

Joe Linn Massage Newsletter

August 2014

Member, Associated Bodywork & Massage Professionals

Pregnancy Massage

Touch for the Mom-To-Be

Pregnancy is nine transformative months full of excitement, planning, and peering at the awesome unfolding of life. But this transformation also brings inevitable side effects.

But you don't have to suffer in silence. The gentle, noninvasive approach of pregnancy massage can ease your discomfort, help you prepare for labor, give you the emotional support of a caring practitioner, and bring back a sense of body-mind integration, putting you into a state of relaxation and calm acceptance of your continually evolving physical form.

According to Lynne Daize, with the National Association of Pregnancy

and concentrates on those areas most vulnerable to changes in your body. She might also give you deep breathing exercises and tips on how to improve your posture to adjust to the added weight and shifting center of gravity.

As pregnancy progresses, your body adjusts to a changing postural alignment caused by the baby's increasing weight. This puts strain on your back and legs and increases stress on weight-bearing joints. Massage increases flexibility, enhancing the ability to carry this extra weight while also relieving aches and pains, leg cramps, and muscle spasms. The effects of relaxation and tension release add to improvement in the physical state of muscles and joints, and

Sometimes the most urgent and vital thing you can possibly do is take a complete rest.

-Ashleigh Brillian

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.



Ease discomfort, help prepare for labor, and give emotional support.

Massage Therapy, training for this specialty includes learning specific techniques for each trimester, as well as those required for labor and postpartum massage. A certified pregnancy massage therapist is well-acquainted with the physical and hormonal effects of pregnancy and has the skills to counterbalance these changes. You'll find the therapist uses a lighter touch

assist in balancing emotions.

Studies from the Touch Research Institute (TRI) in Miami, Florida, indicate that pregnancy massage provides more than just symptom relief for the mother. A group of 26 pregnant women were given either massage or relaxation

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therapy during a five-week study. In addition to experiencing a reduction in symptoms of anxiety, stress, sleep problems, and back pain, the massage group had fewer complications in their delivery. Their newborns also had fewer postnatal complications. Another TRI study reported massage during labor resulted in shorter labor times for the mothers, shorter hospital stays, and less postpartum depression.

Obstetrician Bonita Kolrud of Westside Women's Care in Wheat Ridge, Colorado, is an avid proponent of bodywork, although she cautions women to make sure their therapist is experienced with pregnancy massage. Kolrud praises the physical benefits of massage, noting it relieves tension and pain caused by changes in body alignment. "The biggest thing is so many women still look at massage as a luxury. But it has so many physical health benefits and is more of a necessity for some patients. Emotionally, it's really beneficial for women to be touched when they're pregnant. I think a lot of pregnant women don't necessarily get as much physical touching as they would like. It's a very nurturing thing having someone taking care of you, and it's a great bonding experience with the baby when you're both receiving massage."

What to Expect When Expecting

During the first trimester of pregnancy, a primary goal of massage is to provide relaxation and increase flow of the circulation systems. Stimulating the blood system pumps more energy-giving oxygen and nutrients into your cells and increases blood flow to the placenta. Muscle tension can slow down lymph flow, leaving you fatigued. By stimulating this system, massage can boost your immunity and energy level.

In the second trimester, increasing weight of the baby can cause muscle soreness. "The mother starts going through more changes," Daize says, "so massage is used to relieve muscle spasms and ease structural changes." The therapist works to loosen joints, keeping them aligned, and soften the connective tissues, thereby relieving backaches and leg cramps.

As pregnancy progresses and the

abdomen enlarges, special positioning is required during massage. Up to the 24th week of pregnancy it is acceptable, according to Daize, for moms to be on their back with the right hip tilted up, taking pressure off the nerves and arteries. Pressure on the arteries in the back, she notes, will diminish blood flow and oxygen to the fetus. Another position that decreases stress on the back is side-lying, with the belly supported by a small wedge pillow.

During the final trimester's "home stretch," the baby begins to gain weight more rapidly, pressing against inner organs and shifting them about. Discomfort increases and the impending due date can cause added stress and anxiety. At this stage, Daize says, the therapist focuses on trigger points to relieve pain while continuing to elicit relaxation throughout the body. Generally, during the last two weeks

before the mother's due date, the therapist concentrates her techniques on preparing the woman's body for delivery.

Before initiating massage, consult your obstetrician, especially if you are at high risk. While massage is a safe treatment, there are certain conditions that require your physician's approval and careful monitoring by the therapist. Notify your therapist immediately of any changes in your physical health, and consult your obstetrician about continuing the treatments should complications arise. Some physicians may be unaware of the benefits of pregnancy massage and hesitant to recommend it. In these cases, the therapist can help by providing information that explains her specialized training and experience.



