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417
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Volume II Fourth Edition

APRIL 2013 MONTHLY NEWSLETTER

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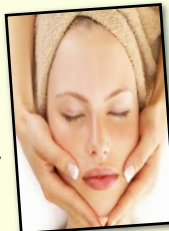
www.SerenityDaySpaOzark.com

BENEFITS OF MASSAGE

By Sharon Jackson, Ph.D

Experts estimate that upwards of ninety percent of disease is stress-related. Perhaps nothing ages us faster, internally and externally, than high stress. Massage is an effective tool for managing this stress, which translates into:

- Decreased anxiety.
- Enhanced sleep quality.
- Greater energy.
- Improved concentration.
- Increased circulation.
- Reduced fatigue.



Massage can also help specifically address a number of health issues. Bodywork can:

- Alleviate low-back pain and improve range of motion.
- Assist with shorter, easier labor for expectant mothers and shorten maternity hospital stays.
- Ease medication dependence.
- Enhance immunity by stimulating lymph flow—the body's natural defense system.

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Article continued on other side of next page for eCopy

- Exercise and stretch weak, tight, or atrophied muscles.
- Help athletes of any level prepare for, and recover from, strenuous workouts.
- Improve the condition of the body's largest organ—the skin.
- Increase joint flexibility.
- Lessen depression and anxiety.
- Promote tissue regeneration, reducing scar tissue and stretch marks.
- Pump oxygen and nutrients into tissues and vital organs, improving circulation.
- Reduce post-surgery adhesions and swelling.
- Reduce spasms and cramping.
- Relax and soften injured, tired, and overused muscles.
- Release endorphins—amino acids that work as the body's natural painkiller.
- Relieve migraine pain.



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Complete program for reducing the harmful effects of tension and stress. Ten great original exercises for relaxing the body, stilling the mind, relieving chronic pain, and reducing the harmful effects of tension and stress. Newly revised version of this popular self-help ebook. Each chapter features an easy-to-follow guided exercise pertinent to that chapter's discussion. Learn to be more balanced and centered in your

body with this newly revised version of this popular self-help ebook and online program. The author, is a healing arts practitioner, relaxation guide and self-awareness teacher who awakened his natural healing and intuitive abilities through years of exploration and practice with many leading edge technologies. As a Reiki practitioner and teacher, he has conducted thousands of individual sessions and taught many student, working with vibrational energies through touch, sound, movement, and deep relaxation techniques.

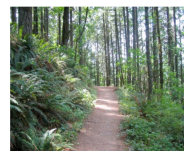
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Offer expires April 30, 2013

Learn to Relax

Complete Program for Reducing the Harmful Effects of Tension & Stress



By Gordon Rosenburg

Continued...

BENEFITS OF MASSAGE

BY SHARON JACKSON, Ph.D

Research continues to Confirm the Efficacy of Massage

Massage is one of the oldest healing arts: Chinese records dating back 3,000 years document its use; the ancient Hindus, Persians and Egyptians applied forms of massage for many ailments; and Hippocrates wrote papers recommending the use of rubbing and friction for joint and circulatory problems. Today, the benefits of massage are varied and far-reaching. As an accepted part of many physical rehabilitation programs, massage therapy has also proven beneficial for many chronic conditions, including low back pain, arthritis, bursitis, fatigue, high blood pressure, diabetes, immunity suppression, infertility, smoking cessation, depression, and more. And, as many millions will attest, massage also helps relieve the stress and tension of everyday living that can lead to disease and illness.

Massage has been shown to reduce blood pressure and heart rate; increase cytotoxic capacity (activity level of the body's natural "killer cells"); enhance weight gain in pre-term infants; increase lymph flow and reduce edema; relieve and reduce certain types of back pain; and reduce anxiety and relieve stress. Massage can improve circulation, joint flexibility and range of motion, and has been shown to help those with chronic back pain, migraines, knee osteoarthritis and cancer.

Massage therapy can have many physical, mental, and emotional benefits, but it is NOT intended to replace medical care or counseling. Referrals to appropriate specialists will be provided when work is not within my scope of practice or not in the client's best interest.

Physical Benefits ...

- Promotes the flow of blood, lymph, and oxygen
- Helps to eliminate toxins stored in your muscles
- Facilitates tissue healing
- Helps to manage pain and discomfort
- Relieves muscle soreness, tension, spasm, and stiffness
- Increases range of motion and mobility
- Improves muscle tone
- Lowers blood pressure
- Helps muscles recover more quickly from exertion and fatigue
- Reduces pain, swelling, and formation of scar tissue following injury
- Boosts the immune system
- Balances the nervous system
- Increases endorphin secretion (the body's natural painkillers)
- Improves posture
- Promotes restful sleep
- Enhances skin condition
- Promotes deeper and easier breathing



Mental/Emotional Benefits ...

- Promotes relaxation and calmness
- Fosters a positive attitude
- Relieves stress and anxiety
- Relieves depression
- Restores vital energy and alertness
- Enhances calm and clear thinking
- Satisfies the need for caring, nurturing touch
- Increases awareness of mind-body connection
- Enhances self-image
- Fosters a feeling of inner peace

People find that therapeutic massage can help with a wide range of medical conditions, including: Aching muscles * Arthritis * Anxiety and stress * Asthma * Cancer * Carpal tunnel syndrome * Chronic pain * Depression * Digestive disorders * Fibromyalgia * Headaches, especially tension-related * Insomnia * Low back pain * Neck pain/stiffness * Plantar fasciitis * Pregnancy and postpartum * Reduced range of motion * Scar tissue * Sciatica * Sports injuries * Strains and sprains * Surgery recovery * Temporomandibular (TMJ) joint dysfunction



Information found in this newsletter is for advocational purpose only and does not replace the advice of a doctor. If you need medical attention, please consult with your physician.

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