

# Joe Linn Massage Newsletter

July/Aug 2016

Member, Associated Bodywork & Massage Professionals

## Massage Multiplied

### Benefits of Massage Improve with Frequency

Karrie Osborn

What kind of massage client are you? Do you make an appointment after someone has given you a massage gift certificate? Do you try to get in every now and then for a stress-relieving tune-up? Or do you see your therapist religiously--once a week, every three weeks, once a month?

While getting a massage--regardless of how often--is incredibly beneficial to your body and mind, getting frequent massage treatments is even more powerful as a healthcare ally.

"People who get massage regularly demonstrate a reduction in pain and muscular tension and an improvement in posture," says Anne Williams, author

### Stress Killer

One way in which frequent massage can improve our quality of life is by alleviating stress. Experts say most disease is stress-related, and nothing ages us faster--inside or out--than the effects of stress. As stress-related diseases continue to claim more lives every year, the increasingly deadly role stress plays in modern-day life is painfully clear.

Massage is a great way to take charge and reverse the situation. Mary Beth Braun and Stephanie Simonson, authors of *Introduction to Massage Therapy* (Lippincott Williams and Wilkins, 2007), explain the benefits of massage

*Summertime is always the best of what might be!*

-Charles Bowden



Regularly scheduled massage has proven a powerful ally in health and wellness.

of *Spa Bodywork: A Guide for Massage Therapists* (Lippincott Williams and Wilkins, 2006).

"People regularly make a commitment to fitness. People regularly make a commitment to changing their diet. The difference they'd experience if they regularly made a commitment to massage is mind-blowing," she says.

therapy in the simplest of terms: "Healing input influences healing output." They note that frequent massage can reduce the accumulation of stress and improve overall health. "The benefits of massage are cumulative," they write.

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#### 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.**

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This being the case, it only makes sense that those aches and pains you see your massage therapist for might disappear faster, stay away longer, or even go away altogether with more frequent visits. Stress might never reach those physiologically detrimental levels where the immune system is suppressed or the nervous system is sent into an alarm state if you are able to receive stress-relieving bodywork with some consistency. Not only would your body benefit by regularly unleashing its aches and pains instead of adapting to them, but your mind would have time to wash away the stresses of a life lived in overdrive. Both are critical pieces for living well.

Experts say the body and mind can learn to live more calmly, more efficiently, and more healthfully when frequent massage shows the way. That makes for a healthier whole, allowing us to continue to live life at its fullest, even as we deal with each new stress or challenge.

## Preventive Measures

In so many ways, massage is preventive health care. Yes, it can address injuries, scar tissue, and chronic pain, as well as provide relief for cancer patients and reduce hospitalization for premature babies, among many other valuable benefits (go to [Massagetherapy.com](http://Massagetherapy.com) for more information on the myriad benefits of massage). But when the healthy, and trying-to-be-healthy, among us seek out massage on a regular basis, it helps us live a proactively healthier life.

Since bodywork influences every system in the body, there are enormous possibilities created by increasing the frequency in which you address those systems. It's best to discuss your session goals with your massage therapist and together devise a plan of frequency that meets your needs, while taking into account your therapist's best advice.

## Body Awareness

According to Benny Vaughn, sports massage expert and owner of Athletic Therapy Center in Fort Worth, Texas, one of the benefits of consistent and regular massage therapy is better flexibility. "This happens because regular and structured touch stimulus enhances the nervous system's sensory and spatial processing capacity," he says.

"That is, the person becomes more aware of their body's movement in space and becomes more aware of tightness or pain long before it reaches a critical point of mechanical dysfunction."

Quite simply, frequent massage puts you more in tune with your body. "The consistency of massage therapy over time creates a cumulative stress reduction effect," Vaughn says. "The person becomes acutely aware of stress within their body long before it can create stress-driven damage."

He says the consistency of receiving regular massage therapy has the potential to create a cumulative wellness effect. "Ultimately when one feels good, our whole being follows suit on all other levels--i.e., decision-making is better, processing life events is better, and being happy is easier when you are not in pain or feeling 'heavy' or 'tight.'"

Williams says she's certain people's lives would be changed if they could schedule massage and bodywork more frequently. "I encourage clients to commit to getting massage once a week for a month and then evaluate the results they get," she says. "I guarantee they will become massage enthusiasts for life."

## Massage Can...

- Alleviate low-back pain and increase range of motion.
- Create body self-awareness.
- Improve muscle tone and stimulate their nerve supply.
- Improve elasticity of skin and promote skin rejuvenation.
- Improve sleep and calm the mind.
- Increase endorphin and serotonin production.
- Reduce edema, as well as joint inflammation.
- Release negative holding patterns from previous injuries.



