

# On the Path Wellness Center News

Winter 2005

Member, Associated Bodywork & Massage Professionals

## The Benefits of Massage

### Bodywork Goes Beyond Relaxation

As you lie on the table under crisp, fresh sheets, hushed music draws you into the moment. The smell of sage fills the air and you hear the gentle sound of massage oil being warmed in your therapist's hands. Once the session gets underway, the daily stressors and aching muscles fade into an oblivious 60 minutes of relief, and all you can comprehend right now is not wanting it to end.

But what if that hour of massage did more for you than just take the pressures of the day away? What if that gentle, Swedish massage helped you combat cancer? What if bodywork helped you recover from a strained hamstring in half the time? What if your sleep,

cultures. Touching is a natural human reaction to pain and stress, and for conveying compassion and support. When you bump your head or have a sore calf, the natural response is to rub it to feel better. The same was true of our earliest ancestors.

Healers throughout time and throughout the world have instinctually and independently developed a wide range of therapeutic techniques using touch. Many are still in use today, and with good reason. We now have scientific proof of the benefits of massage -- benefits ranging from treating chronic diseases and injuries to alleviating the growing tensions of our modern lifestyles. Having a massage does more



Along with easing stress -- the No. 1 cause of disease -- massage has a long list of benefits.

digestion, and mood all improved with massage and bodywork? What if these weren't just "what if's"?

Evidence is showing that the more massage you can allow yourself, the better you'll feel. Here's why:

Massage as a healing tool has been around for thousands of years in many

than just relax your body and mind -- there are specific physiological and psychological changes that occur, and even more so when massage is utilized as a preventative, frequent therapy and not simply mere luxury. Massage not only feels good, but it can cure what ails you.

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*Nothing is so strong as gentleness. Nothing is so gentle as real strength.*

-Frances de Sales

#### Office Hours and Contact

**On the Path Wellness Center**  
**31 Schoosett Street, Pembroke**  
**(781) 826-7076**  
**Massage - By appointment only**  
**Yoga - Per class schedule**  
**Visit [www.On-the-Path.com](http://www.On-the-Path.com)**

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## The Fallout of Stress

Experts estimate that 80 percent to 90 percent of disease is stress-related. Massage and bodywork is there to combat that frightening number by helping us remember what it means to relax. The physical changes massage brings to your body can have a positive effect in many areas of your life. Besides increasing relaxation and decreasing anxiety, massage lowers blood pressure, increases circulation, improves injury recovery, encourages deep sleep, and increases concentration. It reduces fatigue and gives you more energy to handle stressful situations.

Massage is a perfect elixir for good health, but it can also provide an integration of body and mind. By producing a meditative state or heightened awareness of the present moment, massage can provide emotional and spiritual balance, bringing with it true relaxation and peace.

The incredible benefits of massage are doubly powerful if taken in regular "doses." Researchers from the Touch Research Institute (TRI) at the University of Miami, found that recipients of massage can benefit even in small doses (15 minutes of chair massage or a half-hour table session). They also note that receiving bodywork two to three times a week is even more beneficial. While this may not be feasible, it's nice to know that this "medicine" only gets better with frequency.

## What It Does

In an age of technical and, at times, impersonal medicine, massage offers a drug-free, non-invasive, and humanistic approach based on the body's natural ability to heal itself. Following is a brief list of the many known, research-based benefits of massage and bodywork:

- Increases circulation, allowing the body to pump more oxygen and nutrients into tissues and vital organs;
- Stimulates the flow of lymph, the body's natural defense system, against

toxic invaders. For example, in breast cancer patients, massage has been shown to increase the cells that fight cancer. Furthermore, increased circulation of blood and lymph systems improves the condition of the body's largest organ -- the skin;

- Relaxes and softens injured and overused muscles;
- Reduces spasms and cramping;
- Increases joint flexibility;
- Reduces recovery time and helps prepare the body for strenuous workouts, reducing subsequent muscle pain of athletes at any level;
- Releases endorphins -- the body's natural painkiller -- and is proving very beneficial in patients with chronic illness, injury, and post-op pain;

- Reduces post-surgery adhesions and edema and can be used to reduce and realign scar tissue after healing has occurred;

- Improves range-of-motion and decreases discomfort for patients with low back pain;

- Relieves pain for migraine sufferers and decreases the need for medication;

- Provides exercise and stretching for atrophied muscles and reduces shortening of the muscles for those with restricted range of motion;

- Assists with shorter labor for expectant mothers, as well as reduces the need for medication, eases postpartum depression and anxiety, and contributes to a shorter hospital stay.



