from head to toe. That is why it is so important to drink enough fluid. Take for example, brain consists of 90% water. If you do not supply enough water to your body, your brain cannot function well, and you will get headaches or migraines. Hence, next time, if you feel fatigue and headache, it may be the sign of dehydration.

- Taken from [www.mangosteen-natural.com](http://www.mangosteen-natural.com)