**A consistent massage routine helps you manage stress before it causes illness.**

# The Health Benefits of Ginger

## Easing Nausea, Joint Pain, and Allergies

This pungent spice is found in cuisine around the globe, but ginger has also been used for more than 2,500 years for its medicinal properties. The ancient Chinese knew that it aided in the absorption of many herbal preparations and they prescribed it extensively as a digestive tonic.

A native root of southeast Asia, ginger is a potent ally in the treatment of nausea, motion sickness, and joint pain. Current research confirms ginger's efficacy as an anti-inflammatory, GI calmativ, and antihistamine. The active ingredients found in ginger -- gingerols and shagols -- lower levels of prostaglandins, the chemicals responsible for pain and inflammation in joints and muscles. By reducing prostaglandins, ginger can even have a positive effect on heart health and circulation because chronic, systemic inflammation increases the risk of heart attack and blood vessel compromise.

Ginger comes in several forms. Fresh

and dried ginger is available in supermarkets for use in cooking. It's also available in capsules, an extract pill form, prepackaged tea bags, crystallized, and as a topical oil.

### Recommended Uses

#### MOTION SICKNESS AND NAUSEA

Most medications for nausea and motion sickness work to calm the nervous system and can cause drowsiness and dry mouth. On the other hand, ginger calms the digestive tract directly and has been shown to reduce nausea after surgery and chemotherapy. For motion sickness, take 100 mg two hours before departure and every four hours afterwards or as needed.

#### ARTHRITIS AND MUSCLE ACHES

Massage ginger oil into affected areas and/or take up to 1 g of powdered ginger daily to reduce inflammation.

#### COLDS AND ALLERGIES

Drink up to 4 cups of ginger tea daily or enjoy authentic ginger ale (made from

real ginger).

While ginger has no known side effects, it's always a good idea to consult your health care practitioner to make sure it's right for you.



The ginger plant has many medicinal uses.

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# Massage for Seniors

## Bodywork Improves Quality of Life

Almost 35 million Americans are age 65 or older, and about 2,000 more reach this age every day. As the U.S. demographic shifts to an older population, it's important to find ways of helping our elders maintain their health and vitality. Massage for seniors is gaining importance as an alternative therapy to increase quality of life, and many massage therapists are getting special training to better serve this growing population.

#### SENIORS' SPECIAL NEEDS

While similar in technique to other forms of massage, geriatric massage considers the special needs of the elderly. The specialty trained practitioner knows about positioning for greatest comfort and will often have the client rest in the same position for the entire massage. Mobility challenges

may dictate the massage be done in a bed or wheelchair. The therapist may also work both sides of the body at the same time to enhance body awareness, or only work hands and feet, if the client prefers. Sessions may be limited to 30 to 45 minutes, as older clients often do better with shorter, more frequent, massages.

The geriatric massage therapist is aware of health issues associated with aging and how to safely work with this type of client and with associated physicians. Consequently, the practitioner is able to individualize the massage service based on the client's health, mobility, and comfort level.

#### BENEFITS OF GERIATRIC MASSAGE

A recent study conducted at the Weaver's Tale Retreat Center in Oregon looked

at the effects of massage for elderly clients. The results of the two-year study showed that participants experienced a decrease in breathing rate of 50 percent and an improvement in range of motion, posture, body awareness, skin color, and muscle tone. Furthermore, it is well documented that caring touch benefits emotional well-being in seniors -- a population at greater risk of suffering from depression.

Massage therapy can add to the quality of a senior's life, both physically and emotionally. Consider booking a session for someone you love, and make a difference in their life.

*Everything good,  
everything  
magical happens  
between the  
months of June  
and August.*

-Jenny Han

Happy July and August!

I hope everyone is enjoying the summer. I just took a trip to Washington D.C. and got a chance to see family and take in some of the sights that our nation's capital has to offer. We had a great time, walking over 13,000 steps a day!

Massage Multiplied: Benefits of Massage Improve with Frequency shares all the benefits of making a commitment to regular massage including stress relief, pain management, improves sleep and your overall health.

The Health Benefits of Ginger: Easing Nausea, Joint Pain and Allergies. I love to fresh ginger and carrot juice, it is a real pick me up. My daughters are big fans of my fresh ginger and lemon tea when they are sick.

Massage for Seniors: Body Work Improves Quality of Life both physically and mentally. I have many senior clients and my various massage modalities allow me to adjust to their unique needs.

I hope your summer continues to be wonderful and I look forward to seeing you at your next massage.

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## Joe Linn Massage

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