

February, 2018

## How Massage Therapy Reduces Stress...

Greetings!

Do you put a lot of stress on yourself? With little time to complete all of our "to do" lists, taking care of others, work, or if you're suffering from health issues, our body is constantly under stress. The article included in this month's newsletter talks about the impact stress has on your heart and links to disease in our body. Please enjoy the tips and a guided meditation I created to ease a little stress in your life.

Check out the latest in Dr. Piana's Corner talking about how to reduce congestion in follow-up thermography scans. Many of our patients are aware of Dr. Anthony Piana. In fact, many of you have had your consultation to review the results of your thermography scan with him. He recently was interviewed and I'm going to share the questions and answers from this interview in "Dr. Piana's Corner."

There are many conditions that will respond very well to medicupping. Ask me about how I can help you at your next appointment or message me with any questions you may have. More details and wellness tips you can easily add to your routine can be found by visiting [www.MindfulWellnessMassageandBodywork.com](http://www.MindfulWellnessMassageandBodywork.com).

Having a problem or need assistance to feel better? Please ask me during a session or send me a note via e-mail or Facebook. I may be able to provide a simple solution using essential oils, a Thermography Scan, Body Brushing or using Guided Imagery.

### Jacky



"How Massage Therapy Reduces Stress

By Leslie DeMatteo, LMT, MS

March 22,  
2018  
6:30 - 8:30  
PM  
A Better Way  
to Health



Mindful Wellness Medical  
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We have all heard that there is a link between stress and heart disease, but what exactly does this mean? Many doctors have made statements to the effect that stress is a leading underlying cause of disease in the body. We know that stress diminishes the immune system's ability to fight off infections such as the common cold. Most people have had the experience of getting sick during, or right after, a period of extreme stress in their lives. And certainly, most of us know that we simply feel terrible when we find ourselves under stress for any period of time, as our bodies fight to respond to the emotions that are raging inside of us. But when we are speaking medically, what exactly do we mean by stress and how exactly does this stress translate into heart disease?

Bunker, et.al. (2003) defines "stress" as depression, anxiety, panic disorder, acute and chronic life events, type A personality traits and hostility. One study in particular shows us that increased social isolation is especially stressful and leads to especially high levels of cortisol (Dickerson, et.al., 2004). These emotions may be the result of actual events in our lives or they may be only perceived by us, but they bring about the production of cortisol in the body, causing overall inflammation. We learn from Field, et.al. (2005) that cortisol is the hormone marker for stress, as it is an end product of the hypothalamic-pituitary-adrenal-cortical axis. Therefore, high levels of cortisol are the body's tell for high levels of stress.

### **The Negative Effects of Too Much Cortisol**

High cortisol levels in the body lead to weight gain in the midsection along with a variety of other metabolic changes which lower the immune system and stress the cardiovascular system, putting a low level but constant stress on the body over long periods of time. When stress is short term, we recover physically and move on with our lives, but when stress is long term, it begins to take its toll on our bodies. The constant high levels of cortisol in the body causes inflammation, which eventually affects the heart and blood vessels bringing on high blood pressure, hypertension and, eventually, heart disease.

### **Options to Reduce Stress**

There are several ways of reducing stress and, therefore, cortisol in the body – including meditation, learning coping skills, a strong social network of support, exercise and, of course, massage therapy. Massage therapy has been shown to reduce the overall effects of stress on the body and bring about a feeling of emotional well-being. This makes it a powerful tool in the fight against stress and tension.

Field, et.al. (2005) demonstrates that massage therapy is shown

You are invited to join us for a casual yet insightful evening on how you can own your journey to better health... We are COLLECTIVE WELLNESS ... a collaboration of experts in our community, who are passionate about embracing a healthier, more natural (organic) lifestyle. They are dedicated to helping us all create awareness that the choices we make regarding our health every day matter. Their goal is to educate and empower us to create the changes we need to lead healthier lives. The bottom line is that the choices we make today affect the quality of our lives for our tomorrows. Come learn how you can promote anti-aging and prevent disease.

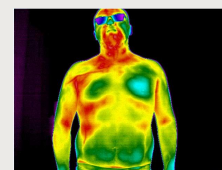
Visit our website to learn more or to RSVP for our event...

