

A Cornerstone of Health

Why Now, More Than Ever, You Need a Massage

While you may be tempted to trim your wellness budget when economic times are tough, now more than ever, massage should play a role in reducing stress and strengthening the health of Americans.

When you feel your best, you are more likely to be able to face the challenges difficult times present. With greater health and peace of mind, you can face difficulties with poise, clarity of purpose, and strengthened emotional reserves.

Truly, massage is more than a luxury--it's a vital part of self-care that has a positive ripple effect on us as we work, play, relax, live life, and care for others.

reducing the risk of stress-related illnesses, massage also boosts immunity, helping you fight colds, flu, and other viral infections.

Following is a sampling of a long list of bodywork benefits:

- EASE ANXIETY.
- REDUCE THE FLOW OF STRESS HORMONES.
- IMPROVE SLEEP.
- BOOST THE IMMUNE SYSTEM.
- BUILD ENERGY LEVELS.
- REDUCE FATIGUE.
- FOSTER CONCENTRATION.
- INCREASE CIRCULATION.
- DEVELOP SELF-ESTEEM.
- REDUCE FREQUENCY OF HEADACHES.
- RELEASE ENDORPHINS.

*Spring is when
you feel like
whistling even
with a shoe full
of slush.*

-Doug Larson



Massage induces a sense of grounding and calm, helping you face challenges with ease.

Invest In Yourself, Invest in Those You Love

In economically challenging times, it is vital to invest in preventative health care. The last thing you want is to get sick, have to take time off of work, and pay expensive medical bills. Staying healthy means maintaining your ability to take whatever life has to throw at you. Besides lowering stress levels and, in turn,

And if you think about it, massage is an excellent value. The price of massage has remained stable in recent years, as the cost of movies, dining out, and sports events has risen. Which of these has the power to improve your health and your outlook on life?

Continued on page 2

Office Hours and Contact

Crumpacker Therapeutic Massage
Laura Crumpacker
308-762-9309
Days, evening & weekend
Call for availability

In this Issue

A Cornerstone of Health
Cultivating a Gardening Habit
The Appropriate Portion

Continued from page 1

The positive effects of regular massage can have far-reaching effects in many areas of your life.

At Home

Massage therapy will also help families under stress create healthier households with clear-thinking and more relaxed moms and dads. Children are very sensitive and often pick up on tension in a household; parents who are taking care of themselves are more likely to be better caregivers and provide a sense of security to their kids. This goes for caregivers of aging parents and other family members.

At Work

The health benefits of massage can help forestall illnesses and lost work time, especially when you may be asked to produce more with fewer resources. Decision-making skills will be better and your performance is likely to be improved with a clear focus and more energy.

A hint for the boss: Research shows employees exhibit less stress and improved performance when given twice-weekly, 15-minute massages in the office!

For Health Conditions

Those with already existing health conditions can continue to reap benefits in the following ways. And proactively caring for health through massage may help reduce costly doctor visits and use of prescription and over-the-counter medications.

Research shows:

- Massage can reduce sports-related soreness and improve circulation--good to know when you may be exercising more to reduce stress.

- Deep-tissue massage is effective in treating back pain, arthritis, osteoarthritis and fibromyalgia. Fibromyalgia patients receiving massage also have less pain, depression, anxiety, stiffness, fatigue, and sleep problems.

- Massage reduces symptoms of carpal tunnel syndrome.

- Oncology patients show less pain, fatigue, nausea, anxiety and depression following massage therapy.

- Stroke patients show less anxiety and lower blood pressure with massage therapy.

- Massage therapy is effective in reducing postsurgical pain.

- Alzheimer's patients exhibit reduced pacing, irritability and restlessness after neck and shoulder massage.

- Labor pain. Massage during labor appears to reduce stress and anxiety, relax muscles and help block pain. Some medical professionals believe massage also reduces tearing, shortens labor, reduces the need for medication and shortens hospital stays.

- Preterm babies receiving massage therapy gain more weight and have shorter hospital stays than infants not receiving massage.

- Massage is beneficial in reducing symptoms associated with arthritis, asthma, high blood pressure, and premenstrual syndrome.

There is now a body of research to support the benefits listed above. But there's no greater testimonial than the person who is a regular receiver of massage. The first-hand experience of bodywork clients largely echo the same sentiment: bodywork enhances quality of life, and the return on your investment is great.

