



Staying in Touch®

Happy New Year!

One of the best benefits of reviewing and updating your goals each year is that it gives you an opportunity to take stock of where you are currently and to help you see if you are moving in your chosen direction in life.

It's so easy to get caught up in the chores of day-to-day life and discover you haven't been able to do many of the things that are really important to you. So, as you reevaluate your situation, try stepping outside of your routine and envision your ideal life. It's time well spent!

Please remember that I'm here to help you reach your wellness goals. Supporting your health with massage is very rewarding to me, and I thank you for placing your trust in my services. Let me know how I can help you at your next massage session.

If you haven't yet made regular massage (*at least once a month*) a part of your health regimen, consider giving it a try over the next few months. I think you'll find it a very rewarding choice. You'll be reducing your stress levels and helping your body to function better.

Taking Care of the “Whole” You

As you make your plans and set goals for the year, be sure to make your health a priority! Life is more rewarding when you feel your best. An important aspect of reaching your optimum health is making sure you take care of the “whole” you.

In other words, your health and happiness go beyond just “getting some exercise” or “eating better.” Each aspect of your life has the capability of influencing other areas. For instance, if you have a stressful day mentally, it can cause your body to carry that stress in your lower back or your neck and shoulders. This tension can affect neighboring areas in your body, causing further physical strain and discomfort. The combination of physical and mental stress can affect your ability to get proper rest, and the situation worsens.

Imagine limiting your car care to just oil changes. What condition would your car be in without a complete service plan including all the necessary engine, body, and tire maintenance? Your health is far more important and complex than maintaining your car and deserves a thorough maintenance program. After all, your body—no matter what “make and model” you have—is the permanent transportation unit you have to take you through this life, so make the most of it!

When you recognize the importance of this interplay, you'll be in a much better

position to set goals to support all aspects that lead to a more rewarding life. Be sure to look beyond just improving your diet and getting some regular exercise. Do your plans include ways for you to lessen the sources of stress in your life? Are you

taking steps to get the proper sleep you need each night? Have you made time in your daily or weekly schedule for those things that feed your soul, such as pursuing some art form or hobby, or your favorite outdoor activity? Have you created a schedule that allows you to include the really rewarding things in your life?

When it comes to supporting your overall health, nothing beats regular massage sessions!

Since massage addresses the whole person, it can contribute to your health in so many ways. Using the previous example, a massage can reduce the stress in your neck and shoulders, which can return proper function to the area. As each area of your body is addressed, all of its functions are positively affected—so your body can more efficiently perform its many tasks. Now, you can more easily let go of your stress, rest better, and enjoy improved vitality.

Finally, remember that the goals you set should be chosen because they further *your* life plans! Align your goals with your personal dreams and enjoy the rest of your year. See you soon!



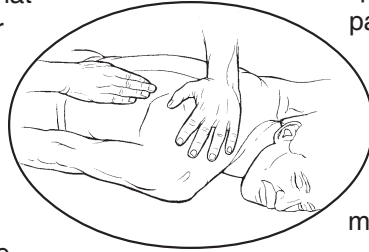
Tell a friend how massage has helped you!

Americans Turn to Massage for Pain Relief

A survey of U.S. consumers about their massage-therapy use shows that Americans turn to massage for pain relief.

Among the survey results:

- Women indicated massage therapy was their first choice when asked “what gave you the greatest relief from pain?” (24 percent versus 22 percent who chose medications as their number-one pain-relief choice).
- Men placed medications first (24



percent) and massage second (19 percent).

- Massage therapy was three times more popular as a form of pain relief among 18- to 24-year-olds than medication (34 percent for massage versus 10 percent for medication).

- Ninety-eight percent of 25- to 34-year-old respondents believe massage can be an effective way to relieve pain, and 37 percent have already had a massage to relieve pain, while 48 percent of 18- to 24-year-olds have used massage

to relieve pain.

The survey was the 10th annual massage-therapy survey of American consumers conducted for the American Massage Therapy Association (AMTA), with results released in late October.

The annual consumer survey was conducted by Opinion Research Corporation International August 10-13, 2006, among a national probability sample of 1,013 adults (508 men and 505 women) ages 18 and older, living in private households in the continental United States. The survey has a confidence level of plus or minus three percent.

(www.massagemagnews.com)

“Many people fail in life, not for lack of ability or brains or even courage but simply because they have never organized their energies around a goal.” —Elbert Hubbard

“The time to relax is—when you don’t have time for it.”
—Sidney J. Harris

“Take rest; a field that has rested gives a bountiful crop.” —Ovid

**Candy may be dandy,
but massage is ... *Aaaahhhh!***

**This Valentine’s Day,
treat that special person
with a massage gift
certificate! Call to order ...**



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