[www.collectivewellnesspartners.com](http://www.collectivewellnesspartners.com).

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### **Dr. Piana's Corner**

How do patients reduce congestion on follow-up scans?



We refer them back to the treating physician to guide patients. For Dr. Piana's patients he typically will recommend a detox and lifestyle change. We use many products that are efficient on detoxing. There are a few big companies out there (not to mention any specifically) who have good detox programs that work well.

Of course, the patient needs to change their diet and lifestyle. Some patients use iodine, or other products like broccoli or coniferous vegetables and Spanish black radish. The biggest priority is to clean up their lifestyle. Clean out their filter [liver] so the body can process it all out efficiently. Then

to reduce cortisol levels by an average of 31%, increase serotonin levels 28% and dopamine levels 21% on average. Similarly, Hernandez-Reif, et.al. (2000) explain that diastolic blood pressure and hypertension decreased after massage and that there was less reported anxiety, depression and hostility, along with reduced cortisol levels in urine and saliva.

### **Best Massage Technique to Relieve Physiological Signs of Stress**

Other studies show us that, while massage therapy does improve stress levels in a positive way, it does matter what type of massage the client receives. Diego, et.al. (2004) shows us that moderate pressure results in a decrease in blood pressure and an increase in relaxation while light pressure or vibration results in an increase in physiological arousal symptoms. In addition, Cambron, et.al. (2006) points out that, while Swedish massage reduces blood pressure significantly, trigger point therapy and deep tissue massage actually increase blood pressure.

In other words, a moderate **Swedish massage** is far more relaxing, both medically as well as perceived by the client, than a **deep tissue** or **trigger point therapy massage**. Other forms of rigorous massage, stretching and movement are also shown to increase stimulation and therefore blood pressure and physiological responses in the body.

Essentially, studies have shown what most massage therapists already knew: that a moderate pressure Swedish massage can bring about a state of calm, blissful relaxation that lowers blood pressure and reduces stress for most people, making massage an important part of our healthcare regiment in our fast-paced, stressful, modern world.

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Facebook Post January 16, 2018  
The Cole Center for Healing  
**LEARN ABOUT LYME DISEASE AND TREATMENTS THAT CAN HELP!**

Lyme disease is a bacterial infection, with *Borrelia Burgdorferi* cited as the main agent. However, There are five subspecies of this bacteria, over 100 strains of the bacteria in the United States, and at least 300 different strains worldwide. In addition, there are multiple agents referred to as co-infections that are often found together with Lyme disease.

A recently published LDo survey of over 3,000 patients with chronic Lyme disease found that over 50% had co-infections, with 30% reporting two or ore co-infections. The most common

continue to clean the liver over time. It's a long process, it doesn't happen overnight.

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### **Essential Oil of the Month** *Calming* *Essential Oil Blend*



Serene and sweet like a lake in full moonlight, this blend combines the "peace makers" among the Essential Oils, for a soothing and relaxing experience. The touch of Rose Oil added to this blend creates a blissful harmony with the Lavender, and has made this one of best selling blends.

- Calming is a great blend for diffusion, creating a calm and pleasing aroma climate.
- You may want to enrich a bath with Calming, blending up to 10 drops with some Half & Half prior to adding it to the water (in order to prevent the oil from floating on the surface).
- Also great as an additive to body care and spa treatment products.
- You can use **Jojoba** as a carrier to customize all your Personal Care needs. Recommended dilution for Essential Oils and Blends is 1% (9 drops per 1oz. of base product) for general applications, or 0.5% (4 drops per 1oz. of base product) for facial and sensitive area applications.

#### *Ingredients*

*Essential Oils of Lavender, Orange, Geranium, Cedarwood, Marjoram, Omanese Frankincense, Rose.*

[For more information...](#)

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### **Product of the Month** *Guided Imagery* *CD's*