A great way to nurture soon-to-be moms.

What Is Reiki?

Understanding Energy Work

A type of energy bodywork, reiki (pronounced ray-key) relies on the ancient belief in the life force energy, referred to as chi, that flows through all things. This life force runs throughout pathways in the body called meridians, nourishing organs and cells and supporting vital functions. When this energy is disrupted by negative thoughts, feelings or actions, illness and disease result. A reiki practitioner's hands hover just above a person's body, sensing the affected areas and infusing them with positive flow. This raises the energetic vibration and breaks up the negativity to heal, clear and restore the natural flow of the life force. The reiki practitioner, trained to access and serve as a channel for the life energy, places his hands on or just above the client's body and uses a passive touch that some clients experience with warmth or tingling. The hands remain in position for 3-5 minutes, alternately covering 10-12 positions over the body.

Thought to be Tibetan Buddhist in

origin, the practice of reiki is comprised of three levels of training. Through this training, the practitioner learns how to access energy flow through the hands to heal. Completion of the third and highest level of training results in the title of reiki master. Reiki is used to accelerate healing, assist the body in cleansing toxins, balance the flow of subtle energy by releasing blockages, and help the client contact the healer within.

According to www.reiki.org, reiki is beginning to gain acceptance as a meaningful and cost-effective way to improve patient care in hospitals and clinics across America. In an interview on the website, Dr. David Guillion, an oncologist at Marin General Hospital in California, says, "I feel we need to do whatever is in our power to help the patient. We provide state of the art medicine in our office, but healing is a multidimensional process. I endorse the idea that there is a potential healing that can take place utilizing energy." For more information, consult your

bodywork practitioner.



Reiki balances subtle but vital energy.

Don't Get Sick!

Prevention is Key

Leslie Roste

Regardless of whether the threat is a simple cold or the flu, there are several things you can do to protect yourself from unnecessary downtime.

Proper Hand Washing

This gets top billing because of its true effectiveness in preventing illness. The most important aspects of hand washing are the length of time (at least 30 seconds) and the amount of friction you use, not the water temperature. In fact, warm water is better than hot, as hot water dries the skin, leaving more microscopic openings on its surface. In cases where hand washing is not practical, keep hand sanitizer available. Alcohol-based hand sanitizers can also contribute to drying of the skin, so be diligent about moisturizing.

Immunizations

Have you had all your shots? The most underimmunized group in America is women aged 30-55. Check with your physician to make sure you are up-to-date on everything from influenza to tetanus.

Fluids and More Fluids

Staying well hydrated clearly benefits our skin, the largest organ of our immune system. The advice to stay adequately hydrated is even more important in the cold, dry months of winter.

Eat Your Vitamins

A balanced diet, which includes all food groups, gives your immune system the resources it needs when it faces a challenge like the flu.

Eight Hours of Sleep

Research continues to prove how vital

this is to every part of our well-being. It affects everything from our ability to resist illness to managing weight.

Hands and Face

It is important to keep your hands away from your face--particularly the eyes, mouth, and nose, which are favorite points of entry for viruses. Start paying attention to how frequently you touch your face. Break the habit, and you could reduce your risk of colds and flu this season by more than 50 percent.

Leslie Roste has degrees in nursing and microbiology and is employed by King Research in Milwaukee, Wisconsin.

*To keep the body
in good health is
a duty,
otherwise we
shall not be able
to keep our
mind strong and
clear.*

-Buddha

Welcome to August! Often referred to as the "dog days of summer", I am not sure why they call it that but it reminds me to get out and enjoy! So far my summer has been very fun and full of adventures, I hope yours has as well.

I am looking forward to continuing my Reiki training this fall. I have included an article this month called "What is Reiki" for those of you not familiar with the techniques. Drawing on Reiki energy helps me to give the best therapeutic massage and also is a wonderful stand-alone therapy.

I want to send many thanks to Brook Radloff of Integral Pregnancy and Childbirth in Petaluma for referring her clients to me. I am always grateful when I can provide pregnant and new mom's relief from the physical stresses of pregnancy and motherhood. I have included an article "Pregnancy Massage: Touch for the Mom to Be" which discusses how massage can support your body thru the transformative process of pregnancy.

Lastly, "Don't Get Sick" offers some great tips on staying healthy. There is a summer bug making the rounds so stay healthy!

Have fun and enjoy the rest of your summer! I look forward to seeing you at your next massage!

Be Well

Joe

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