



Staying in Touch

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WELLNESS NOTES From Jacky

Happy Holidays!
Another year is winding down, and the holiday season is upon us. I hope you have an opportunity to spend some relaxing time with those who mean the most to you.

Thank you for placing your trust in me and allowing me to provide you with health-enhancing bodywork. My greatest reward is seeing you happy and healthy!

If you normally get swept up in the seasonal excitement, be sure to allow adequate quiet time for yourself. Remember that more people tend to get sick during the winter months, and that most illness is the result of stress. So, pace yourself; you want to feel your best when there's so much to do at this time of year.

Making a point of getting a massage (or two) before the end of the year can go a long way in keeping you feeling your best. As you'll see when you read the rest of this issue, those regular massages are probably doing a lot more for you than you ever imagined!

You can make more time in your schedule and greatly reduce your holiday shopping stress by purchasing massage gift certificates for those hard-to-buy-for and for those special people on your list! Just give me a call to place your order or for more information.

See you soon.

Jacky

Want to Rest Easy? Get a Massage!

Does losing a little sleep really make that much difference to your overall health? According to a 2002 survey, the average amount of sleep we get each night is about 7 hours, with many people getting even less on a regular basis. Recent studies indicate that adequate sleep is necessary to maintain mental, emotional, and physical well-being. And not only do you need to get enough sleep, it must be a good night's rest to keep



you healthy. In other words, there are different stages of sleep, and if you don't spend the appropriate amount of time in each of these stages, you aren't getting the high-quality rest your body and mind need. An article in the Aug/Sep 2006 issue of *Massage & Bodywork* written by educator Ruth Werner provides some interesting facts, excerpted here. "... Poor-quality sleep evidently has an impact on the efficiency of the stress-response system: the adrenal secretion cortisol (the hormone associated with long-term, low-grade stress and connective tissue weakening) is released in increased amounts when people are sleep deprived, even during times of day when levels would otherwise drop off. ... "Poor quality sleep is being in-

vestigated as a contributing factor to insulin resistance and an increased risk of type 2 diabetes, heart disease, and stroke. ... "A peptide [a combination of two or more amino acids with specific properties] from the stomach ... signals hunger. This chemical is released in abnormally high levels with sleep deprivation. At the same time, leptin secretion is suppressed. Leptin is a hormone from fat

cells that signals satiety [fullness]: it is our indication we have had enough to eat and can stop. Between increased signals to eat, and suppressed signals to stop eating, people who are sleep deprived tend to ingest far more calories than they need, even to make up for the fatigue they feel. These findings have led weight-loss specialists to emphasize to people working to lose weight how important it is to get good quality sleep. ... "In the immediate sense, sleep loss can cause ... a decrease in job performance, reduced alertness, and short-term memory loss. ... "Long-term consequences of sleep loss have been associated with a plethora of common chronic and sometimes life-threatening problems. ... The relationship between poor quality sleep and chronic mus-

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culoskeletal pain (specifically osteoarthritis, fibromyalgia, morning headache, and low-back pain) has been clearly demonstrated. People who regularly go without enough sleep are also at increased risk for gastroin-

testinal pain, reduced immunity, and infertility. ...

“Where does m a s s a g e fit in? The mechanism by which m a s s a g e

helps to establish a more organized sleep pattern isn't fully understood, but studies consistently report that subjects who are massaged (with a variety of modalities) experience deeper, more restorative, less disturbed sleep and a reduction in pain sensitizing neurotransmitters.” The moral of the story? Make regular massage a part of your health regimen, rest easy and stay healthier!



Massage Studies Conclude ...

Want more evidence that massage is much more than a feel-good indulgence? Read on to learn how regular massage can help your body function better and keep you healthier! An article in the July 2006 *Massage Magazine* reports on the positive effects massage has on the body's biochemistry. The resulting changes affect

conditions such as depression; pain syndromes; autoimmune conditions, including asthma and fatigue; immune-system diseases, including HIV and breast cancer; and stress. Below are excerpts: “A review of more than 30 studies on the biochemical effects of massage therapy shows that massage can produce beneficial levels of certain hormones and neurotransmitters [substances that transmit impulses between nerve cells] in the human body. “Researchers from the Touch Research Institutes examined research on the stress-relieving effects (evidenced by decreased cortisol) and the activating effects (evidenced by increased serotonin and dopamine) of massage on a variety of medical conditions and stressful experiences. ... “In studies in which cortisol was measured, an average decrease in cortisol levels of 31 percent was noted. Cortisol is a product of the ... nervous system, is produced following periods of stress, and can have negative effects on immune function. “In studies in which activating neurotransmitters serotonin and dopamine were measured, ... an average increase of 28 percent was noted for serotonin and an average increase of 31 percent was noted for dopamine. Serotonin and dopamine reduce depression and stress. “This review suggests that positive effects of massage therapy can be generalized across many conditions. The authors conclude that massage therapy consistently yields positive effects on medical conditions, although the underlying mechanisms for these effects are as yet undetermined.”

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