



Staying in Touch®

Happy Holidays!

Things certainly look brighter for this year's holiday season. As long as we remain cautious and plan ahead, we should be able to enjoy the festivities and family visits with less concern than last year.

Whatever your plans this year, please make your health a high priority. You want to feel your best and stay healthy so you can participate in all the action that comes your way.

Getting a pre-holiday massage can help you to be at your best as this busy season gets underway. Read the lead article to review some of the benefits winter massage offers you.

In this season of Thanksgiving, I feel so grateful that you have chosen me to help you pursue a healthier life and to be one of the special people in my life that gives me a sense of purpose. If there is anything you think I can help you with, please let me know. I am here for you.

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—and just a phone call away!

Have a wonderful holiday season; see you soon!

6 Benefits of Massage During Winter

The human body experiences physiological stresses during winter. How your body responds to these stresses depends on how healthy you are. If your body doesn't respond well, you can suffer from health problems, such as colds and flu, hypothermia, heart attacks, depression, and more. You can avoid these via massage therapy.

Massage therapy can be beneficial to the body no matter the season. However, it's especially important during the winter because it helps prevent your body from succumbing to the harsh effects of cold weather.

Why is Massage Therapy important during winter?

Improves circulation— You can suffer from poor blood circulation and higher blood pressure during the winter because lower temperatures cause your blood vessels to constrict. Not only will you feel colder, you can also experience discomfort, seasonal aches and pains, or even a heart attack.

Massage therapy in colder months helps bring fresh, oxygenated blood throughout your body, passing through congested areas. This warms up your muscles and makes your blood flow better.

Prevents sickness— While colds and flu are not caused by cold weather but by a virus, it's easier to get sick during the winter, especially if you're always cooped up inside and don't exercise. Cold temperature diminishes your body's immune response to some degree, making you more likely to catch a cold.

Getting a regular massage can help you avoid sickness because it boosts your immune system. Massage helps stimulate your white blood cells to fight infections around your body.

Maintains fitness— Most of us would rather stay in our warm beds during winter, wrecking our exercise plan. However, it's important to stay active. You can stay fit and active by doing indoor workouts instead or by getting a massage regularly. Not only does a massage stretch your muscles, it keeps your joints working properly too.

See **6 Benefits ...** (Cont. on back page)



Fruit, Vegetables, and Exercise May Be the Keys to a Happy Life

The key to a happy life may come down to what's in your diet. A new study finds eating more fruit and vegetables each day (and exercising regularly) can lead to more happiness.

In a first of its kind study, researchers from the Universities of Kent and Reading demonstrated that these lifestyle changes make people happier in comparison to individuals who are already eating lots of healthy produce or those keeping their same old diet.

See **Keys to a Happy Life ...** (Cont. on back page)

6 Benefits ... (Cont. from front)

Prevents weight gain— Cold weather might cause your eating habits to change, increasing the likelihood of reaching for comfort foods. You can combat the weight gain with massage therapy. Aside from improving your body's circulation, massage can also boost your metabolism by maintaining healthy levels of nutrients.

Moisturizes your skin— The dry, cold air can wreak havoc on your skin because it sucks the moisture out of it. This can make your skin dry and flaky. Massage can help keep your skin moisturized because it typically involves rubbing oils and lotions that can nourish and hydrate your skin. It also helps improve skin elasticity by stimulating collagen production.

Improves mental health— Some people feel down or unmotivated during the winter. Others even suffer from depression or Seasonal Affective Disorder. Massage therapy can help improve mental health. Massage helps you relax by reducing your stress and anxiety levels. It also helps your body to release endorphins and serotonin which increases your feelings of happiness. ...

Source: easymassagechair.com

Keys to a Happy Life ... (Continued from front)

The research, published in the *Journal of Happiness Studies*, discovered that our ability to delay gratification and apply self-control plays a huge part in influencing our lifestyle decisions. In turn, this has a positive impact on our well-being. Scientists also confirmed that men appear to exercise more, while women are more likely to eat more fruit and vegetables. ...

Since lifestyle-related illnesses are the main cause of poor health worldwide, these findings could have significant implications for public health policy. In the United States, more than two in five adults classify as obese; a condition putting many at higher risk for heart disease, diabetes, and cancer.

"Behavioral nudges that help the planning self to reinforce long-term objectives are likely to be especially helpful in maintaining a healthy lifestyle. If a better lifestyle not only makes us healthier but also happier, then it is a clear win-win situation," says study author Dr. Adelina Gschwandtner at the University of Kent.

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!



***When we seek to discover the best in others,
we somehow bring out the best in ourselves.***

—William Arthur Ward

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