

# Spring 2010 - Appointments Available On-line

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Member, Associated Bodywork & Massage Professionals

## Healthy Aging and Your Skin

### Trends and Treatments for Baby Boomers

With more than 70 million baby boomers in the United States poised to join the ranks of those aged 65 and older in coming years, this generation has embraced a new twist on aging gracefully. These individuals don't think of themselves as old, and in many respects, they are not, at least not in the same sense their parents were after they passed the 65-year mark.

#### A State of Mind

In addition to wanting to remain vital and active, boomers are increasingly expressing a desire to look as young as they feel. Many boomers are turning to minimally invasive procedures to avoid the downtime and drastic changes in

One of the first indicators of overall health and how gracefully someone is aging is the condition of someone's skin. Take the backs of the hands, for example. The increasingly noticeable and enlarging veins and so-called age spots are some of the first telltale signs of aging.

#### Vitality at Any Age

John Roseby, executive spa director at the famous Arizona-based spa, Canyon Ranch, says skin care, massage, and bodywork are part of their wellness philosophy.

"Health and vitality at any age is one of our core messages and one we believe in

*"If I knew I was going to live this long, I'd have taken better care of myself."*

-Buddha



Feeling fit and healthy--no matter what your age--contributes to a quality life.

appearance associated with plastic surgery. Almost miraculously, it's possible to look much younger than one's years, since modern health care is helping ward off life-shortening disease at a tremendous rate. The result is a growing population expected to live longer than any generation before and to look better doing it.

passionately," he says. "Regular skin care programs allow vibrant health to shine from deep within."

Anne Williams, esthetician and director of education at Associated Bodywork & Massage Professionals, agrees and says a spa is an excellent place to

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treat the entire body. "Massage improves the appearance and condition of skin, and tones muscle tissue, thanks to improved local circulation."

With age and inactivity, circulation slows and skin becomes pale and cold. "Massage has a stimulating cellular function in the hypodermis, dermis, and epidermis," says Sharon Puszko, director of DayBreak Geriatric Massage Institute. "Touch nurtures, relaxes, and heals, as well as stimulates and activates."

Ultimately, Williams says, one of the greatest benefits of any type of skin care and bodywork treatment is the ability it gives you to reconnect. "You re-experience your body. When you're in your body, you own it in a different way. You care about it in a different way."

## Skin's Graceful Aging

Proper skin care can help ward off signs of aging. Here are some healthful skin care tips for caring for maturing skin.

### Protect Your Skin

The most important thing you can do for your skin, Williams says, is to consistently use sunscreen. Whether skiing the Colorado Rockies, swimming the Pacific Ocean, or just walking to your car for a lunch break, sunscreen should be a part of your daily routine, as sun damage is the number one cause of prematurely aged skin. Consider buying makeup or moisturizer with an SPF of 15 or higher to ensure constant protection. To protect you from the full range of ultraviolet rays, look for products containing at least one of these ingredients: avobenzone, titanium dioxide, or zinc oxide.

### Keep it Moist

Depending on where you live, you may not give much credence to moisturizer use, but experts say it is a critical piece of the puzzle for great skin. Avoid traditional grocery store finds in favor of a more targeted moisturizing product, preferably one recommended by your esthetician. If you spend money on anything, Williams says, spend it on a good moisturizer. A gentle cleanser (no bar soap on the face, ever, she says) and an alcohol-free toner will round out a simple, yet effective skin care plan. In general, it's a good idea to stick with one

product line since products are usually designed to work together.

### Don't Overdo It

In our zeal to clean our skin, we often overdo it. Just as you shouldn't exfoliate too often (no more than once a week), you should also avoid overscrubbing your face, even with just water and a washcloth. Your skin is fragile; treat it as such. It pays to leave the serious exfoliation to an expert esthetician and go gently on your skin at home.

### Watch What You Eat

The healthier you eat, the better your skin will look. This means natural, unprocessed foods with high antioxidant and vitamin contents (in other words, fruits and vegetables). Strive to replace processed breads and cereals with whole-grain alternatives that contain fiber. Eliminate or go easy on caffeine and sugar. Many believe drinking plenty

of water will keep your skin hydrated and healthy.

### Talk to the Experts

Williams says working with a skin care professional will help establish a good base of knowledge about how to care for your skin. Having an expert who knows you and your history will help address changes going forward. For example, if you change climates, your skin's needs will change as well. The same is true with the seasons.

The seasons of your life will bring yet more changes to your skin care needs. Talking to an expert will help guide you through those changes and give you proactive self-care steps. Growing older doesn't have to mean growing old.



An esthetician can help you determine noninvasive ways to maintain a healthy complexion.

# No Pain, No Gain?

## Bodywork Doesn't Have to Hurt to be Effective

Cathy Ulrich

Some people believe massage must be painful to be effective. While some modalities may be intense, this doesn't necessarily translate to a knuckle-biting experience. In fact, painful bodywork can be counterproductive. If you can't breathe comfortably, want to tighten up, make a face, or curl your toes, the technique is too much for you. Your body will go into a protective mode and actually block any positive change.

