



Hands of Health Newsletter

July/August 2010

Hello, again:

The most common questions clients ask me is “How long should I be getting massage?” and “How OFTEN should I be getting massage?” Well, how often and how long do you want to be healthy? You may only go sky diving once just for the thrill of it; you may go see a particular musical group once because after that one time it will lose the excitement; you may only run a marathon once just to you say you did it but when it comes to your health, it’s an ongoing process. Also remember, it’s about quality of life, NOT quantity! In this newsletter you’ll read a saying “Strive for excellence, not perfection.” It all ties in. And just because you don’t have anything obvious going on in and/or with your body doesn’t mean you don’t have something going on. How many times have you come in to me for a massage and tell me what’s going on and then I find a bunch of other areas that needed attention? My goal for you is that you get to the point where you’re coming in to see me because you want to feel good, not because you have any problems; any aches and pains. You will only achieve that level if you keep a consistent massage schedule. Yes, it’s going to take some time, there’s no quick fix, and at first it may be frustrating because you don’t feel like you’re progressing but if you’re patient and you stick with it you’ll find you ARE gaining ground; you are improving. Remember, this is an investment in your health and what better investment can you make than an investment in your health? And as the experts say invest for the long term. So call me right away and get back on the road to better health.

You may or may not have noticed the poster I have on the door into my massage room “Life’s Little Instructions.” Your emotional health is as important as your physical health and one affects the other. What you think has a profound effect on your physical health so I wanted to pass along some of the instructions to either remind you or introduce you to a number of them.

- Treat everyone you meet like you want to be treated
- Watch a sunrise at least once a year
- Strive for excellence, not perfection
- Plant a tree on your birthday
- Return borrowed vehicles with the gas tank full
- NEVER waste an opportunity to tell someone you love them
- Leave everything a little better than you found it
- Think big thoughts but relish small pleasures
- Be forgiving of yourself and others
- Overtip breakfast waitresses (and waiters)
- Say “thank you” a lot
- Say “please” a lot
- Avoid negative people
- Remember other people’s birthdays
- Commit yourself to consistent improvement
- Return all things you borrow
- Plant flowers every Spring
- Be there when people need you
- Feed a stranger’s expired parking meter (just don’t get caught by the police)
- Don’t expect life to be fair
- Never underestimate the power of love
- Live your life as an exclamation, not an explanation
- Don’t be afraid to say “I made a mistake”
- Don’t be afraid to say “I don’t know”
- Compliment even small improvements
- Keep your promises (no matter what)
- Marry for love
- Count your blessings

Nothing TOO earth shattering but some ideas to think about. Now that summer is in full swing remember to drink PLENTY of water. It's so easy to forget to. Carry more than enough water everywhere you go. You may not think you need to drink that much but you do! It's very easy to get dehydrated. A few years ago 30 people, mostly homeless, died during the summer from dehydration because they didn't have enough water to drink. The radio station I listen to in the morning has a project they coordinate with the City of Phoenix called "Operation Hydration" where they collect bottled water for the water stations throughout the city so when people need a drink of water they have it. Nobody should die because they didn't have water to drink. You can contribute cases or bottles of water to any fire station; you don't have to be a listener of the radio station. And remember how much I encourage you to drink plenty of water after your massages. The reason we are instructed to drink 8 eight ounce glasses of water per day is because that's how much our bodies need to function properly. The equation to figure out how much water you need is 1/2 ounce of water per pound of body weight. And add one quart for living in the desert; that's what one of my colleagues says. In conclusion, drink plenty of water and keep up to date with your massage regimen. It will make a big difference in your life. And remember Life's Little Instructions.

Until next time,

Stay healthy, stay well,



"Dogs come to you when called; cats take a message and get back to you."

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