

# THE HOME STRETCH

**NEW!!!**



## A Successful First Year by Chris Harker, Owner

Wow! It's hard to believe that we're coming up on our one year anniversary.

I can still remember all the long hours trying to get the clinic ready in time for opening day. It was a lot of hard work and I would like to take the opportunity to thank my wife and co-owner Allyson for her tireless efforts in making this the success that it has become. Without her support I wouldn't be writing this today.

I would also like to thank the staff, whose dedication and professionalism are second to none which has resulted in steady growth every month. You continue to impress and amaze me with your knowledge and capa-

bilities. For this and so much more I thank you very much.

We met a lot of interesting clients, had some funny experiences and created many wonderful memories over the last year.

As a business owner it can be extremely stressful at times but I could always count on sharing a laugh with a client or staff member that would brighten the day.

As our membership continues to grow and we get to meet more clients, I know there will be many more interesting times ahead.

Entering into the New Year, we are offering more than just massage therapy. We now have

several therapists offering Reiki, Hot Stone and CranioSacral Therapy, just to name a few of our additional services. These are exciting new treatments that expand our level of service for our clients.

There are some other programs and ideas in the works for later in the year.

In the meantime, I look forward to seeing the familiar faces, meeting new ones, as well as continued success in 2010.

Sincerely,

Chris Harker, Owner

**"We now have several therapists offering Reiki, Hot Stone and CranioSacral Therapy, just to name a few of our additional services."**



### Inside this issue:

Here We Grow: Our First Year	1
Water: How important is it?	2
Interrupting the Chronic Pain Cycle	2
Aromatherapy and Massage	3
The Art of Reiki Healing	3
Who is getting older?	4
Featured Stretch	4

### Special points of interest:

- One Year Anniversary: February 18, 2010
- Staff Birthdays This Month
- More Services Offered

## The Importance of Water by Holly Simmons, RMT



**“Water is the only drink for a wise man.”**

Henry David Thoreau

**Tip:**  
On average, a person should drink **EIGHT** 8 ounce glasses of **WATER** every day.

Have you wondered why your RMT tells you to drink lots of water after a treatment??

First off, it is just as important to drink water before a massage and here's why. If well-hydrated your muscles are going to be much softer, therefore easier to manipulate.

Think of a freshly made ball of play dough. You're able to stretch and mold it with ease. Then think of that same ball of play dough left out for a few days. Dry and hard. Are you able to mold and stretch it now?

Probably not, but, if you were to add more water and start to manipulate it in your hands again, chances are you'll get the desired feeling back!

Well it is the same idea with our muscles.

When properly hydrated your therapist is able to manipulate a muscle, stretch it, and work deeper into the tissue giving you the relief you seek.

The main reason your RMT asks you to drink lots of fresh

water after a massage is simple. Massage releases toxins from your tissues, and then your circulatory system picks up these toxins with the intention of flushing them out as waste material. Sounds easy enough right? Well, it is if your circulatory system isn't thick and slow moving.

After a massage you can sometimes experience muscle soreness - almost as if you just came from the gym and didn't finish your workout with a good stretch. That is because the toxins have accumulated and are now stuck in the thickness of the muscle tissue. Drinking several big glasses of water will loosen and thin out your circulation which helps flush out the toxins!

Also, your muscles interpret massage in a similar manner as if you were stretching or exercising them. What this means is that the muscle tissue is going to release water and electrolytes, therefore, your body will need to be replenished after the massage therapy treatment.

Finally, a lot of people sink into a nice relaxed state during a massage. Some

people may find it difficult or challenging to come back out of it which can be a problem if you're only half way through your day!

What can you do? Have a nice cold glass of water after your massage. You will feel refreshed and ready to go! - Holly Simmons, RMT



## Massage for Chronic Pain by Melanie Jandron, RMT



Approximately one in ten people are affected by Chronic Pain. Massage therapy can help.

Massage promotes relaxation and helps relieve emotional stress and anxiety that can contribute to chronic pain or long-term illnesses.

When you have pain in any area of the body, usually the muscles tighten around that area to "protect" it, mobility becomes limited, and then circulation is reduced.

Additionally, pain that began with an injury or illness can

cause emotional and psychological stress that exacerbates the pain and even remains after the physical condition has healed.

Tight muscles can seriously reduce circulation which allows waste products to accumulate. Quite often, this accumulation of toxins can leave you feeling fatigued and sore.

Massage interrupts the cycle

of chronic pain by stimulating the nervous system to relax muscle tension. As a result, blood vessels dilate and blood flow increases.

