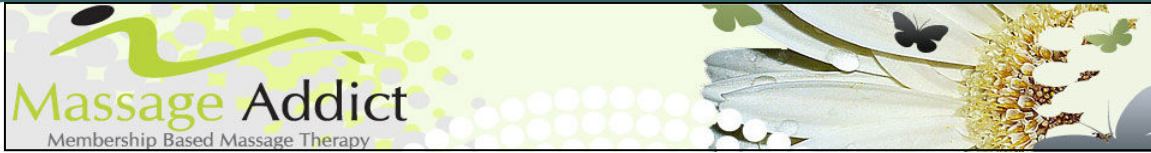


THE HOME STRETCH



Continued Success by Allyson Harker, Owner

This is our third edition of The Home Stretch and I would like to say that I am absolutely thrilled at the overwhelming response the newsletter is receiving!



This monthly newsletter would not be possible if it were not for our hardworking and dedicated RMTs who take the time to write the articles and for Brad Surette, our Lead Therapist, who puts it together and makes it happen.

Due to the positive feedback from our clients and the numerous requests for personal copies of our newsletter we are now offering you the option of receiving your personal copy via email at the beginning of each month.

If this interests you, please let us know at the front desk and we will add your name to our ever-growing newsletter mailing list.

Speaking of mailing lists, Massage Addict now has one for clients who wish to receive information on upcoming promotions. This is a great way to keep posted on what is happening within our clinic and possibly win a prize. Also, we appreciate any

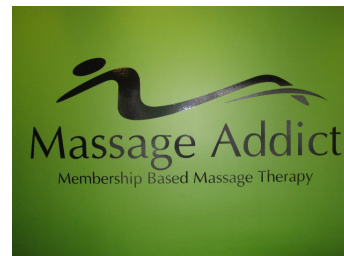
feedback you may wish to provide.

We strive to make your Massage Addict experience relaxing, fun, and informative so please feel free to email us any questions or concerns you may have.

Last month brought us another addition to the Massage Addict team. I would like to take this opportunity to welcome Jennifer White, RMT to our staff. We are very excited to have Jennifer working at our clinic as she brings with her a wealth of knowledge, experience and some good old Newfoundland spunk!

Sincerely, Allyson Harker, Owner

“I would like to take this opportunity to welcome Jennifer White, RMT to our staff. “



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Special points of interest:

- New Staff: Jennifer White, RMT
- Staff Birthdays This Month

Pregnancy: Back Pain by Nancy Power, RMT

Pregnancy is a time for change. During this time you may experience changes in your emotions, sleep patterns, eating habits, and other changes in your body.

One of these changes may be the development of back pain.



There can be various causes, but there are simple things you can do which will usually bring relief. These tips can also be applied later on when lifting an ever-growing baby or toddler.

First, let's look at some of the possible causes of back pain during pregnancy.

Extra Weight: Gaining weight is a necessity for the health of your baby, but it can strain your back.

Shift in Center of Gravity: As your uterus and baby grow, your center of gravity shifts forward. This shift leads to compensational changes in your posture and movements, which can in turn cause aches and pain.

Pre-Existing Conditions: If you already have a disc injury, sciatica, or other issues affecting the back, their effects can be intensified by the changes of pregnancy.

Hormonal Changes: During pregnancy, your body increases production of a hormone called

Relaxin. All of the effects of this hormone are not fully understood, but it is widely accepted that the increase in Relaxin during pregnancy results in the loosening of the connective tissue in your body – including the ligaments of the pelvis. As these structures become looser, you may experience discomfort or pain on either side of your lower back, especially when walking or standing for long periods of time.

There are other possible causes, and you should always check with your health care provider to discuss your specific symptoms.

Next time, we'll take a look at what you can do to reduce or possibly even eliminate your back pain. - Nancy Power, RMT

Nancy Power is a Registered Massage Therapist and Reiki Practitioner, as well as a HypnoBirthing Childbirth Educator, Birth Doula in training, and a mother.

You can visit her website at www.serenebirth.net



Everyone needs a quick and easy breakfast but it does not need to be unhealthy!! Try a fun way to stay healthy, wake up your day, and have prepared in less than five minutes!

Sunshine Smoothies

- ¼ cup tofu
- 2 Tbsp nut butter (almond is my favourite)
- 1 cup orange juice
- ¼ cup Vanilla yogurt
- Dash of cinnamon
- Handful of fruit

(mixed frozen fruit can add a great change to every mixing)

Blend on high for 2 minutes; pour into a travel cup and go! If you would like to be sure you get a serving of grains, toast a slice of multigrain bread topped with your favourite spread.