"No pain, no gain" just doesn't have to apply when it comes to bodywork. Be sure to provide feedback to your practitioner so that you're on the same page. Think of it as a "scale of intensity." On my scale, zero is not touching you and ten is pain--not the worst pain you've ever felt but the place where you want to hold your breath, tighten up, make a face, leave your body. That's a ten.

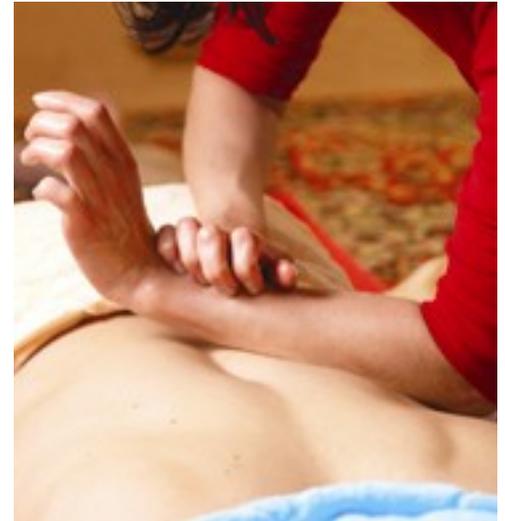
You shouldn't ever have to be in a pain range to get results, and be sure to let your practitioner know if you're in an eight or nine range. They may stay at

that level if that's where the therapeutic value will be attained, but again, only if it's manageable and you're not tightening up.

And every single client is different. Not only do individuals all start in different places, but their bodies respond differently, and their pain thresholds are extremely varied. What one person finds heavenly, another calls torture.

If it does feel too painful, be sure to tell your therapist. Usually, a practitioner can simply slow down to ease the intensity without losing therapeutic value. Sometimes, if you are nervous or stressed, just remembering to breathe will make your body more open, and you'll remain comfortable.

Bodywork needn't be a test of how tough you are. By giving your therapist appropriate feedback and understanding that painful techniques aren't really helping your body heal, you'll have a great experience in the session and feel better afterward.



Therapeutic massage actually feels good.

# Hemp Nutrition

## Set Aside Stereotypes For This Wonder Food

Shelley Burns, N.D.

While hemp has often been negatively associated with marijuana, it actually has very little mind-altering tetrahydrocannabinol (THC) in it--just 0.3 percent in hemp, compared with the 3-15 percent found in marijuana. And in parts of the world, it has been used to make clothing, bedding, and rope thousands of years.

Now more recently--hemp and its good balance of antioxidants, carbohydrates, fats, and proteins--is being viewed as a health-promoting, disease-preventing food. Its derivatives include hemp oil, hemp butter, hemp protein powder, and newest of all, hemp milk. Hemp milk is positioned to compete with other non-dairy alternatives like soy, rice, and almond milk.

HEMP'S POWERFUL PROPERTIES PROVIDE A NUMBER OF BENEFITS:

- Its antioxidant content counteracts environmental toxins.

- Its carbohydrates help increase energy, improve endurance performance during exercise, and keep the mind at peak performance.

- Hemp seeds have more dietary protein than soybeans, meat, fish, chicken, cheese, and milk. Hemp protein has the added benefit of being gluten-free.

- Hemp contains all nine essential amino acids, the building blocks of cells, antibodies, muscle tissue, and enzymes.

- Hemp is loaded with essential fatty acids (EFAs), which are required for maintaining good neurological, digestive, and skin health.

- Hemp has a low-cholesterol content and a high content in natural phytosterols that also reduce cholesterol levels.

- Hemp is helpful in preventing conditions such as Alzheimer's disease, arthritis, and asthma.

- Hemp is also good for the planet. As a low-maintenance plant that grows just about anywhere, needs little or no pesticides, and is an ideal crop for organic, sustainable farming.

*“Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.”*

-Buddha

Interesting information about breathing

Oxygen is the most crucial of all elements in the body. While it is technically not a nutrient it is an oxidizing agent that forms new compounds that release energy into the body much like what nutrients in food consumption do. Without the proper oxygen flow throughout the entire body, your organs begin to operate less efficiently leading to health problems.

When your blood stream is purified, the body has more energy. Effective breathing leads to a more healthy body and mind. Improper breathing leads to a decrease in the supply of a chemical called adenosine triphosphate (ATP). The lack of this chemical leads to premature aging, a decrease in vitality and the onset of disease.

Slow and deep breathing produces a stimulating effect of the parasympathetic nervous system. This leads to a heart-rate reduction and allows the muscles to relax. Combined these two functions send signals of relaxation to the brain. This extra flow of oxygen to the brain leads to a more normalized brain function that reduces anxiety.

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