

The Massage Monthly

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Children and Massage

A Powerful Parental Ally

Shirley Vanderbilt

"Every child, no matter the age, should be massaged at bedtime on a regular basis." So says Tiffany Field, Ph.D., of the Touch Research Institute (TRI) in Miami, Fla. Field and her associates at TRI have worked diligently over the past decade proving the benefits of massage for children. But this is not a new concept.

Infant massage has long been a common practice in families of Eastern and African cultures. Many indigenous tribes use some form of bodywork to soothe, relax and heal their little ones, sometimes including scented oils and herbal remedies as part of the experience. With our modern technology and hurried lives, we

fail to thrive and even die without an adequate amount of physical contact. Adults, as well, can become depressed and ill if they are isolated from this most basic of human needs. Children who learn healthy views of touch and are provided with positive tactile experience by their caregivers are more likely to grow up to be adults with healthy self-esteem, a sense of appropriate boundaries and long-lasting intimate relationships.

TRI researcher Maria Hernandez-Reif, Ph.D., says she regularly gives massage to her own daughter. When asked if other parents should do the same, she says, "Absolutely, a daily massage at least. That's what the studies show. Regardless

Work hard, be kind and amazing things will happen.

-Conan O'Brien



Massage can cultivate a sense of well-being and security for children.

frequently find ourselves lacking in quality family time and touching each other less. The ancient practice of massage can serve to reaffirm a close bond with our children, and to convey a comforting sense of security and trust.

Touch is the first sense to develop in humans. It is essential to our health and well-being. Babies have been known to

of whether it's an infant, a child with illness, a preschooler, pregnant women, or the elderly -- no matter who we studied we have found that massage benefits all age groups and individuals of different conditions."

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Office Hours and Contact

Ohana Therapeutic Massage

218-263-1501

Fall Hours!

Mon. thru Thurs. 9am-6pm

Friday 9am-2pm

Saturdays - 9/8 & 9/22 9am-1pm

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Kids Stress, Too

Massage is a wonderful stress-buster for children. "Oftentimes when we think about stress," Hernandez-Reif says, "we think it's just an adult condition, only adults have stress. But if you think about it, even young infants and children are prone to stress." A young child starting school who is unfamiliar with the area or children in the class will experience stress. Family illness or financial problems, divorce and even vacations can produce emotional strain. Hernandez-Reif notes that one of the consistent findings in studies of the benefits of massage therapy is a reduction in stress and stress hormone levels: "There is a relationship between stress and the immune system. If stress hormones are chronically elevated, the [hormone] cortisol will destroy the healthy immune cells that fight viruses and tumors and keep the immune system healthy. If you can reverse that, you not only reduce stress but also reduce stress hormones, allowing the immune system to bounce back and do its job, which is to heal the body and keep it healthy."

As for children's behavioral response to massage, she says, "They are happier and in a better mood. We have observed they appear more relaxed, calm and oftentimes fall asleep during massage." If it's the child's first massage, they may squirm a bit because they are not familiar with this type of touch. Due to the discomfort and pain of medical procedures inflicted on them, infants and especially premature babies may have developed a negative association with touch. Given this new, positive experience they relax and their bodies quiet down.

Infant Massage

One of the best ways to give your baby safe, positive messages about touch is to give her massage on a regular basis. Early infant massage may stimulate the developing nervous system and brain, and memory of that positive touch may then be permanently registered in the body cells. By improving circulation, respiration, digestion and elimination, massage promotes a sense of comfort in your baby and makes her less prone to colic. As the baby grows, the stroking of massage prepares the body for sitting, standing and walking by promoting

strength, motor coordination and self-confidence. Infant massage is becoming very popular with new parents and a number of resources are now available to get you started. In addition to books and videos, you can find certified infant massage therapy instructors in local private practice and at hospitals and clinics specializing in holistic medicine.

TRI's guideline of 15- to 20-minute sessions is a good rule to follow at home. Longer sessions can be overstimulating or even uncomfortable for a younger child with a short attention span.

Once massage is established as a family routine, it can benefit your child throughout his growing years. Preschoolers have shown better performance on tests of their intellectual and manual skills after a 15-minute massage. They also slept

better during naps, were less likely to be overactive, and had better behavior ratings.

For teens struggling with the growing pains of adolescence, massage helps to balance unstable hormones and can relieve anxiety by producing a state of relaxation. A supportive relationship with a massage therapist who gives them safe, unconditional touch can also increase their feelings of self-acceptance and self-confidence during those trying years.

Touch is essential to a child's development, sense of well-being, and good health. Kids reach out for touch as naturally as they do for food and water. A nightly massage can enhance the parent-child bond and ensure that touch is a positive, nurturing part of their human experience. And, as Field says, "They love it."



