



Staying in Touch®

Happy Holidays!

It's almost that time again! As we head into the holidays, make sure that you're prepared to handle the added activities that always appear this time of year.

This month's lead article has a few helpful hints provided by the American Massage Therapy Association to help you navigate the season.

The challenge of staying healthy and happy boils down to handling the stress in your life, and there's nothing quite like regular massage for that!

I hope you're able to realize all your plans this year and enjoy visiting with all the people who make your life special.

Thank you for having me play a part in your life and contribute to your health and well being through massage. There's nothing more rewarding than seeing you relaxed and feeling your best!

As you plan your holiday shopping, please remember that a gift certificate for massage can be just the right choice for some of the folks on your list—just give me a call!

Have a wonderful holiday season; I look forward to seeing you soon!

3 Tips to Overcome Stress During the Holidays

While it's called the "season of joy," this time of year can be busy and taxing. Research shows that massage therapy can help relieve stress and improve your overall health this holiday season and all year-round.

^ Stick with your daily health routine

Deviating too much from your normal routine can add to your stress. Go easy on the holiday sweets and follow a balanced diet. Exercise regularly to help maintain your energy level during a busier schedule.

^ Don't overextend yourself

Allow yourself to say 'no' during the holidays. Doing more than you have the time or energy for is another way to add to your holiday stress level.

^ Take a "me" moment to get a massage

According to research, massage therapy can be effective for stress relief. Research shows that massage therapy can relieve stress significantly on physical and psychological levels including decreased blood pressure and heart rate as well as significant changes in emotional states.

Source: amtamassage.org



Perpetual Stress: Four In Ten Adults Close To 'Breaking Point' At Work

LONDON — Everyone has the occasional day at work that is more stressful or hectic than usual, but at what point does job-related stress become unbearable? A new survey of 2,000 working British adults finds that the modern employee is more stressed than ever, and a significant portion of workers feel like they just can't take it anymore.

The survey reveals that the average working adult feels stressed out for nearly a third of each and every working day, and four in ten adults feel they are very close to reaching their "breaking point." Additionally, the average employee will lose five hours of sleep every week due to the pressures of their job.

Interestingly, nearly half of respondents who admitted to being stressed at work also said they didn't actually end up doing anything to fix the issue. Instead, they simply hoped the problem would go away. Source: studyfinds.org

Study: Drinking 3 Cups Of Coffee, Tea Daily Can Trigger Migraines

According to researchers from Beth Israel Deaconess Medical Center and Harvard University, three or more servings of a caffeinated beverage in one day is associated with the development of a headache on the same or following day among patients who suffer from episodic migraines. These findings were consistent even after researchers accounted for other outside factors such as daily alcohol consumption, stress levels, sleep habits, and physical fitness.

“Based on our study, drinking one or two caffeinated beverages in a day does not appear to be linked to developing a migraine headache, however, three or more servings may be associated with a higher odds of developing a headache,” comments lead investigator Dr. Elizabeth Mostofsky.

Migraines, or super intense debilitating headaches, affect roughly 1.04 billion people each year all over the world. In fact, migraines are the most common global pain condition causing lost productivity and subsequent monetary costs.

Meanwhile, an astounding 87% of Americans consume caffeine on a daily basis, be it from coffee, tea, or energy drinks, for an average intake of 193 mg per day. The research team note that unlike other possible triggers, such as the weather or sleep patterns, caffeine’s relationship with migraines is a complicated one, due to its ability to both trigger and subdue headaches, depending on the dose and frequency.



the risk of a migraine after three or more servings in one day. The study’s authors say that additional research is needed in order to examine the relationship between caffeine consumption, subsequent migraine symptom onset, and how other outside risk factors like sleep and anxiety play into that relationship.

The overall results of the study indicate that caffeine only appears to increase

the risk of a migraine after three or more servings in one day. The study is published in the *American Journal of Medicine*.

Source: studyfinds.org

**What could be better than a gift certificate
for massage this holiday season?**

Give the gift of health to your loved ones—

Call today to order!



What you do today can improve all your tomorrows.

—Ralph Marston

The content of this newsletter is not intended to replace professional medical advice. If you're ill, please consult a physician.