

Ensure Your Health

Restorative Bodywork Solutions, LLC

Massage vs. Bodywork

It is really hard to understand the meaning of concepts within the field of touch. There are approximately 155 different styles of work not including the more esoteric forms of hands-off energy methods.

The word massage has been the umbrella term for the general public. As the field evolves more and more differences surface.

Many practitioners have started using the word "massage" to mean that which is found in spa scenarios. Those styles are focused on relaxation. Rubbing and focal procedures used in this area are geared toward body relaxation and beauty as a palliative address without hopes of more than a shortened return to pain since these practitioners are either new to the field or have chosen superfi-

cial work as their main focus.

Many of the less mainstream styles are "build-ons" for the practitioners toward better achievement on long term pain relief. All are presented as a full system toward this goal, however, if one was the ultimate there would be no need for this huge array of styles.

There seems to be a need to follow Western ideas and a design of specialists arising slowly which actually is causing more confusion for those seeking assistance.

Even though hands on methods have been around for centuries, the meshing of this with modern ways of approaching most things, makes the practitioner just as lost, at times.

The major split revolves around the goal and new terms like bodywork and medical

massage have surfaced as a way of addressing to the general public that many are leaning toward Western philosophy rather than staying within the Eastern, Native American, Russian, German, etc. realm. This group is trying to glean credibility with Western Medicine and insurance. They know all practitioners are not the same in levels of education and experience. They are trying to develop a hierarchy that the general public will understand.

Keys to Successful Living

- Wash Your Hands
- Take 5-10 exercise Breaks
- Utilize Probiotics
- Sporadic Fasting and/or Detoxification
- Drink Water
- Indulging in Toxic Fares? Consider Milk Thistle





*“The wish for healing has always been half of health.”
—Lucius Annaeus Seneca*



Low Back Pain

As we age muscle elasticity, bone strength, muscle tone and fluid in discs are some areas that experience decrease.

Low back pain can be bone lesions, nerve, or muscle irritation. Most come from injury or trauma, or may result from arthritis, osteoporosis, viral infections or congenital abnormalities.

Contributing factors

can be obesity, smoking, weight gain, stress, poor physical condition, posture, body mechanics at work or play, and even sleeping position.

Scar tissue from prior injuries weakens the back because it does not have the strength and flexibility of normal tissue.

Back pain is not simple, but can be a complex dilemma of

which the perceived pain is just more prevalent and easier to recognize for the sufferer.

Temporary relief is what most people attempt first or as a hold until further assistance can be attained.

Low back pain can be a symptom of more serious medical conditions.

Temporary Herbal Relief

Cayenne Pepper

contains capsaicin, which appears in some prescription drugs. The mechanism of how it works isn't known, but could be due to:

- Capsaicin interferes with pain perception
- Triggers release of pain relieving endorphins
- Salicylates are present in red pepper

Applications include:

- Buy OTC Cream containing capsaicin
- Mash a red pepper and rub directly on the painful area
- Combine with white skin cream—turns

pink

- Put 1 oz in 1 qt alcohol, let stand for 3 weeks, shake daily. Apply to the painful area.
- Put 1 oz pepper in pint of boiling water, simmer for 1/2 hour, add to 1 pint alcohol. Cool. Apply to affected area.

Don't ingest. The only precaution I have found is to test small area because some people are sensitive.

Ginger

Comes from folk medicine of China and India. It is very important in Arabic medicine. Ginger has 12 aromatic anti-inflammatory compounds, including mild

aspirin effects.

Cut a fresh ginger root into thin slices. Place the slices in a quart of water. Boil. Then simmer for 1/2 hour in a covered pot. Cool. Strain and drink 1/2 to 1 cup, sweetened with honey as needed.

Ginger is on the FDA's "generally recognized as safe" list.

Precautions: Those with these conditions may react badly:

- Ulcers
- Inflammatory Bowel Disease
- Blocked Intestines
- Gallstones
- May effect Blood Pressure, Clotting and Heart Rhythms.

Rosemary

Comes from contemporary Hispanic folk medicine of Southwest and Mexico. The leaf contains three anti-inflammatories—carnosol, rosemarinic acid, and ursolic acid.

Carnosol acts on the same anti-inflammatory pathway as both steroids and aspirin; rosemarinic acid acts through at least two separate anti-inflammatory biochemical pathways; and, ursolic acid, which is 4% of the plant weight, has shown anti-arthritic effects.

Put 1/2 oz of rosemary leaves in a canning jar and add 1 qt boiling water. Cover and let stand for 30 minutes. Drink as hot as possible before bed and upon rising the next morning.

Precautions should be taken by:

- ***Lactating or pregnant women.***
- ***Epilepsy***
- ***Ulcerative colitis***
- ***High blood pressure***
- ***Iron deficiency Anemia***

Rosemary is not known to interact with any current Western prescriptions.

Epsom Salt Baths

Epsom salt is primarily magnesium sulfate and used in Europe for over 300 years. The heat of a bath increases circulation and can reduce the swelling of arthritis. The magnesium can be absorbed through the skin. Magnesium is an important mineral to the body, participating in at least 300 enzyme systems. It has both anti-inflammatory and anti-arthritic properties.

In a bathtub with water as hot as tolerated, add 2 cups Epsom salt. Bathe for 30 minutes, adding more hot water if needed.

To my knowledge there are no precautions for use of Epsom salt baths.

There are various other herbs used in folk medicine, however, most people do not have ready access to the fresh herbs, so I have left these out.

There is a tendency is to self-medicate first for a lot of people. However, it is important to take in consideration your personal health, drugs you may be taking, etc.

There is information via many sources, but there is little technical data readily available about the specific application based on your personal scenario. Some people

do not even consider utilizing these folk solutions as dealing in medicine.

The idea of presenting these as options is based on the premise that there are many ways to address dilemmas of living. Being a bigger proponent of natural rather than purely Western approach to healing for the majority of people, I want to introduce you to these options with minimal info to peak your interest; so that you may want to pursue further study, if any of these seem a reasonable temporary solution for you.

I believe that the more knowledgeable an individual is, the better able that person to address the many dilemmas of living and make sound choices that will ensure good health—now and in the future.

As always, if you have any reservations, questions, or wish for expert personalized assistance, then the MD is the Western approved source of this info according to the FDA.



“We are seeing healing among the stolen generations, and initiatives which are enabling Indigenous people to make the distinctive contribution to our national life.”
—Malcolm Fraser

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Magnesium—The Gatekeeper



Magnesium relaxes smooth muscles. The way this is accomplished is through the opposition of magnesium and calcium that regulate muscle tone and nerves.

Magnesium is a chemical gate blocker. As long as there is enough magnesium, calcium can't rush into the nerve cell and activate the nerve. The gate blocking by magnesium keeps the nerve relaxed. Too little magnesium means the

gate blocking fails and the nerve becomes overactive. When the nerve cells are overactive, the overabundance of messages causes the muscle to over-contract. This chain of events can create muscle tension, muscle soreness, spasms, cramps and muscle fatigue.

The use of magnesium does not solve the possible underlying problems as reference in the previous article on Low Back Pain, but

can be a contributing factor to an complete program to ensure future health.

Our bodies and our lives are quite complex. Approaching the solution by only addressing one focus, is the reason that people become dissatisfied with their personal attempts to cure themselves.

It took time to get to pain, it will take time to get back to health.