

The Massage Monthly

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Member, Associated Bodywork & Massage Professionals

Moving Through Life

Finding the Pleasure in Exercise

Sonia Osorio

We're busier than ever with longer workdays, less leisure time, shorter lunch hours, longer commutes, and more demands than ever before. We may even be in a job that doesn't fulfill us, yet we spend most of our time there. When the day ends, we have almost no energy left to do what we enjoy. How to find a healthy balance?

Plenty has been written about the therapeutic benefits of exercise. So, why aren't more people reaping those benefits and moving toward health and well-being? We need to reexamine our notion of what exercise and movement are and consider what we're moving toward or away from. Then we can begin to ask ourselves other questions: Not

reoriented our point of view to notice where the opportunities lie? We can begin by simply redefining exercise (with its sometimes negative connotation of obligation) to movement. Already opportunities arise: How do we want to move in our bodies and in our lives? How can we have fun doing that? How can we move more (or maybe less, if we need to slow down)? How does it feel to be still? How can we make time to move into pleasure, to move with pleasure? Already, the notion of movement takes on a more healing expression. Rather than simply being another item on our to do list, it becomes a way for us to examine our lives, to see where we can move toward health, and use physical activity as a way to support this.



Pleasurable movement is motivating, connects you with your body, and comes in many forms.

just are we fit, but are we physically, emotionally, and spiritually healthy? Are we happy? Do we enjoy how we're moving through life? How can we integrate more healing movement into our days?

Exercise as "Medicine"

We sometimes see more barriers than options to exercise. But what if we

"When most people think of medicine, they visualize something material like a pill to be popped, a liquid to be swallowed, or an injection to be endured," writes Carol Krucoff, author of "Healing Moves: How to Cure, Relieve, and Prevent Common Ailments with Exercise" (Harmony Books, 2000).

Continued on page 2

*Do what you
can do in joy,
instead of
trying to do it
all in misery.*

-Jen Sincero

Office Hours and Contact

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Spring Hours

Mon. thru Thurs. 9am-6pm

Friday 9am-2pm

Sat 4/8 and 4/22 9am-12pm

In this Issue

Moving Through Life

The Wonders of Water

Try This Breathing Exercise

Continued from page 1

"Some might also consider surgery, tests, or procedures ... [But] simple physical activity can have profound healing effects."

Krucoff, who cowrote the book with her husband, Mitchell, a Duke University cardiologist, advocates movement as preventive medicine, saying it's an ideal way to combat the increasing number of inactivity-related health conditions such as heart disease and obesity. This could actually be expanded to include stress-related conditions. In fact, it's often this combination of inactivity and increased stress that wreaks havoc on our immune system, endocrine system, and circulatory system. Every system in our body, in fact, responds to stress and inactivity. But, if this is true, then the inverse is also true: every system in our bodies will also respond to movement and pleasure. To make movement pleasurable and to use it as a way to reconnect with our bodies is, in many ways, the perfect antidote to the cycle of inactivity/hyperactivity and stress. As we move more in this way, we gain energy and health, we feel rejuvenated and relaxed, and we become more physically and emotionally aware.

Emotional Fitness

We often focus on physical fitness, but any movement toward health must also include emotional and spiritual fitness. Psychologist Nancy Mramor, PhD, author of "Spiritual Fitness" (Llewellyn Publications, 2004), ties emotional fitness with our physical health and with our heart's expression. "There is evidence that the largest number of heart attacks occurs on Monday morning between 8 and 9 a.m.," she says. "This occurrence is related to the experience called joyless striving. It applies to feelings of having to force yourself to go to a job that you have no interest in, or even truly dislike. Clearly these feelings suggest a lack of emotional fitness in the match between the employee and the job." When we're emotionally connected to our work in a healthy way and to one another, we not only survive, we thrive.

Personal Health

Interpersonal relationships, in fact, are one of the three major causes of life stress, along with environmental events/conditions and personal attitudes and beliefs. In his book, "Love and

Survival" (Harper Collins, 1998), renowned physician Dean Ornish, who first proved that heart disease was reversible through lifestyle changes, says that in order to survive, we need not only care for our lives, but the lives of others. Individuals with supportive relationships get sick less, heal faster, and live longer.

Our health and well-being are not about being hyper-active or inactive. They're about finding a balance, making our actions conscious, and learning to move in ways that are both healthy and appropriate in our own lives, then moving this healing energy out toward others. So, rather than exhausting or limiting our energy, we learn to expand it. Then we can begin exercising in a whole new way--exercising our right to choose and to better understand our body, our life, and what we want to be doing with it.