Shannon Ashton, RMT

Becoming a Reiki Master by Brad Surette, BA, RMT

Reiki is an ancient Japanese non-invasive healing technique which involves the channeling of Universal life force energy into the body. In this type of treatment the body is able to relieve itself of physical, emotional, mental, and spiritual blocks.

Since Reiki assists the natural healing process of the body and enhances its ability to rebalance to a healthier state, Reiki can prove effective and beneficial on anything created from life force energy including humans, plants and animals.

In May 2003, I was first introduced to Reiki by Voni King of Groves Point, Nova Scotia and received my Reiki Level I. After several years when the timing was right, I decided to pursue my interest and received my Reiki Level II in 2006, again from Voni King.

In January 2008, I eagerly received my Reiki Level III (Advanced Reiki Training) from Phyllis Laforest of Enfield, Nova Scotia. Phyllis was such an inspiration that I felt the Universe was sending a strong signal that the Reiki Master Teacher Level was definitely meant to be.

Thinking back over the years, the enlightenment experienced during the process of acquiring each and every level provided me with an intense interest. This interest is what first encouraged me to

terminate my employment with the federal government and to pursue a long-term desire to work with the healing arts.

My hope has always been that becoming a Reiki Master Teacher would provide me with the proper training in the use of Usui and Tibetan symbols. And that having the ability to pass on attunements would allow me to



gain spiritual insight as well as a greater understanding and appreciation of the Universe. I felt this understanding and appreciation would be an important part of my journey; something that was required before I could create an opportunity for others to achieve their own enlightening experiences.

I believe that everyone has the ability to channel Reiki because Reiki is

merely an extension of our existence to the Universal Divine. Acknowledging this connection to the Universal Divine incorporates all that is, has been, and will be.

While I do believe the raw skills of healing are within all of us my personal experience with receiving attunements has demonstrated how physical,

mental, emotional, and spiritual blocks can be cleared, thus allowing Reiki energy to flow smoother.

Upon receiving my certification on February 24, 2008 I became eligible to teach Reiki and perform attunements. With much anticipation and excitement, I felt inspired or maybe even compelled to investigate, study, and apply the wide range of Reiki applications further.



Becoming a Reiki Master Teacher allowed me to use my abilities for the good of the Universe and mankind. By performing a service to others requiring some form of healing, I think my experience of humanity deepens and enhances each time.

Some think developing healing modalities is a way for human beings to enhance spirituality. Others, including myself, think developing healing modalities like Reiki is a way for spiritual beings to enhance humanity.

On a final note, to me a Reiki Master Teacher is a student of life and continuing education has always been an important and valuable part of my being. It has been my experience that a greater understanding for a subject can be achieved by teaching it to others. And by doing so, our students become our teachers. All in all, it would be a wonderful experience and an honor to share the spirit of Reiki with you!

Brad L. Surette, BA, RMT

“To heal from the inside out is the key.”

Wynonna Judd

THE HOME STRETCH

APRIL NEWSLETTER

Thank you to the following contributors:

Article Writing	Shannon Ashton
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Article Writing	Nancy Power
Article Writing	Brad Surette
Article Writing	Jennifer White
Drawings/Artwork	Ashton Power
Editing/Publishing	Brad Surette



**“Whatever you do,
make it count!”**

APRIL BIRTHDAYS!!

Brad Surette	April 10
Melanie Jandron	April 15

Upper Trapezius Stretch by Jennifer White, RMT

I have noticed that many clients coming to see me experience an extremely common yet annoying problem: neck, shoulder and upper back tension.

For the most part this tension is caused by stress, poor posture and/or improper ergonomics at work.

To combat this problem try this really simple stretch. It can be done at your desk, while you are watching tv or even at the dinner table.

First sit up straight so that your spine is in alignment. Next, take your right hand palm down and place it under your right buttock so that you are sitting on it. By holding your hand in place you

will feel your shoulder pulling down slightly. This is what you want to experience as doing so will increase the stretch.

Now bend your head, tilting your left ear to your left shoulder. Hold this stretch for thirty seconds so that all the necessary physiological changes can occur.

For best results and to maintain a sense of balance, after you stretch the right side of your neck repeat on the opposite side to stretch the left side of your neck.

These stretches should be done at least three times a day. If done correctly and consistently you will see a decrease in headaches, tension, pain, etc. - Jennifer White, RMT