With this increase in circulation, waste products are flushed away and replaced with oxygen and nutrients. This helps lengthen the muscles while restoring mobility.

Come try a massage today. - Melanie Jandron, RMT

## Reiki Healing by Brad Surette, BA, RMT

Reiki pronounced (Ray-Key) is an old Japanese healing technique that is used for stress reduction, relaxation, and for realizing a general sense of well-being.

During a Reiki treatment the trained practitioner becomes a channel or vessel through which the "Universal Life Force" energy may pass into the client.

When this life force energy is low, not flowing properly, or blocked completely then we are more likely to get sick or feel stress as a direct result.

Reiki promotes a healthy flow of life force energy.

By using specific hand placements the Reiki

practitioner channels this healing energy to areas particularly where the client may require it.

The client's body then draws off the amount of energy that is required. The practitioner is merely the facilitator of the Reiki energy. Therefore the client is not affected by the practitioner's energy or vice versa.

Reiki is quite different from a massage. The client remains fully clothed throughout the entire treatment.

Reiki is completely non-intrusive and employs a very light stationary touch by the practitioner. If you prefer, it is not even really necessary to be touched by the practitioner.

Because we are all different and have different needs each and every one of us may experience a treatment differently. However, expect to enter a very relaxed state which allows your own healing mechanisms to work more efficiently.

Simply having an open mind and a desire or willingness to be healed is all that is required.

Drinking lots of fresh water will aid the cleansing of the body after the treatment is performed.

Make an appointment to give yourself or someone you love a Reiki treatment today. - Brad Surette, BA, RMT



**"To heal from the inside out is the key."**

Wynonna Judd



**Brad Surette is a Certified Reiki Master/Teacher and has been practicing Reiki since 2003.**

## Aromatherapy and Massage by Shawn Foubert, RMT and Lee Fisher

*The term Aromatherapy basically means anything that you smell that makes you feel something. A good cup of coffee can make some people feel relaxed and comfortable. A turkey dinner can make people think of family and tradition. The smell of ammonia can remind people of hospitals. These scents can be natural or synthetic.*

*All smells will have some sort of reaction on your body whether you are aware of it or not.*

*Natural essential oils come directly from plants. If you are dealing with good quality therapeutic grade essential oils they will have nothing else included in them.*

*When used properly these essential oils can have a positive effect on your body, mind and spirit. The secret here is in the quality of the oil. It is very much a buyer beware market so you must do your own research into where your oils are coming from or only*

*deal with well-educated Aromatherapists who really understand the potential benefit the essential oils could have with your specific body.*

*The next time you go for a massage ask your RMT if they use pure essential oils in their blends and request an Aromatherapy Massage. Most likely it will be an incredible experience you will remember. - Shawn Foubert, RMT with Lee Fisher, Professional Aromatherapist.*



*When used properly these essential oils can have a positive effect on your body, mind, and spirit.*

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## FEBRUARY NEWSLETTER

Thank you to the following contributors:

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## FEBRUARY BIRTHDAYS!!

Chris Harker	February 8
Amber Giesbrecht	February 21
Allyson Harker	February 22

## Levator Scapula Stretch by Brad Surette, RMT

The levator scapula is a neck and shoulder muscle that seems to be causing problems for many clients and therapists alike.

There are two levator scapula muscles, one on either side of the neck.

When both levator scapula are working properly, they allow you to shrug your shoulders, lifting the shoulder blades up toward the ears. The levator scapula also plays a role in bending the neck, rotating the neck, and tilting the neck back.

For many of us, stress and poor posture force the levator scapula to work almost continuously and therefore these muscles can become rather fatigued and sore.

Have you ever woken up and said "I have a kink in my neck"? Neck and shoulder pain can be caused by something as simple as sleeping the wrong way.

Sleeping without proper neck support or sleeping on your stomach can aggravate the condition further. So, what can you do to counteract the effects of stress, poor posture, and sleeping habits?

Relaxing the levator scapula muscle will allow the shoulders to rest easily and may also reduce this muscle soreness.

Following your massage therapy treatment apply a heating pad or hot water bottle to the affected area for a maximum of twenty

minutes. Remove the heat source and then perform the following stretch preferably up to three times per day.

### **STRETCH!**

To stretch the levator scapula, put your right hand behind your back as if you're getting handcuffed, then look down toward your left foot while pulling your head in that same direction with the left hand.

You'll feel a stretch along the right side of the back of your neck. Hold the stretch for thirty seconds and then gently release. Repeat on the opposite side to stretch the left levator scapula. - Brad Surette, BA, RMT