

## A Cornerstone of Health

### Why Now, More Than Ever, You Need a Massage

While you may be tempted to trim your wellness budget when economic times are tough, now more than ever, massage should play a role in reducing stress and strengthening the health of Americans.

When you feel your best, you are more likely to be able to face the challenges difficult times present. With greater health and peace of mind, you can face difficulties with poise, clarity of purpose, and strengthened emotional reserves.

Truly, massage is more than a luxury--it's a vital part of self-care that has a positive ripple effect on us as we work, play, relax, live life, and care for others.

reducing the risk of stress-related illnesses, massage also boosts immunity, helping you fight colds, flu, and other viral infections.

Following is a sampling of a long list of bodywork benefits:

- EASE ANXIETY.
- REDUCE THE FLOW OF STRESS HORMONES.
- IMPROVE SLEEP.
- BOOST THE IMMUNE SYSTEM.
- BUILD ENERGY LEVELS.
- REDUCE FATIGUE.
- FOSTER CONCENTRATION.
- INCREASE CIRCULATION.
- DEVELOP SELF-ESTEEM.
- REDUCE FREQUENCY OF HEADACHES.
- RELEASE ENDORPHINS.

*I cannot teach anybody anything, I can only make them think.*

-Socrates



Massage induces a sense of grounding and calm, helping you face challenges with ease.

### Invest In Yourself, Invest in Those You Love

In economically challenging times, it is vital to invest in preventative health care. The last thing you want is to get sick, have to take time off of work, and pay expensive medical bills. Staying healthy means maintaining your ability to take whatever life has to throw at you. Besides lowering stress levels and, in turn,

And if you think about it, massage is an excellent value. The price of massage has remained stable in recent years, as the cost of movies, dining out, and sports events has risen. Which of these has the power to improve your health and your outlook on life?

Continued on page 2

#### Office Hours and Contact

**PADME MASSAGE STUDIO**  
**Carol Thornton**  
**720.495.6713**  
**BY APPOINTMENT ONLY**

#### In this Issue

**A Cornerstone of Health**  
**The Wonders of Water**  
**Rhamnose**

### Continued from page 1

The positive effects of regular massage can have far-reaching effects in many areas of your life.

### At Home

Massage therapy will also help families under stress create healthier households with clear-thinking and more relaxed moms and dads. Children are very sensitive and often pick up on tension in a household; parents who are taking care of themselves are more likely to be better caregivers and provide a sense of security to their kids. This goes for caregivers of aging parents and other family members.

### At Work

The health benefits of massage can help forestall illnesses and lost work time, especially when you may be asked to produce more with fewer resources. Decision-making skills will be better and your performance is likely to be improved with a clear focus and more energy.

A hint for the boss: Research shows employees exhibit less stress and improved performance when given twice-weekly, 15-minute massages in the office!

### For Health Conditions

Those with already existing health conditions can continue to reap benefits in the following ways. And proactively caring for health through massage may help reduce costly doctor visits and use of prescription and over-the-counter medications.

Research shows:

- Massage can reduce sports-related soreness and improve circulation--good to know when you may be exercising more to reduce stress.

- Deep-tissue massage is effective in treating back pain, arthritis, osteoarthritis and fibromyalgia. Fibromyalgia patients receiving massage also have less pain, depression, anxiety, stiffness, fatigue, and sleep problems.

- Massage reduces symptoms of carpal tunnel syndrome.

- Oncology patients show less pain, fatigue, nausea, anxiety and depression following massage therapy.

- Stroke patients show less anxiety and lower blood pressure with massage therapy.

- Massage therapy is effective in reducing postsurgical pain.

- Alzheimer's patients exhibit reduced pacing, irritability and restlessness after neck and shoulder massage.

- Labor pain. Massage during labor appears to reduce stress and anxiety, relax muscles and help block pain. Some medical professionals believe massage also reduces tearing, shortens labor, reduces the need for medication and shortens hospital stays.

- Preterm babies receiving massage therapy gain more weight and have shorter hospital stays than infants not receiving massage.

- Massage is beneficial in reducing symptoms associated with arthritis, asthma, high blood pressure, and premenstrual syndrome.

There is now a body of research to support the benefits listed above. But there's no greater testimonial than the person who is a regular receiver of massage. The first-hand experience of bodywork clients largely echo the same sentiment: bodywork enhances quality of life, and the return on your investment is great.

While bodywork feels like a luxurious mini-vacation, and you should by all means enjoy it, there is an actual physical need for massage. Maintaining a regular massage schedule will help you operate at your peak level--whether it be at work, at home, or at play. Invest in yourself, and book a massage today.