**Guided Imagery uses simple steps to**

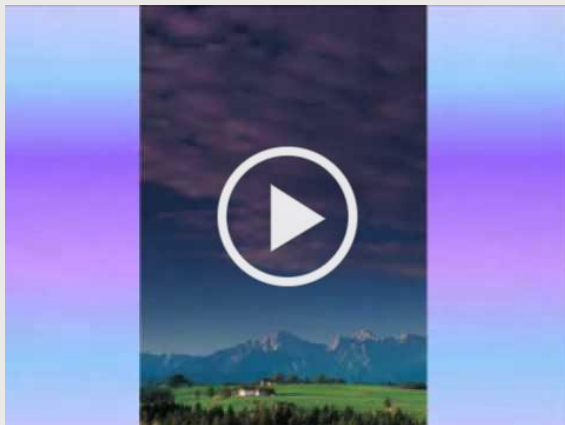
co-infections were Babesia (32%), Bartonella (28%), Ehrlichia (15%), Mycoplasma (15%), Rocky Mountain Spotted Fever (6%), Anaplasma (5%), and Tularemia (1%).

According to the CDC, Lyme Disease is the fastest growing vector-borne infectious disease in the United States, with over 300,000 new cases reported every year. It is also the most common bacterial vector transmitted disease in the world. Given that most doctors don't test for it, and when they do they use unreliable methods, the numbers are actually much higher than reported. Research has focused on ticks as the vector responsible for the transmission of Lyme to humans. However, live Borrelia spirochetes have been recovered from mosquitoes, fleas, and mites. This means that bites from these insects can also cause Lyme. Given the high rate of Lyme, it is VERY unlikely that ticks are the only insects that spread Lyme. The bacteria has also been found in semen, urine, blood, spinal fluid, and breast milk of mothers with Lyme. There has been documentation of the transfer of Lyme from mother to fetus, so that unborn children can be infected if their mother has Lyme.

***Click to continue reading...***

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Dr. Cole attended Moeller High School in Cincinnati, and then went on to Centre College in Danville, Kentucky. He majored in Psychobiology with a minor in Biochemistry and Molecular Biology. His next academic stay was at Western Kentucky University, where he earned his M.A. degree with a double major in Clinical Psychology and Experimental Psychology.



### **manage stress...**

1. Practicing your breathing, while listening to

#### ***Mindful Wellness Guided Imagery***

Reducing Stress, is the first process you should learn. If you observe that stress is starting to disturb you, just do a couple of light breathing.

Concentrate on your breathing quality. Make sure that it's light and still. Then slowly breathe deeper.

2. The next step is to balance your posture and make it even, head up and back straight. Most people who are stressed out often do a slouching posture while frowning.

3. Clear your thoughts. Let the Guided Imagery help you imagine that you are swimming in relaxing waves or your favorite place to relax.

4. Acknowledge your stress and review its root causes. This is a very important step. Denying stress in the meditation process is not good. Clearly speak to your mind that the stress is true but you have the capacity to handle it by thinking straight and finding ways to deal and cope up with it immediately.

5. Repeat this statement during your meditation process for at least ten minutes or more. Then take control of your stress totally. Think of the person who caused you such stress and made you out of control. Control your mind and remove the stress from it.

6. Finally, concentrate on a decision that you have the right to a peaceful and free mind and nobody can say or do anything against this right, as you end the meditation process. Every time you need meditation, just dictate this decision to your mind.

These steps can do something to change your outlook whenever stress disturbs you. Never be afraid to try, just believe on the benefits that it will give you in the end. Guided Imagery is a fabulous way to help you manage your stress.

Special savings of 25% off  
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## Important news...

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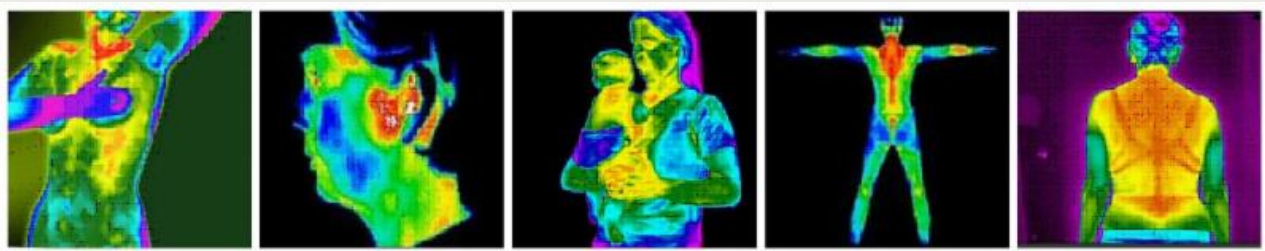
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