

Summer 2010 - Appointments Available On-line

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Member, Associated Bodywork & Massage Professionals

Age is a State of Mind

Baby Boomers Combat Aging with Bodywork

According to the U.S. Centers for Disease Control and Prevention, preventing disease and injury is critical to reducing the expected growth of health-care costs headed our way, as more than 70 million U.S. baby boomers cross the 60-year-old threshold. Moreover, disease prevention is critical to, well, your health!

Whether you're a boomer who is running a marathon or running after your grandchildren, you know that growing older doesn't mean growing old. If you're wondering how to stave off the effects of aging, the preventative and restorative nature of massage and bodywork might be just what the body ordered.

and its elasticity, and toning muscle tissue. Massage also creates a stimulating cellular function in the hypodermis, dermis, and epidermis layers of the skin and increases the production of skin-nurturing sebum.

Immunity and Stress

If you're already a frequent recipient of massage, you know what the work does to combat daily stress. But did you know how detrimental those stressors can be?

Experts say the majority of disease we encounter today is associated with stress. Not only that, stress is a huge factor in premature aging of the body. Researchers say chronic stress ages the

Live in such a way that you would not be ashamed to sell your parrot to the town gossip.

-Will Rogers

Office Hours and Contact

BLISS THERAPEUTIC MASSAGE

Eva Templeton

Main:(704) 371-3288 Cell:(704) 578-7899

Monday through Friday 9am-7pm

Saturday by Appointment

www.BlissofCharlotte.com

In this Issue

Age is a State of Mind

Nuking Food Safely

Probiotics for Skin Health



Massage therapy can play an important role in aging well and remaining youthful and healthy.

Improved Circulation, Healthier Skin

As our bodies age, our circulation slows and our skin loses its once youthful vitality. Experts say the mechanical nature of massage combats these effects by increasing circulation through the manipulation of tissue, improving the appearance and condition of the skin

body, weakens immune cell function, and can make cells appear up to 17 years older than they really are. Through its effects, massage deftly attacks stress, while boosting the immune system.

Massage encourages the release of oxytocin, a stress-reducing hormone in the body most often associated with

Continued on page 2

Continued from page 1

birth and bonding, and activates the parasympathetic nervous system and its relaxation response. Massage also decreases beta brainwave activity, increases dopamine and serotonin levels in the body, and reduces cortisol levels, all of which are linked to decreased stress.

Squashing the Pain

Part of the aging process, unfortunately, involves dealing with aches and pains. You might find a day of gardening brings on back pain you never experienced before, or your biking regimen now requires greater recovery time afterward. Even though pain is a constant source of grief for an aging body, massage can make a difference.

The passive movement in massage keeps joints more mobile and stimulates the synovial fluid, which lubricates the joints and nourishes the articular cartilage. Massage also prompts the release of endorphins and other pain-reducing neurochemicals.

In addition to the pains of physical exertion an aging body experiences, the discomfort caused by arthritis can be just as debilitating. Experts predict that one-third of Americans will get arthritis as they age. Ironically, most arthritis sufferers may not think of massage when they start to explore which therapies might ease their pain. While it is doubtful an arthritic joint can "heal" completely with massage, it can feel better. And for an arthritis sufferer, better is a welcome word, particularly when there are no side effects involved.

According to the Arthritis Foundation, an increasing number of doctors are recommending massage to their arthritis patients to help relieve the pain and stiffness caused by their disease. Massage can increase circulation around painful joints, bringing healing oxygen and nutrients, including amino acids, to rebuild tissue. Many massage therapists report that their arthritic clients find better and longer-lasting relief from massage than from pharmaceuticals.

Whether its reducing the symptoms of arthritis, or simply addressing the aches and pains of living an active life, massage can play an important role in aging well.

Bennies for Boomers

The benefits from massage and bodywork can help bodies of all ages, especially for baby boomers. Research has shown that massage:

- 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, a major contributor to disease and ill health.
- Releases endorphins, the body's natural painkiller, thereby reducing the need for medications.
- Stimulates lymph flow and supports the body's natural process of detoxification.

Psychological Value

In addition to all the physical benefits massage and bodywork offers, there also are proven psychological changes we experience with massage. One of the reasons massage feels so relaxing is that there is a literal psychological benefit as dopamine and serotonin become balanced in the system. And when massage produces oxytocin in the body, there is a sense of being nurtured. Add that to the restorative effect that comes from those quiet moments during massage, and you've got a process that experts say is incredibly healing.