**Massage is one of the few things that provide so much pleasure while improving your health.**

# The Wonders of Water

## For Skin Health and More

*Shelley Burns, N.D.*

Creams, nutritional supplements, treatments, lotions, and potions. We are always looking for the next miracle product to keep skin looking healthy and young. However, there is one essential, inexpensive, and often overlooked nutrient right at your fingertips: water.

Just as a car cannot function without oil, our bodies cannot function without water. After oxygen, H<sub>2</sub>O is the most important component of the body, responsible for 65-70 percent of its composition. And of this, 80 percent is dedicated to the skin.

Water is the medium for various enzymatic and chemical reactions in the body. It moves nutrients, hormones, antibodies, and oxygen through the blood and lymphatic systems, and it also helps form the matrix of the skin. Devoid of water, the skin becomes dehydrated, resulting in a dry, dull tone.

It's likely that the moment a person feels

thirsty, mild dehydration has already set in. To keep the complexion looking smooth and blemish-free, drink water upon waking and continue drinking it throughout the day at one- to two-hour intervals. At least six 8-oz. glasses of water should be consumed daily and more if you are exercising, perspiring, and/or in hot weather. Ideally, intake should be between ten and twelve 8-oz. glasses of water a day. One note: Don't increase water intake all at once, as the kidneys and digestive system need time to adjust. Add one 8-oz. glass every day or every second day.

What counts toward your daily water intake? Just the basics: water and herbal tea. Caffeinated beverages and alcoholic drinks are diuretics that can contribute to dehydration, requiring even more hydration after drinking.

Not only is water important for skin health, it can also play a key role in the prevention of disease. Drinking eight glasses of water a day can decrease the

risk of colon cancer, bladder cancer, and potentially even breast cancer.



**Water helps keep the body at optimum health.**

---

# Rhamnose

## All sugars are not created equal

*Shelley Burns*

Sugar is often at the center of a lot of negative press. It is not uncommon to hear news of its detrimental effects each week--childhood obesity, diabetes, and behavioral disorders, to name a few. We even talk about the negative effects of sugar in the world of skin care, as it is known to cause glycation, a metabolic process that weakens the collagen and elastin responsible for plumping up our skin, leading to wrinkles and premature aging.

Not all sugar is created equally, however. In fact, one form of sugar--rhamnose--has intriguing skin benefits.

Rhamnose is a sugar derived from the cat's claw plant (*Uncaria tomentosa*). Scientific studies have shown that topical application of rhamnose stimulates

collagen production and thickens the epidermis, both in lab tests and in human trials. Rhamnose also has soothing and anti-inflammatory properties as an added bonus--fascinating, and certainly counterintuitive to everything else we know about sugar.

Rhamnose does not act at all like sucrose (ordinary table sugar) in the body. Sucrose is one of the so-called "fast sugars," along with dextrose, glucose, fructose, maltodextrin, and products made from them, such as corn syrup, high fructose corn syrup, and invert syrup. All of these fast sugars contribute to a higher incidence of obesity and diabetes. Instead, rhamnose can play a role in ensuring proper cell and metabolic functions in the body--most importantly, allowing for regeneration

of the skin. Recently, skin care companies have taken rhamnose to the next level by including it in antiaging skin care products.

In addition to rhamnose, cat's claw has other immune-stimulating properties. It is used to treat arthritis and irritable bowel syndrome, and may also inhibit tumor cell formation. Pregnant women should avoid using cat's claw, though, as it can increase the risk of miscarriage.

*Shelley Burns, a doctor of naturopathic medicine, completed studies at the Canadian College of Naturopathic Medicine, and has certification in complementary and integrative medicine from Harvard University.*

*The human  
heart feels things  
the eyes cannot  
see, and knows  
what the mind  
cannot  
understand.*

-Robert Vall

Hi Everyone, Remember to take care of yourself and those you love.

Receive \$5 off a 60 minute massage for OCTOBER and NOVEMBER :)

Buy a package of 10 massages and receive \$10 off each for a \$ 100 dollar savings.

Check out the PADME website [www.padmmessage.com](http://www.padmmessage.com)

Directions From South of Boulder:

Take Foothills Parkway to Arapahoe and make a Right onto Arapahoe. Go to 55th and make a Left. Go to the 2nd light and make a Right onto Flatiron Pkwy. Go to the 2nd street and make a left onto Central Avenue. Follow Central around to the curve. The building I am in has a curved glass front at 5757 Central Avenue. I am on the 2nd floor in Suite #206.

Carol Thornton  
carol@onebox.com  
720.495.6713

## PADME MASSAGE STUDIO

5757 Central Avenue, Suite #206  
Boulder, CO 80301-9513



Member, **Associated Bodywork & Massage Professionals**