

The Massage Monthly

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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

*Take care of
your body with
steadfast
fidelity.*

-Goethe



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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Office Hours and Contact

218-263-1501
www.ohanatherapeutic.com
E/O Mon: 11am-6pm
Tues: 9am-1:30pm
Wed. & Thurs: 11am - 6pm
E/O Fri: 9am-1:30pm

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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.

Healthy Holidays

Five Tips for the Natural Traveler

Planning a vacation or business trip? Consider packing a small kit of natural remedies before you go. Unfamiliar surroundings, unusual foods, and jet lag can make you vulnerable to viruses, stress, and gastrointestinal (GI) upset. Colorado Naturopathic Physician Michael Sutton suggests the following items:

1. GRAPEFRUIT SEED EXTRACT

This extract fights and prevents viruses and helps reduce symptoms of diarrhea and GI upset. It can even be used to decontaminate water (4-5 drops extract per quart of water). A few days before you leave, mix 4-5 drops with juice or water and drink it before bedtime, and continue for the duration of your trip. If you do catch a cold or flu, you can drink as much as 8-10 drops, 3-4 times a day.

2. AIRBORNE

Available in natural products stores, Airborne is an effervescent tablet containing herbs, antioxidants, vitamin

C, and amino acids. It helps prevent and fight colds, as well as motion sickness, when traveling.

3. MELATONIN

To ease jet lag, Sutton suggests leaving your watch set for the time zone from which you're departing. When your watch shows your normal bedtime, take 3-6mg of melatonin, then go to sleep to regulate yourself quickly and easily to the new time zone.

4. BACH FLOWER RESCUE REMEDY

To calm nerves and reduce anxiety, place a few drops of this remedy under your tongue when you're feeling anxious, or add 5-6 drops to your water bottle and drink throughout the day.

5. WATER

H₂O is essential to healthy travel. Drink lots of water and avoid alcohol, as dehydration is a major cause of travel-related illness.

By packing a few natural remedies and

paying attention to your body's needs, you'll be able to fully enjoy your trip.



Staying healthy is key to a good vacation.

Be Immune to Inactivity

The World Health Organization has called inactivity the second-leading risk factor for non-communicable diseases and the fourth-leading risk factor for global mortality.

In the United States, inactivity has helped contribute to the fact that 35.9 percent of adults age 20 years and over are obese, as well as 18 percent of adolescents and children ages 6-19.

With risk factors like high blood pressure, high cholesterol, coronary artery disease, stroke, type 2 diabetes, and more, it's important to make sure you get enough exercise and activity to stay healthy.

Here are some tips to help you keep moving.

Be Aerobic Every Day

The Centers for Disease Control (CDC) recommends getting 2.5 hours of moderate-intensity aerobic exercise each week. If you break it down, that's just over 20 minutes a day of activities like walking, water aerobics, riding a bike, or pushing a lawnmower.

Want to cut that down even further? If you bump the exercise up to vigorous intensity, you can cut the time in half. Vigorous-intensity activities include jogging or running, swimming laps, and playing basketball or tennis.

Add Muscle-Strengthening

Lifting weights, working with resistance bands, and doing body-weight resistance exercises, heavy yard work, or yoga are all considered by the CDC to be important muscle-strengthening

activities. The recommendation is to get this type of exercise at least twice a week to the point where your muscles are tired.

If you focus on setting realistic goals and getting just a bit of exercise each day, you'll be on your way to meeting the requirements in no time. Find exercises and activities that you enjoy doing, and it won't seem like such a burden. Plus, you'll feel great about reducing the risk factors associated with a sedentary lifestyle. So get a plan, get out there, and get moving!

*A man too busy
to take care of
his health is like
a mechanic too
busy to take care
of his tools.*

-Spanish Proverb

UPCOMING SPECIALS!

WeGiveBack to Veterans and their spouses.
In November, we are honored to be able to offer deeply discounted sessions to veterans and their spouses.
First come- first served!
The first 10 callers will receive 50% off their session
The next 10 will receive 25% off their session.
218-263-1501

UPCOMING HOURS

E/O Monday (11/4, 11/18, etc.): 11am - 6pm
Tuesdays: 9am - 1:30pm
Wednesdays: 11am - 6pm
Thursdays: 11am - 6pm
E/O Friday (11/1, 11/15, etc.): 9am - 1:30pm

HOURS ADJUSTMENT:

Due to the Thanksgiving holiday weekend, we will be open Monday 11/25 through Wednesday 11/27. We will be closed Thursday 11/28 through Sunday 12/1 for the holiday weekend. We will resume our normal E/O week schedule starting Monday 12/2.

Empowering you to heal yourself

208 E Howard St
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