



Staying in Touch®

Happy New Year!

Are you ready to embrace the new year? While making your plans for the coming months, remember that where you place your focus can affect your happiness and well being.

You can choose to worry about all the things that might happen, or you can put your attention on all the areas of your life that you can control.

When you do concentrate your efforts on improving conditions for you and your family, you can reap the rewards that come from pursuing your dreams and creating your future—a recipe for true happiness.

This month's feature article comes from Canada and discusses ways that massage can benefit your mental health.

Then read an interesting article on why time seems to fly by as we get older.

As the years roll by, one of the best ways you can support better health for yourself and your loved ones is through regular massage sessions. Make the most of getting older!

Enjoy your year; see you soon at your next appointment!

3 Reasons Getting A Massage Is Good For Your Mental Health

Massage is a very effective way to destress, unwind, and relax after a long day. It's also great for your physical health, since it helps relax muscles, release tension, improve circulation, and more.

Thanks to a massage, you'll have greater flexibility and range of motion and you will be able to maintain that if you get massage therapy regularly. In turn, this can help you stay limber and avoid injuries. However, what you might not realize is how important massage therapy is for your mental health.

~ **It relieves depression and anxiety**— Depression and anxiety are tough to handle and affects 67 percent of all Canadians. This has a negative impact on your life and can be hard to treat.

The good news, however, is studies show that massage therapy can decrease such symptoms. Researchers in Taiwan reviewed 17 studies finding that massage benefits those suffering from depression and leads to a reduction in its symptoms.

Furthermore, researchers in Japan found that massage activates the sympathetic nervous system, which reduces anxiety and improves mood. So, if you're struggling with depression or anxiety, a massage can be the way to go.

~ **It lowers anxiety and stress**— Massage therapy activates neurotransmitters in your body, which can lower your stress hormones and decrease anxiety. In fact, researchers have found a 30 percent increase in dopamine and serotonin levels in those who undergo massage.

If you're struggling with anxiety or stress, then taking time out to get a massage may be exactly what you need—not only emotionally, but physically—to lower your stress.

~ **It helps with emotions related to ongoing illness**— A lot of people with a chronic illness feel helpless and aren't sure where to turn. This can lead to anxiety, stress, and anger. Massage therapy has been shown to alleviate these symptoms in people with serious illnesses.

Moreover, people who receive massage had less anxiety, stress, and anger than a control group. They also had less of a neurotransmitter linked to depression.

Source: www.readunwritten.com



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Days Gone By: Physics Offers Explanation To Why Time Flies As We Get Older

by John Anderer

For many of us, when we think back to childhood summers or seemingly endless days spent in the classroom, these periods of time feel as though they stretched on forever. In comparison, our more recent years of adulthood often feel like they've passed us by in a flash. This is usually just chalked up as another one of the many peculiarities that come with growing older. Now, a fascinating new study is offering up a more scientific explanation: as we age, the speed in which our brains obtain and process images gradually slows, resulting in this temporal discrepancy in memories.

Simply put, this slowing of the brain's imaging speed causes perception of time to speed up.

"People are often amazed at how much they remember from days that seemed to last forever in their youth," says main study author Adrian Bejan, the J.A. Jones Professor of Mechanical Engineering at Duke University, in a release. "It's not that their experiences were much deeper or more meaningful, it's just that they were being processed in rapid fire."

As we mature, the nerves and neurons in our brains also mature, growing in size and complexity. Consequently, new neural signals (memories), are faced with a longer path to travel than when we were young. Our nerves also deteriorate as we age, slowing down the flow of electrical signals throughout our minds.

These developments mean that it takes longer for new mental images and memories to be obtained and processed. One piece of evidence Bejan noted to back up his theory is how much more often infants' eyes move in comparison to adults; children process images much faster than adults, leading to quicker eye movements and a rapid integration of information.

So, because older people are processing far fewer images within a given amount of time than they used to in their youth, it feels like time is passing at a faster rate.

"The human mind senses time changing when the perceived images change," Bejan concludes. "The present is different from the past because the mental viewing has changed, not because somebody's clock rings. Days seemed to last longer in your youth because the young mind receives more images during one day than the same mind in old age."

The study is published in the scientific journal *European Review*.

Source: studyfinds.org

Valentine's Day is right around the corner. Make that special someone's day with a massage gift certificate! Call to order ...



The smallest deed is better than the greatest intention.

—John Burroughs

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