

Joe Linn Massage Newsletter

May 2015

Member, Associated Bodywork & Massage Professionals

Helping Veterans and Wounded Warriors

This nation's military veterans and wounded warriors continue to fight, long after they come off the battlefields. They fight to be whole again and to reclaim their physical and psychological health. Many forms of massage and bodywork can help them do just that.

Therapeutic Massage

With its ability to meld body and mind, massage is an excellent way for veterans to reintegrate. Not only can this kind of therapeutic touch address the physical wounds, it can help bring a sense of normalcy back into daily life. "Gratifying physical experiences, such as massages ... may be experiences that patients build up that are not contaminated by trauma, and which may

significant reductions in physical pain, physical tension, irritability, anxiety/worry, and depression after massage. As a result, researchers are hoping to show in Phase 2 of their study that massage could diminish our veterans' needs for opioids for pain management, a significant concern for the US Department of Defense and the veterans themselves.

Many of our military personnel returning from battle zones come home less than whole. In cases of amputation, massage can help control edema, deal with neuromas, improve skin health, and loosen scar tissue. For more on this topic, read "David's Heroes" in the November/December 2014 issue of

*Be happy for
this moment.
This moment is
your life.*

-Omar Khayyam



Reiki's noninvasive nature makes it an effective choice for treating PTSD.

serve as a core of new gratifying experiences," writes Bessel van der Kolk, author of *Traumatic Stress*.

Research on massage and veterans, funded by the National Institutes of Health, has shown considerable promise for this hands-on therapy. An initial 2014 study found that veterans reported

Massage Bodywork magazine. Find it online at www.messageandbodyworkdigital.com/i/398416.

When visiting a massage therapist for the first time, expect a comprehensive intake process to facilitate your session. If you

Continued on page 2

Office Hours and Contact

Joe Linn Massage

Joe Linn

415-497-3176

By appointment only

Hours available Monday - Saturday

Call today to schedule your massage.

In this Issue

Helping Veterans and Wounded Warriors

Magical Mango

Probiotics for Skin Health

Continued from page 1

are a veteran or wounded warrior, your therapist will want to discuss the extent of your injuries with you, the medical procedures you've undergone, and any ongoing health issues, as well as medications you're currently taking. All of these questions help inform the therapist how to work most effectively and safely with you, so be honest and forthcoming in your responses. As with any massage, be sure to let your therapist know if anything makes you uncomfortable during your session--whether it's that the room temperature is too hot or the massage pressure is too deep. At any time, you can end the session if the work is too intense or you need a break.

CRANIOSACRAL THERAPY

Craniosacral therapy (CST) has shown considerable promise in helping military veterans and other posttraumatic stress disorder (PTSD) sufferers. The developer of CST, the late John E. Upledger, DO, OMM, believed this subtle hands-on therapy could make a difference. When he invited veterans to be part of intensive CST programs in 1999, he found that their depression and anxiety levels dropped considerably after the therapy was administered, and that feelings of hopelessness, which had once been pervasive, quickly dissipated.

Further evidence for CST came in 2004-2005, when military personnel returning from duty in combat regions were exposed to the therapy at California's Naval Hospital Lemoore. "The results were absolutely profound," says retired commanding officer Sandy DeGroot, who oversaw the program. "It's very hard for [those returning from active combat zones] to come back fully and be in the present moment. The CST work allowed them to release trauma held in the body."

REFLEXOLOGY

According to author Paula Stone, reflexology is a highly effective therapy for PTSD, a condition that affects more than 5.2 million Americans every year. "Acute sustained stress erodes the very fabric of our being, while acute trauma can tear it. Whether prolonged or sudden, traumatic life experiences wound a person in body, emotions, mind, and soul, and can result in PTSD. Compassionate bodywork,

including reflexology, can help heal the body and the person."

She says two benefits of using reflexology for clients with PTSD are (1) it can be utilized when massage and other touch therapies cannot and (2) the client remains clothed. "Reflexology improves the client's sense of well-being, improves sleep, reduces anxiety, and often reduces the need for pain medications, especially following surgery or cancer treatments." Stone says foot reflexology improves the function of all body systems. "Immediately noticeable are improvements in the flow of bioelectrical energy, blood, lymph, and nerve impulses. Reflexology also works energetically by balancing the body's energy systems. It works in harmony with a broad spectrum of energy therapies, such as polarity therapy and Asian medicine."

FINDING HELP

Other modalities that have offered relief for members of our nation's military include breath work, Healing Touch, myofascial release, reiki, Therapeutic Touch, trauma touch therapy, and even yoga. More are being added to the list every day.

If you or someone you know is a veteran or wounded warrior, and is suffering, reach out. Contact your local Veterans Affairs offices, visit the Wounded Warrior Project (www.woundedwarriorproject.org) or Comfort for America's Uniformed Services (CAUSE; www.cause-usa.org), and make an appointment with your massage therapist or bodyworker.

For more information on PTSD, visit the National Center for PTSD, US Department of National Veterans Affairs, at www.ptsd.va.gov.



The fight is not over for many wounded warriors after they come home.

Magical Mango

Shelly Burns

Treating yourself to a mango is a perfect way to add some sunshine to your routine.

A mango is more than just a sweet, delicious fruit. It has properties beneficial to skin, including water-soluble vitamins like B2, B3, B6, folic acid (B9), and C. Mango is also a good source of beta-carotene and vitamin A.

Vitamin B complex delays skin's aging process. B vitamins provide a healthy glow, increased tone, and hydrated cells. The anti-inflammatory properties in B3 help skin retain moisture, alleviating dryness and irritation.

Vitamin C protects against the DNA damage that leads to skin cancer. This powerful antioxidant reduces the wrinkling effects of free radical damage, and combats other signs of aging by strengthening collagen and elastin.

Beta-carotene gives mango its wonderful

orange color and has an important role in protecting our skin's DNA. Dry, flaky skin can be remedied with the vitamin A derived from beta-carotene, which is important for repairing and maintaining healthy skin. Vitamin A has also been shown to help reduce and clear acne breakouts.

Other beneficial nutrients include magnesium, phosphorus, silica, sulfur, and vitamin E, which play a role in strengthening the connective tissue in our body, including skin, bone, hair, nails, and muscle.

Mango is not just beneficial to skin. Its nutrients reduce high blood pressure, the risk of stroke, and the chance of contracting heart disease. Mango also contains approximately 20 percent of the recommended dietary intake of fiber and enzymes, which promote healthy digestion.

Mango is especially helpful for long, dry winters, but you can enjoy it at any time

of year. It will help maintain smooth skin and a healthy glow.



Mango offers a variety of health benefits

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.

*Be like a flower
and turn your
face to the sun*

-Kahlil Gibran

Happy May Day!

There are so many things to celebrate in May! Mother's Day, Memorial Day and National Pet Week just to name a few. We all love our Mom's, our Vets and our Pets!

In this month's newsletter I am sharing an article on the benefits of massage for our Vets. "Helping Veterans & Wounded Warriors" shows us how healing touch can help in recovery. This month, I will be volunteering massage at the Vets Connect event in Santa Rosa. The event is held on May 12th from 9-12.

"Magical Mango" shares with you all the benefits in eating Mango. I enjoy making a mango Salsa and serve it over fish.

"Probiotics for Skin Health" explains the benefits of taking probiotics. I started taking them for digestion, and was pleasantly surprised by how much it helped my skin.

Happy Mother's Day to all the Mom's and Mom's to Be!
Have a great May and I look forward to seeing you soon!

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