Aging, obviously, is a process none of us can avoid. As Benjamin Franklin said, "When you're finished changing, you're finished." Turn the inevitability of aging into a positive process of change and let massage and bodywork help you along the journey.



The aches and pains that often accompany the aging process can be managed with bodywork.

Nuking Food Safely

How To Microwave with Care

The microwave oven--that ubiquitous appliance now found in every American kitchen--is, for the most part, safe. However, microwaves can come with some specific health risks--including microwave exposure and chemical contamination--if they are old, not used properly, or used with non-microwavable dishes or coverings. Fortunately, following a few guidelines can help you effectively avoid microwave leakage and prevent chemical exposure, while using your microwave safely and soundly.

Avoid Leakage

- Ensure a tight seal by regularly cleaning the door seal with water and a mild detergent.

- Avoid microwaves that have loose doors. If the door doesn't close tightly, don't use it.

- Keep your distance, standing at least two feet away from, and to the side of, operating microwaves.

Prevent Exposure

- Avoid heating food in plastic or Styrofoam, which contain plasticizers. These leach into food during microwaving, creating xenoestrogens--substances that mimic hormones in the body and have been associated with birth defects, developmental delays, low sperm counts in men, early puberty in girls, and an increased risk of certain cancers.

- Steer clear of plastic wraps to cover your food during microwaving. Most of these also contain plasticizers that can leach into food, especially if they come in contact with hot, high-fat food.

- Use microwaveable glass cookware to ensure safe microwaving.

Microwave ovens are part of today's cook world and offer certain conveniences --there's little chance of escaping that fact. But by taking a few simple precautions, you can ensure microwave cooking adds to your life--not take away from it.



A few simple tips will ensure microwave safety.

Probiotics for Skin Health

Trust Your Gut on This One!

Shelley Burns, N.D.

Digestive health plays an important role in how skin appears on the surface. When digestion is not working optimally, it allows toxins to be reabsorbed in the body instead of being eliminated. The body then mounts a state of emergency as it's overwhelmed by toxins, some of them bad bacteria. These manifest directly on the surface for all the world to see, in the form of wrinkles, blotchiness, skin rashes, and acne.

This is where probiotics come into play. Probiotics contain potentially beneficial bacteria found in the digestive tract--what some call good gut bacteria. They help strengthen the digestive system but they also play an important role in skin health. Probiotics consist of

Lactobacillus acidophilus, *Lactobacillus bulgaricus*, and *Bifidobacterium bifidum*. They have anti-inflammatory, anti-pathogenic, and antiallergenic properties and can be used prophylactically and therapeutically.

There have been many studies showing benefits of probiotics to skin health. For example, there's a correlation between an imbalance of good and bad bacteria and the onset of acne. When bringing natural bacteria back into balance with a probiotic intervention, acne improves, in some studies, as much as 50 percent of the time.

There is no recommended daily intake for probiotics, but good food sources include buttermilk, kefir, miso,

tempeh, yogurt, and other fermented foods. Supplements are generally higher in potency and are used for therapeutic purposes in treating irritable bowel syndrome, Crohn's disease, colitis, and many other conditions.

While probiotics are essential for healthy skin and digestive health, there are many other appealing benefits to encourage their use, such as strengthening the immune system, replacing good bacteria after a course of antibiotics, and contributing to general health and well-being.

One note: Some probiotic supplements come from dairy sources and may not be suitable for individuals with dairy allergies or sensitivities.

Whatever words we utter should be chosen with care, for people will hear them and be influenced by them, for good or ill. ”

-Buddha

ONE IMPORTANT REASON TO GET ENOUGH SLEEP. Human Growth Hormone (HGH or hGH) is the most abundant hormone produced by the pituitary gland (pituitary is one of the endocrine glands). The pituitary gland is located in the center of the brain. HGH is also a very complex hormone. It is made up of 191 amino acids - making it fairly large for a hormone. In fact, it is the largest protein created by the Pituitary gland.

Growth Hormone is known to be critical for tissue repair, muscle growth, healing, brain function, physical and mental health, bone strength, energy and metabolism. In short, it is very important to just about every aspect of our life.

HGH secretion reaches its peak in the body during adolescence. This makes sense because HGH helps stimulate our body to grow. But, HGH secretion does not stop after adolescence. Our body continue to produce HGH usually in short bursts during deep sleep. Therefore, the more we sleep the more opportunity we have to produce HGH.

BLISS THERAPEUTIC MASSAGE

1101 South Blvd, Suite 102
Charlotte, NC 28203



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