While bodywork feels like a luxurious mini-vacation, and you should by all means enjoy it, there is an actual physical need for massage. Maintaining a regular massage schedule will help you operate at your peak level--whether it be at work, at home, or at play. Invest in yourself, and book a massage today.



Massage is one of the few things that provide so much pleasure while improving your health.

Cultivating a Gardening Habit

Discover the Health Benefits of Yard Work

Feeling the need to exercise, clean up your diet, meditate? Want to be more creative, get out and meet people, enjoy the outdoors, and slow down? There's one activity in which you can accomplish all of these objectives: gardening.

ENCOURAGING EXERCISE

Studies show that vigorous digging burns 500 calories an hour, weeding burns 210 calories, and mowing the lawn burns 400 calories. As a moderate exercise, gardening has been found to decrease the risk of heart disease and diabetes, and a study at the University of Arkansas found that gardening was almost as effective as weight lifting in reducing the risk for osteoporosis in women. So instead of taking that indoor aerobics class this summer, try mowing the lawn or planting an herb garden.

As with any exercise regimen, the key is to start at a comfortable pace and gradually work your way up to longer, more difficult activities. Your heart rate should be about the same as when you take a brisk walk.

IMPROVING YOUR DIET

Gardening will also likely help you eat better. Research shows that people who grow gardens eat more vegetables and fruits than those who don't. Growing fresh herbs, even in a container on the deck or balcony, is another great way to add flavor and freshness to home-cooked meals and an incentive to try new recipes.

BOOSTING YOUR SOCIAL LIFE

Gardening can also be quite social. Whether at a garden club, a community garden, or an online forum, people love to share ideas, solve common problems, and connect through mutual interests.

EASING STRESS

And finally, gardening is a great way to manage stress. Spending time outside and tuning in to the rhythms of nature, we're reminded to be patient, slow down, and breathe the fresh air. Whether growing flowers, vegetables, or herbs, a garden reminds us of our connection to life and the abundance that nature so freely gives.



Gardening burns calories and improves diet.

The Appropriate Portion

Small Diet Modifications Can Mean Big Changes

Dropping a few extra pounds may mean reversing the voice in your head that sounds suspiciously like your mother telling you to clean your plate. Here's why: eating just one hundred extra daily calories--which may come from finishing everything on your plate, even after you're full--can represent ten added pounds in a year. Conversely, and fortunately, reducing your daily intake by just a small amount can help you manage and even lose weight. Following are a few portion control tips to help you meet your goals.

Eat at Home

Dine in, and fill your own plate. Studies show that most people serve themselves smaller portions at home, but eat more when someone else fills their plate.

Restaurant portions have grown significantly in recent years, in some cases doubling, and research has directly tied obesity with regular dining out. When you dine at home, serve yourself only what you think you can comfortably eat. Store leftovers in individual serving containers, and freeze them or take them for lunch the next day.

Slow Down

Pay attention to how fast you're eating. Slowing down helps you eat less and better recognize when you're full. When you dine out, ask your server for a box. If you continue to pick at your plate while talking with friends, you'll soon eat the whole thing without even thinking about it. This mindless eating can account for a lot of calories.

Divvy up Dinner

Sharing an entree with your dining partner and ordering an extra salad is a great way to avoid eating a large meal. If you're traveling and dining alone, try an appetizer and salad.

You've heard the reports: Obesity is one of the greatest risk factors for heart disease, degenerative arthritis, and cancer, and it's now epidemic in the United States with an alarming 66 percent of all adults obese.

The good news is watching your portions, slowing down, and being mindful of the food you consume can make a difference. Even your mother would agree, you don't always need to clean your plate.

*"There is no
season such
delight can
bring,
As summer,
autumn, winter
and the spring."
-William Browne, 1630*

Spring is on the way! In spite of some late winter storms, we're definitely seeing signs of spring, fat robins, juncos and sparrows, crocus poking up in all their glory and other spring time visitors making their presence known.

Enjoy the season...it has it's own special beauty.

Crumpacker Therapeutic Massage

223 S Mississippi Ave
Alliance, NE 69301-4123



Member, Associated Bodywork & Massage Professionals