Drinking plenty of water after a massage is important for helping wash toxins from the body.

# What Is Reiki?

## Understanding Energy Work

A type of energy bodywork, reiki (pronounced ray-key) relies on the ancient belief in the life force energy, referred to as chi, that flows through all things. This life force runs throughout pathways in the body called meridians, nourishing organs and cells and supporting vital functions. When this energy is disrupted by negative thoughts, feelings or actions, illness and disease result. A reiki practitioner's hands hover just above a person's body, sensing the affected areas and infusing them with positive flow. This raises the energetic vibration and breaks up the negativity to heal, clear and restore the natural flow of the life force. The reiki practitioner, trained to access and serve as a channel for the life energy, places his hands on or just above the client's body and uses a passive touch that some clients experience with warmth or tingling. The hands remain in position for 3-5 minutes, alternately covering 10-12 positions over the body.

Thought to be Tibetan Buddhist in origin, the practice of reiki is comprised

of three levels of training. Through this training, the practitioner learns how to access energy flow through the hands to heal. Completion of the third and highest level of training results in the title of reiki master. Reiki is used to accelerate healing, assist the body in cleansing toxins, balance the flow of subtle energy by releasing blockages, and help the client contact the healer within.

According to [www.reiki.org](http://www.reiki.org), reiki is beginning to gain acceptance as a meaningful and cost-effective way to improve patient care in hospitals and clinics across America. In an interview on the website, Dr. David Guillion, an oncologist at Marin General Hospital in California, says, "I feel we need to do whatever is in our power to help the patient. We provide state of the art medicine in our office, but healing is a multidimensional process. I endorse the idea that there is a potential healing that can take place utilizing energy." For more information, consult your bodywork practitioner.



Reiki balances subtle but vital energy.

# The Art of Aromatherapy

## Essential Oils Provide Healing and Balance

Aromatic essential oils extracted from herbs, flowers, resin, wood and roots have long been a source of healing since ancient times, aiding in relaxation, circulation and wound healing. However, the use of these medicinal oils declined as the modern pharmaceutical industry developed. In 1928, French chemist Rene Maurice Gattefosse revived the use of essential oils and developed the art and science of utilizing naturally extracted aromatic essences from botanicals to balance and harmonize the health of body, mind and spirit. Gattefosse coined the practice aromatherapy.

Because aromatherapy's affect on emotional health, many massage therapists and bodywork practitioners

incorporate this noninvasive treatment into their practices. Dispensers or diffusers filled with aromatic essences may be used to scent the massage room, and specific essential oils are used on the client's skin during the massage. Because each oil has unique characteristics and benefits, the choice of oil or oils can be customized to the client's needs and emotional state. Whether inhaled or applied topically, aromatherapy requires an understanding of how each essential oil interacts with the body, as well as the mind.

Many pure essential oils need to be diluted, as they can cause irritation when applied directly to the skin. To guarantee safe and correct usage, consult a trained herbalist or practitioner.

The emotions listed below can be gently eased by one or a combination of the following essential oils:

**Anxiety:** bergamot, cedarwood, clary sage, frankincense, lavender, patchouli, Roman chamomile, rose, sandalwood.

**Fatigue, Burnout:** basil, ginger, grapefruit, jasmine, lemon, peppermint, rosemary, sandalwood.

**Stress:** bergamot, frankincense, geranium, lavender, mandarin, neroli, patchouli, Roman chamomile, ylang ylang.

**Anger:** jasmine, neroli, orange, patchouli, petitgrain, Roman chamomile, rose, vetiver, ylang ylang.

*There came a  
time when the  
risk to remain  
tight in the bud  
was more  
painful  
than the risk it  
took to blossom.*

-Anais Nin

UPCOMING EVENTS:

"Meridian Yoga Workshop" with Robin Killeen  
"Guided Imagery Workshop" with Dawne Corti-Migre  
"Intro to T'ai Chi" with Heg Robinson  
"Women with Wings" with Norma Sellier  
"Reiki 1 and Reiki 2" with Laura Wischmeyer  
And Tarot Card Reading with Norma Sellier

Visit [www.on-the-path.com](http://www.on-the-path.com) for more event dates and information!

HOLIDAY SHOPPING!

Don't forget On the Path Gift Certificates!!  
We have a large selection of unique gifts in our retail area.  
We offer Furniture, Sculptures, Books, Jewelry, Crystals,  
Stationery, Yoga Supplies and much more!

Join our email list to receive web-only promotions and coupons!

We are collecting donations of winter clothing, boots and blankets for Sowing Seeds in Marshfield. Clean out your closets and help someone in need!

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Pembroke, MA 02359



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