Begin by checking in with yourself as you're moving through your day: How does your body feel right now? How are you breathing? Where is this movement taking you? Do you feel good? Are you satisfied? Are you happy? If not, then change something. Change how you're moving, where you're moving toward, or look at what you're moving away from.

"Become the change you seek in the world," Mahatma Ghandi said. This isn't about a temporary quick fix to end a bad habit, lose some weight, or fill our time. This is about long-term change--making more conscious use of our time and of our life. It's about moving through life in healthy and healing ways, and expanding our idea of who we can be. Then our view of the world widens, our heart grows, our spirit soars, and our body moves toward true change. This is the healing power of movement.



Enjoyable exercise boosts physical health as well as emotional well being.

The Wonders of Water

For Skin Health and More

Shelley Burns, N.D.

Creams, nutritional supplements, treatments, lotions, and potions. We are always looking for the next miracle product to keep skin looking healthy and young. However, there is one essential, inexpensive, and often overlooked nutrient right at your fingertips: water.

Just as a car cannot function without oil, our bodies cannot function without water. After oxygen, H₂O is the most important component of the body, responsible for 65-70 percent of its composition. And of this, 80 percent is dedicated to the skin.

Water is the medium for various enzymatic and chemical reactions in the body. It moves nutrients, hormones, antibodies, and oxygen through the blood and lymphatic systems, and it also helps form the matrix of the skin. Devoid of water, the skin becomes dehydrated, resulting in a dry, dull tone.

It's likely that the moment a person feels

thirsty, mild dehydration has already set in. To keep the complexion looking smooth and blemish-free, drink water upon waking and continue drinking it throughout the day at one- to two-hour intervals. At least six 8-oz. glasses of water should be consumed daily and more if you are exercising, perspiring, and/or in hot weather. Ideally, intake should be between ten and twelve 8-oz. glasses of water a day. One note: Don't increase water intake all at once, as the kidneys and digestive system need time to adjust. Add one 8-oz. glass every day or every second day.

What counts toward your daily water intake? Just the basics: water and herbal tea. Caffeinated beverages and alcoholic drinks are diuretics that can contribute to dehydration, requiring even more hydration after drinking.

Not only is water important for skin health, it can also play a key role in the prevention of disease. Drinking eight glasses of water a day can decrease the

risk of colon cancer, bladder cancer, and potentially even breast cancer.



Water helps keep the body at optimum health.

Try This Breathing Exercise

Anne Williams

Do you ever find yourself unconsciously holding your breath when you're tense? This can cause tension to build in your body and may let the chest collapse, leading to misalignment.

Proper breathing provides oxygen to the muscles and body, helps you stay relaxed and centered, and even helps you maintain correct body alignment throughout your day.

You can also use breathwork as part of a stress-reduction program by following this progressive relaxation exercise.

1. Begin by lying in a comfortable position without crossing your arms or legs, and focus on your breathing to create a slow, deep pattern. Inhale through your nose while counting to 10 and expanding your abdomen. Hold the breath for one second, and exhale

through your nose on the count of 10. Inhale and exhale in this pattern five times.

2. Beginning with your head, tense your facial muscles as tightly as possible and count to five. Release the muscles completely, and sense the muscles feeling heavy and still. Work down your entire body, tensing muscle groups and then relaxing them. After the head, move to the neck, chest, arms and hands, abdomen, back, thighs and gluteals, lower legs, and feet.

3. After relaxing each set of muscles, mentally scan your body for any areas of remaining tension and ask those areas to relax completely.

4. Repeat the slow breathing exercise.

5. Gently begin to move your body to come out of the deeply relaxed state.

Try using progressive relaxation directly

before or after your sessions, directly before bed, or at any time during the day as a pick-me-up. Focus on taking full, deep, even, rhythmic breaths. With a little practice, you can become more aware of your own breathing patterns and use breathwork effectively as you move throughout your day.

*We learn about
life not from
pluses alone, but
from minuses as
well.*

-Anton Chekhov

WeGiveBack April Honorees - Non Profit Workers and Volunteers!!

In April we honor those who work to make the world a better place through Non Profit and Volunteerism! We choose to honor with 25 - FREE 30 minute massage appointments. From April 10th - 22nd, Non Profit Workers and Volunteers can receive a FREE 30 minute massage. For more details or to schedule your free 30 minute massage, please call us at 218-263-1501.

Upcoming events:

April 22nd-28th, 2017 - Hibbing Health Awareness Week ~ Learn about all the Health and Wellness opportunities around Hibbing.

Ohana Therapeutic Massage

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