



Staying in Touch®

Hello, and welcome to this issue of *Staying in Touch*. I hope you are doing well.

Lately I've been marveling at the workings of the human body. If you suggested to a scientific or engineering group that they develop a machine that could do a fraction of what our bodies do every day, they would think you were crazy for asking. Yet, we usually take for granted that these amazing machines we call "home" will just keep on running, even when we abuse them.

What's so impressive is to see how regular massage sessions can improve virtually every facet of your body's functions. Each system of your body not only has its own job to do, but must coordinate with all the other systems to keep you healthy and able to function at your best. Nothing is more rewarding than to watch someone's condition improve through the benefits of massage. As the muscles relax, the tension slips away, the circulation and nervous function improve, etc., your body can perform better, making you feel renewed, relaxed, and refreshed.

Thanks for allowing me the opportunity to work with you; see you soon.

Detoxification—Key to Good Health

Almost everyone is familiar with the phrase *detoxification*—or detoxing—but many don't really understand how vital this process is to your health. Here are some basic points you should know:

To simplify, detoxification is the process of your body cleaning out any substances that aren't needed or shouldn't be in your body. And in today's world, the incidence of exposure to unneeded or unwanted substances is substantial. Air and water pollution; pervasive chemical use; insecticides, pesticides, and antibiotics in our food; excessive use of sugar, caffeine, alcohol, various drugs and medicines—there is little doubt that we are all exposed to many things that are to some degree toxic to our bodies.

So what takes place within your body that makes this such an important health issue? Physically, you maintain a healthy condition when your system gets adequate exercise, fresh water and nourishment. When unnecessary substances "invade" the body, they must be collected and removed. If the volume of toxins is too high (more than your body can handle), these substances will be stored in your body. This opens the door to illness and degenerative diseases.

Signs of toxicity include headaches, constipation, bloating, fatigue, and skin conditions (rashes, etc.), to name a few. To cleanse your body of toxins and wastes

requires more than regular bathroom visits—your body relies on the liver, kidneys, skin, lymphatic and circulation systems working in harmony to keep your system clean and functioning properly. For instance, your skin disposes of many toxins through perspiration, and your liver

removes wastes from the blood. If your digestive system is sluggish, the waste putrefies and creates toxins that can be recirculated within your body.

One of massage's greatest benefits is its contribution to the detoxification process.

While massage is improving your circulation, increasing your flow of lymph, and encouraging all your various systems into more efficient operation, it is helping your body toward more effective elimination of toxins and waste.

In her book *Purify Your Body*, Nina L. Diamond has this to say about massage: *"Research has shown that bodywork treatments strengthen your body's immune system, enabling you to resist and combat disease... By directly stimulating your body's systems, all forms of massage and bodywork are valuable tools for literally helping your body clear its toxins and toxic accumulation of your body's natural substances."*

So while you're enjoying your next massage session, you can appreciate this added health benefit!



Drink the Water!

Water is a vital ingredient to good health. Unfortunately, far too many people just don't drink enough water.

In her book *Your Natural Health Makeover*, naturopathic physician Dr. Lauri Aesoph gives the following reasons to include adequate pure water in your daily diet:



- 1) *Water, (not soda or juice) makes up 70% of the adult body*
- 2) *Water helps clear the body of waste material*
- 3) *Water helps fight constipation and aids digestion*
- 4) *Water helps lubricate joints*
- 5) *Water aids cell function and is an important solvent in the body*
- 6) *Water vapor in the lungs helps control oxygen concentration there*
- 7) *Water helps control body temperature*
- 8) *Inadequate water intake may result in fatigue and general body aches*

If you are one of those people who has a hard time drinking enough water, you can try this: Make a commitment to drink *only* water for several days. (You should be drinking about 8-10 eight ounce glasses *every* day.)

Notice how you feel and what changes you experience. Hopefully you'll be ready to continue making water your main source of liquid.

Most natural health authorities agree that you should avoid tap water and

seek a source of pure water (like bottled or spring water).

It's true that you should drink plenty of water following each massage session because your body is busy eliminating toxins. If you don't get enough water, these toxins will stay in your system—often causing some physical discomfort—and you've lessened a major benefit of your massage.

Drinking enough water is one of the easiest and most important steps you can take to improve your health, so make it a priority!

Did you know? ... that “toxic” comes from the Latin word meaning “poison” and has its roots in the Greek language for the poison used on arrows!

Do you want to introduce a friend or family member to the benefits of massage? A gift certificate is an ideal way to do so (and makes a wonderful surprise)! Perfect for most any occasion—a great way to say you care. Call to order ...

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