

# Ensure Your Health

*Restorative Bodywork Solutions, LLC*

## Environmental Influences



**Have you ever noticed that those who live surrounded by the natural occurrence of snow which brings a deep profound stillness and quiet—mountain people especially—are the ones who have taken this principle into their very existence?**

**The Swiss and the Tibetans put this quality as tantamount importance in their lives—peace and stillness. They obviously find it valuable. Others who are not as exposed do not know it well nor do they**

**have it on the top of the list of priorities in their lives.**

**It is a natural meditative process that these people could not escape from and surrendering to such brings them to face themselves and their truths.**

**Healing is an integral part of all religions that have a strong following in this world and the depths of awe and reverence that is experienced is the same—facing stillness and peace. Many incorporate other tools including the sense of smell (incense), slow beats of music, fasting at times, the people's need to honor and respect the quiet, etc. which drives this process further inward for the individual experiencing it.**

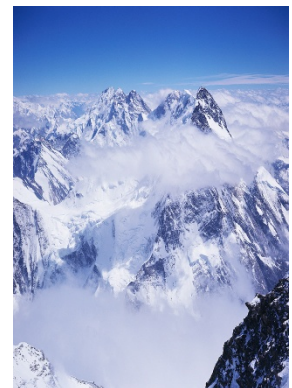
**This shows that people as a whole need to have a way of incorporating this into their lives (weekly according to Christianity, other religions have different presentations) to allow each to realign with goals, values and principles of their lives and stay focused on what is important to the living process.**

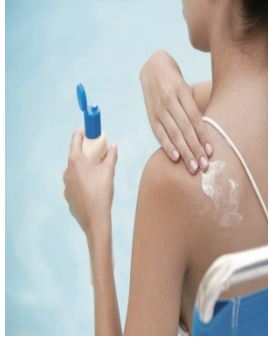
**There are just numerous indicators of mankind arriving at the same conclusions and these should be heeded as viable components of healing that is a necessary ongoing basic need to attend on a regular basis.**

**Make your journey through life count!!**

### Keys to Successful Living

- **Express Gratitude**
- **Light a Candle**
- **Listen to music instead of the morning news**
- **Set goal with pre-determined end point**
- **Make tomorrow build on today**





***“Children are curious & risk takers. They have lots of courage.***

***They venture out into a world that is immense & dangerous.***

***A child initially trusts life and the processes of life.”***

***—John Bradshaw***



## ***Systemic vs. Topical***

***There seems to be a lot of concern over how people are utilizing many of these alternative natural products. This heated debate has spurred the government to want to regulate the use of such for apparently two reasons: 1.) to ensure that the pharmaceutical industry is kept strong and support the foundation of Western Medicine in America; 2.) concern over whether people have enough understanding of how these products work in their bodies.***

***Products on both sides offer systemic solutions which means these permeates into the core of the individual and can effect many of the ongoing processes that sustain life.***

***These can be easily identified for the most part because they are long term use products.***

***However, this cannot be taken as a determining factor.***

***There are numerous products that affect these systems, hence systemic, that are topical in application.***

***Topical and systemic are not opposing terms, but have totally different concepts attached to their names.***

***As Western Medicine has found out by the very act of issuing drugs and having the public become a large scale experiment into their findings with the FDA's approval, systemic changes cannot be isolated to***

***just one system. The complexity of how the human body works is even more so than the IRS's rules of taxation—both trying to effect one and not all.***

***Both have failed in their promises because each ultimately views the solution as an outcome rather than a process.***

***Unfortunately, I don't believe there is a way to ultimately know the outcome at the beginning when dealing with the idea of process.***

***Make sure to ask questions and learn as much as you can about something before becoming your own experiment of change.***

## ***Trust In Process***

***Trusting in process is a concept that many avoid because each has experienced poor or bad results from doing such at one time or another.***

***Most times it means seeking out someone who has studied the specific process to ensure the best results.***

***It is hard in this day to decipher hype from reality to find a practitioner who has truths. There are many of both types on each side of the line drawn between alternative and western medicine.***

***The amazing part is that you are doing***

***just that—if a person backs off from the focused venture and views the whole from time to time, the discovery will be that that person has been living a process—trusting in that process, and had an interesting adventure and journey.***

## Improved Function

**Adults with subacute back pain reported improved function, less intense pain, and a decrease in the quality of pain and anxiety after six sessions of massage therapy and remedial exercise according to a research study.**

**There were four groups: comprehensive massage therapy (bodywork) including soft tissue manipulation, remedial exercise, and postural education; soft tissues manipulation only; remedial exercise and posture education only; or a placebo sham laser therapy.**

**Members of the comprehensive massage therapy (bodywork) received work aimed at promoting circulation and relaxation of spasm or tension through techniques as friction, trigger point and neuromuscular therapy. The group's member were also taught stretching of the trunk, hips, and thighs, including flexion and modified extension. This group was also encouraged to exercise for general mobility and overall health, through**

**walking, swimming, aerobics, or another sport. They also received a brief education on posture and body mechanics at work and in day to day activities.**

**"Soft tissue manipulations are shown to have a considerable benefit, and the addition of remedial exercise and posture education was shown to improve the clinical results moderately," states the study's author. "Comprehensive massage therapy seemed to have the biggest impact on pain scores.....".**

**All subjects in the comprehensive massage therapy (bodywork) group reported levels of pain reduced from start to finish, an outcome that did not occur with any of the other groups. At the end of treatment, and at follow-up, the comprehensive massage therapy (bodywork) had significantly lower anxiety than the control group, where none of the others did.**

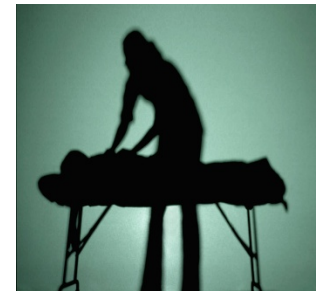
**One month after the treatment ended, the comprehensive massage**

**therapy (bodywork) group reported no pain, compared with 27 percent of soft tissue manipulation only, 14 percent of the exercise group, and none of the control group.**

**Both the comprehensive massage therapy (bodywork) and the soft tissue manipulation group showed clinical significance for the improvement of function," state the author.**

**"Massage therapy that is based on physiology and emphasizes the soft tissue manipulation component of treatment was found to be effective in the nonpharmacological management of subacute low back pain."**

**Source: College of Massage Therapist of Ontario. Author Michele Preyde, Ph. D. Originally published in the Canadian Medical Association Journal, 2000, Vol. 162, pp. 1815-1820.**



# **Restorative Bodywork Solutions, LLC**

**Ensure Your Health**

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**Book a  
confirmed appointment  
online!**

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## ***Rate Change***

***Beginning March 15, 2008, the rate for an hour of bodywork will be increasing to \$80.***

***Unfortunately, the cost of gas is having a significant impact on all kinds of products and services we all receive in the course of existing in today's society.***

***I, too, am not immune to the costs and the re-***

***percussions that are being thrust upon all of the people in the US and abroad.***

***I was able to continue absorbing the increase in costs for last year, however, now these costs have peaked even further and are going to have to be reflected in a price increase.***

***Like you, I am hoping for a reprieve from the***

***escalation that is currently moving upward with substantial speed.***

***If I do see a reduction of my costs in the future, I will not hesitate to reduce the fees charged accordingly.***

***My goal has, and will continue to be, providing a premium service at a reasonable price.***