Giving your child a massage each day can help deepen the parent-child bond.

Put Your Best Face Forward

Tess Mauricio

You might be surprised at what can speed up your skin's aging process. Following are several ways to ensure you continue to put your best face forward.

AVOID DRINKING THROUGH STRAWS

I'm sure many of you drink dark sodas, tea, and coffee through a straw to prevent staining your pearly whites or avoid putting your mouth on a can or bottle, right? Unfortunately, it's causing fine lines around your mouth, a sign of premature aging.

TRAIN YOURSELF TO SLEEP ON YOUR BACK

Resting your face on the pillow in the same way every night for years leads to wrinkles, which eventually become etched on the surface of the skin and no longer disappear the next morning.

PULL DOWN THE SHADE IN AN AIRPLANE

You're much closer to the sun in a plane than on land, and ultraviolet (UV) rays, which can penetrate windows, are more intense at higher altitudes. Pilots and flight attendants have been found to be

at an increased risk for melanoma and other skin cancers.

BEWARE BEAUTY CREAMS WITH TOXIC INGREDIENTS

Exposure to some beauty cream chemicals does more harm than good. Know your ingredients and consult with your skin care professional to make the best possible product selections. Some experts caution against the use of creams that contain dimethicone, mineral oil, parabens, paraffin, and petrolatum.

CLEAN GLASSES AND SUNGLASSES

Bacteria on the eyeglass frame will sit directly on your face for an extended period of time. Simply wipe clean with an antibacterial cloth each day.

WASH AWAY CHLORINE

After a dip in the pool or hot tub, wash your face with a cleanser to remove all chemical residues, and be sure to moisturize afterward.

Tess Mauricio, MD, is the founder and

owner/operator of multiple cosmetic dermatology centers throughout Southern California. She is currently a fellow of the American Board of Dermatology, and diplomate of the American Academy of Dermatology. Learn more online at www.scrippsderm.com.



Wash your face to remove residue.

Exercise Myths

Fiction Vs. Fact

Although old fitness fictions like "no pain, no gain" are fading fast, plenty of misconceptions still exist. Following are some of the most common myths, counteracted by the latest research.

FICTION: YOU WILL BURN MORE FAT IF YOU EXERCISE LONGER AT A LOWER INTENSITY.

FACT: The most important focus in exercise and weight control is how many calories are burned during the activity. The faster you walk, step or run, the more calories you use per minute. However, high-intensity exercise may be more difficult to sustain.

FICTION: IF YOU'RE NOT GOING TO WORK OUT HARD AND OFTEN, EXERCISE IS A WASTE OF TIME.

FACT: Any exercise is better than none. For example, regular walking or

gardening for as little as an hour a week has been shown to reduce the risk of heart disease.

FICTION: IF YOU EXERCISE LONG AND HARD ENOUGH, YOU WILL ALWAYS GET THE RESULTS YOU WANT.

FACT: In reality, genetics plays an important role in how people respond to exercise. Your development of strength, speed, and endurance may be very different from that of other people you know.

FICTION: THE HEALTH AND FITNESS BENEFITS OF MIND-BODY EXERCISE LIKE T'AI CHI AND YOGA ARE QUESTIONABLE.

FACT: The benefits abound! T'ai Chi, for example, has been shown to help treat low-back pain and fibromyalgia. Improved flexibility, strength, and stress management are just some of the

benefits.

FICTION: HOME WORKOUTS ARE FINE, BUT GOING TO A GYM IS THE BEST WAY TO GET FIT.

FACT: Some people find it easier to stick to a home-based fitness program. In spite of all the hype on trendy exercise programs and facilities, the best program for you is the one you will participate in consistently.

This information was provided by IDEA, www.ideafit.com.

Education is the most powerful weapon which you can use to change the world.

-Nelson Mandela

As readers of our Newsletter, we like to give you the first peeks of the happenings at Ohana Therapeutic Massage. Check out below for the latest news!

WeGiveBack September Honorees!

This month we are honoring those who are the first to arrive in times of crisis ~ First Responders! From September 10-22nd, 2018, First Responders may qualify to receive a FREE 30 minute massage at Ohana Therapeutic Massage! For more details or to schedule your free 30 minute massage, please call us at 218-263-1501.

***NEW* SELF CARE PRODUCT**

The Sacro Wedgy is a device that isolates and elevates the sacrum (your tail-bone) and uses gravity help relax, aligned and re-balance from the hips out. It helps to eliminate symptoms such as pain or numbness radiating down the legs and tightness and pain in the hip and lower back areas.

Helping you Heal yourself

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