



## MINDFUL WELLNESS

*massage & bodywork* L.L.C.

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April 2012

# Speaking of...Mindful Wellness

## Relief for the Weekend Warrior...

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Modern Neti Pot

### The Modern Neti Pot Available at Mindful Wellness...

Learn more by watching the above video about NasoPure. My husband suffers from severe allergies and swears by this product. When allergies are really bad, like they are this spring, he adds a drop of [Tea Tree Essential Oil](#) or [Rosemary Essential Oil](#) to his nasal wash.

[Purchase your NasoPure system now!](#)

Dear Jacky,

You take off quick and then say, "Uh oh, what did I do to myself? I thought I could do so much more and not feel the consequences." Well, in this issue you'll find many simple ways to find relief. Whether you need to relieve sinus pressure, achy muscles or simply time to rejuvenate your mind and spirit look no further.

Find even more ways to feel better by visiting my website, [www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com). Here's to taking a little time for yourself...

Jacky

### For the Weary Weekend Warriors...

For all of you hard working people who like to play hard when the weekend arrives, this is just the article for you. Life is busy, so you try to pack too much into a crazy weekend. No matter the activity you enjoy, be it spending time gardening, golfing, running, or simply playing, you may wake up Monday morning with muscle stiffness.

Have no fear, I'll help you understand why you're waking up to this, "Ooh, I really can't get out of bed" feeling and achy and sore on Monday morning.

#### Do you know why your muscles get sore?

You may be surprised to hear this, but it's very normal to have sore muscles after that hard work out. Even playing your leisure sports activity, gardening, or simply cleaning your house, particularly if:

- This is an activity you don't normally do or you increase the intensity of your normal workout. Don't jump from walking into running a 5K.
- You're used to working out for 30 minutes, then you suddenly jump to 60 minutes.
- You pick up those dumbbells that have been gathering dust in your basement.

All of these even minor changes to your normal routine can lead to

## Castor Oil Wrap to Ease Joint Pain...

You can use castor oil externally to treat sore muscles and joints, as well as irritated skin and cramps. The best way to apply oil to these areas is to make a [castor oil](#) pack. Soak an old rag in the oil until it's wet, but not dripping, and place it directly on the area that needs soothing. Wrap several layers of plastic wrap around the rag to keep it in place and prevent it from dripping, then place an [aromatherapy pillow](#) or heating pad set to medium on top. Wrap the whole thing with a clean, dry towel and relax for an hour or two, letting the castor oil seep into the skin and loosen the sore areas. After you remove the castor oil pack, make a mixture of 2 tsp. of baking soda and 1 quart of water and use it to wash the residue from your skin. Repeat as necessary. Looking for more information about Castor Oil Packs, [check out the Mindful Wellness Video](#).

### Potent help for tired muscles

Mix together:

[Lavender](#) 4-6 drops  
[Rosemary](#) 8-10 drops  
[Lemon](#) 4-6 drops  
[Roman Chamomile](#) 4-6 drops  
[Peppermint](#) 4-6 drops

tiny injuries called microdamage in the muscle fibers and connective tissue. About a day later, you'll start to feel sore. "We call that delayed onset muscle soreness," says Ethel Frese, PT, DPT, CCS, associate professor of Physical Therapy at St. Louis University. "It peaks within about 48 hours and then it will gradually get better."

Have no fear, your muscles will start having less soreness as you continue doing the activities. "You will actually have no soreness or less soreness, because now you've strengthened the muscle or connective tissue," says Allan H. Goldfarb, PhD, FACSM, professor and exercise physiologist at the University of North Carolina, Greensboro.

### What's Causing My Joint Pain?

Many times when you have sore and achy joints, it may be a sign of osteoarthritis. Unfortunately, this inflammatory condition becomes more common as you get older. The cartilage that normally cushions the joints wears away, leaving the joints inflamed and painful.

Joint pain can also be caused by overuse or injury -- for example, tennis elbow or a knee injury caused by a ligament or meniscal problem.

### Treating Sore Muscles and Joint Pain

One big question a lot of people have when they're nursing sore muscles is whether to use heat or ice. Experts say indirect ice -- an ice pack wrapped in a thin towel -- is best for immediate relief. "Heat will feel good while it's on, but it's not going to lessen the damage or make it go away anytime soon," Frese says. Goldfarb recommends icing the sore area right after the activity to reduce inflammation, then using heat later to increase blood flow to the area. Heat also can help relieve joint pain.

If you get sore muscles once in a while, you can take acetaminophen (Tylenol) or a nonsteroidal anti-inflammatory drug (NSAID) like ibuprofen (Advil, Motrin), naproxen (Aleve) or aspirin to help relieve the discomfort. Just be cautious about using NSAIDs regularly. Long-term NSAID use can interfere with your muscles' ability to repair themselves, says Goldfarb.

Check with your doctor or pharmacist about any interactions these over-the-counter drugs may have with other medications you take. People with a history of certain medical conditions (such as ulcers, kidney disease, and liver disease) may be advised to avoid some medications.

Sometimes soothing sore muscles requires more than an ice pack or over-the-counter pain reliever. Muscle pain that comes on quickly and feels intense is a sign that you've injured yourself. Call your

Blend this mixture into 1 ounce of Sweet Almond Oil or [Jojoba](#).

Shake well until blended. Gently massage into painful, overworked muscles. Keep away from the eyes.

Peppermint may irritate the skin of some people.

Store in a tightly sealed glass container. Keep away from sunlight.

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doctor if your pain is severe or lasts for more than a few days.

## How Do I Prevent Sore Muscles and Joint Pain?

Experts used to recommend stretching before a workout to prevent sore muscles. Yet research has shown that stretching ahead of time doesn't do much to prevent soreness or injury. It's actually better to get in a good warm-up before you exercise and save the stretching for afterward, when your muscles are already warm, Frese says.

A couple of natural substances have been touted for preventing sore muscles, including antioxidants like vitamin C, but check with your doctor before taking high doses of any vitamin. Serious exercisers might find relief from post-workout soreness by beefing up on protein. A study of marines found that taking protein supplements reduced sore muscles after intense exercise.

## Ease Into Exercise and Check With Your Doctor

One of the best ways to prevent sore muscles is by easing your way into your exercise routine. "Start off with lighter exercise and gradually build up. Then you're much less likely to cause the microtrauma," says Frese. Goldfarb recommends increasing your exertion level by only about 10% at a time.

If you have a medical condition or you're unsure about your health, check with your doctor before starting an exercise program. Your doctor can help you find an exercise program that's safe and effective for you.

Remember, when you have joint pain, you may be tempted to curl up in bed. Actually, one of the best things you can do for your joints is to exercise. "Our joints need to move to get nutrition," says Frese. Weight-bearing exercises can help strengthen the muscles that support the joint. Just watch that you don't exercise to the point of pain.

It also can help to work with a physical therapist, who can show you how to exercise safely and how to maintain good posture so that you don't get injured or worsen joint pain. You can also enjoy a Therapeutic Massage to release the tension from sore muscles.

Excerpts taken from article written by Stephanie Watson, WebMD.com

Comments, suggestions or questions are always welcome.

**Here's to Healthy Habits,**

*Jacky*

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