



Staying in Touch

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WELLNESS NOTES From Jacky

Happy New Year!

Have you set your goals for 2006 yet? You know, reevaluating and refining your goals each year really can make a big difference in your quality of life. A lot can change in a year, so take the time to make sure your goals are still a good fit.

One of the most important points to consider is the value to you of each of your goals. If you set a goal just because "you know you should," the odds are strong that you'll abandon it before long. If you can make sure that each goal is something that you really want in your life and offers you some personal reward, it will be easier for you to work toward achieving it.

As you set new health goals for the year, remember just how much you get from your regular massages. A short list of massage benefits includes:

- Stress reduction
- Improved circulation
- Enhanced digestion
- Improved range of motion
- Relaxation of tense muscles
- Enhanced detoxification

Overall, massage does so much to help your body function at its best ... and it may be the most enjoyable way to improve your health. Be sure to make your regular massage sessions a big part of your health plan this year!

See you soon.

Jacky

Have a Healthy New Year

The goal of massage is to help your body function optimally. For instance, if you experience stressful situations, you tend to hold that stress in tensed muscles. Massage works to relax the tension so your body's functions can return to normal. How can you help your body to stay healthier between massages?

With so many factors coming into play, it's easy to overlook things that can affect your health. Besides diet, rest and exercise, consider the effects of daily stress levels and environmental factors such as chemical food additives and air quality. As you evaluate your personal situation, remember that by focusing on adding positive elements to your health regimen, you can improve the overall quality of your life.

Some food for thought ...

A 1996 study done at the Loma Linda University School of Public Health looked at the diets of 54 migraine headache patients.

Those with the highest-fat diets tended to have more frequent headaches compared to those with lower-fat diets. The patients were then counseled to limit fat to no more than 20 grams a day. [Source: msn.com](http://msn.com)

Broccoli does your body good inside and out. Thanks to an anti-oxidant component chemical called sulforaphane, broccoli is



one of the best cancer-fighting foods. But a Johns Hopkins study shows that you don't have to eat broccoli to prevent cancer — smearing it on your skin

helps, too. Mice that were slathered with broccoli extract fell victim to half the skin cancers of mice who weren't treated.

Mirrors can relieve chronic pain. Researchers at the University of Bath in England found that people benefited from looking at an altered mirror image of themselves that showed their injured limbs, hands, etc., to be healthy. As they (continued on Page 2)

Massage On The Rise For Pain Relief

For the first time in the 9 years AMTA has conducted a consumer survey, therapeutic massage ties medication as the preferred form of pain relief for respondents.

- 28 percent of respondents ranked medication and massage as the form of treatment that brought them the greatest relief from pain.

- Nearly 46 percent of all respondents have had a massage at some time to relieve pain and more than half of 18-34 year olds have had a massage to relieve pain.

- 93 percent of respondents agree massage therapy can be effective in reducing pain.

Have A Healthy New Year

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As they imagined the image to be real, the pain in their injured body part disappeared. With repeated treatments, mirror therapy can permanently cure people of their psychosomatic pain, says researcher Candy McCabe.

“The mirror tricks the brain into resetting its body image and stops the pain.”

Meat may increase your risk of cancer. A study by the American Cancer Society found that red and processed meats dramatically increased the risk of colorectal cancers. Those who consumed large amounts of meat (above 3 ounces a day for men, 2 ounces a day for women) had

a 30 percent to 40 percent higher likelihood of developing cancer than people who ate less than 1.5 ounces per day.

Moving to the U.S. will make you fat. A Harvard Medical School study found that the longer foreign-born residents lived in the U.S., the more likely they were to be obese. Just 8 percent of immigrants who had lived in the U.S. for less than a year were obese, but that number jumped to 19 percent after 15 years. About 22 percent of native-born Americans are obese.

High-quality olive oil contains a chemical called oleocanthal, which acts a lot like the anti-inflammatory ibuprofen in



the body. This finding helps to solve the mystery of why Mediterranean diets have proven so heart-healthy, despite high levels of fat and salt.

Source: *The Week*—Vol 5 Iss 239/240

2005 Massage Therapy Consumer Survey Results

Following are excerpts of a telephone survey conducted by Opinion Research Corporation International, Princeton, NJ, and commissioned by the American Massage Therapy Association® (AMTA®). The survey was conducted in August 2005 among 1,014 adults living in the U.S. The survey has a confidence level of plus or minus 3 percent. This is the ninth annual survey of American consumers commissioned by AMTA.

Popularity and Use of Massage

Two million more people received a massage this year than last year. Confidence in massage therapy is also high, as nearly three quarters of those surveyed indicate they would recommend massage to someone they know.

- Approximately 47 million Americans – more than one in five adults surveyed (22 percent) – received a massage within the past 12 months, representing an increase of 2 million people from last year.
- 34 percent of respondents received a massage within the past five years – an increase of 4 million people from 2003.
- 90 percent of those polled believe massage can be beneficial to your health. 94 percent of 18-24 year olds believe that statement.
- Use of massage among those 65 and older has tripled since 1997 (15 percent in 2005 versus 4 percent in 1997.)

