



Staying in Touch®

Happy Holidays!

How are your plans shaping up for this year's holiday season?

If you can, get an early start with your to-do list, so you can pace yourself and have more time to relax and celebrate with friends and family.

For all the time and effort we put into holiday celebrations, we should all remember that the focus of the holidays is to celebrate the special connections we share with all the people who bring joy and meaning to our lives.

I'm so thankful to be able to offer my services to help folks pursue better health and feel their best. Thank you for choosing me to be your massage therapist; your trust gives my days meaning!

This month's main article comes from a massage school and offers some timely reasons to get a massage this holiday season.

The other articles originated in England; *(with British spelling included)*. I hope you enjoy this month's information.

Take care of yourself in the coming months, and keep an eye on the seasonal updates regarding the pandemic.

Have a wonderful holiday season; see you soon!

Top Reasons to Get a Massage During the Holidays

It's the holiday season. While you are wrapping presents and thawing turkeys, make sure to schedule time for a holiday massage. Here are four reasons why a massage is not just a luxury, but rather a necessity this time of the year.

• **The Holidays are Stressful**— Whether you love family time or dread it, the holidays bring extra stress to your already busy life. Even if the only additional stress is the stress of cleaning the house for company to come, that stress can lodge itself in your shoulders and back, making it difficult to feel your best. A massage can help loosen those tight muscles, increase circulation and provide a moment of stress relief.

• **You Need to Feel Your Best**— Work parties, family get-togethers, children's holiday programs—you don't have time to be under the weather during the holidays. Yet this is also the season when colds and flu bugs start to raise their ugly heads. A massage can help improve circulation and boost your overall immunity, so you will be better prepared to fight off any bugs you come in contact with.

• **The Weather Outside is Frightful**— It's cold outside. The drop in temperatures causes the muscles to tighten. This can increase aching backs, sore knees, and other aches and pains. Your massage therapist can help warm those muscles and joints so you suffer from fewer holiday aches and pains.

• **You Owe it to Yourself**— During the holidays, you are giving to your family over and over again. A massage is a chance to give something back to yourself. It effectively reduces stress, treats a variety of medical conditions and can help prevent further stress-related injuries during the holidays.



The holidays are nearly here. Protect your body and prepare yourself with a refreshing, relaxing massage. **Source:** ncmassageschool.com

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Why do we stretch when we wake up? *By Luis Villazon*

It feels great to have a big stretch after a good sleep, and your muscles agree.

When you sleep, your muscles lose tone and fluid tends to pool along your back. Stretching helps to massage fluid gently back into the normal position. Also, your muscles protect themselves from over-extension by inhibiting the nerve impulses as they approach their limit.

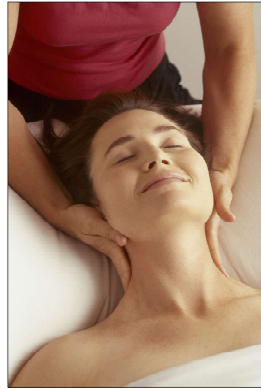
Over time, this safety mechanism becomes increasingly restrictive. Stretching briefly takes your muscles outside their normal range. This recalibrates the feedback mechanisms that determine their normal amount of motion. **Source:** sciencefocus.com

Does massage work?

By Dr. Claire Asher

Historical artefacts show that massage has been practised for at least 5,000 years, but people have probably appreciated a nice back or foot rub for much longer than that! Many people find massage an enjoyable experience, but is it also medically beneficial?

You might have heard that massage can reduce pain and muscle soreness, relieve muscle knots, flush out toxins, boost the immune system, reduce stress, and prevent depression.



Scientists have since confirmed many of these claims... For example, research has found that massage can reduce pain intensity and relieve muscle tension, lower heart rate and blood pressure, and improve the symptoms of anxiety, fibromyalgia and osteoarthritis.

Massage can aid muscle recovery after exercise. A 2008 study found that massaged muscles had recovered 60 per cent of their strength after four days,

compared to just 14 per cent for muscles that were only rested. The massaged muscles had fewer damaged fibres and signs of inflammation, which may explain why they recovered faster.

Exactly what massage does at a cellular level is not fully understood, but researchers at McMaster University in Ontario, Canada found that post-exercise massage stimulated the production of energy-generating structures, called mitochondria, and reduced inflammatory proteins. ...

Source: sciencefocus.com

Dr. Claire Asher is a science journalist and has a PhD in Genetics, Ecology, and Evolution (GEE) at the University of Leeds

FUN FACTS ...

- *You burn more calories sleeping than you do watching television.*
- *It is believed that the main purpose of eyebrows is to keep sweat out of the eyes.*
- *When you sneeze, your body is getting rid of infected cells, and an average sneeze will spread over 100,000 virus cells up to nine meters (29.5 feet)*

Source: habs.uq.edu.au



What could be better than a gift certificate for massage this holiday season? Give the gift of health to your loved ones—

Call today to order!

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Try to be a rainbow in someone's cloud.

—Maya Angelou



The content of this newsletter is not intended to replace professional medical advice. If you're ill, please consult a physician.