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Massage Therapy, Reflexology, Reiki – Is it Pampering or Necessary for Survival?

When it comes to our health we talk a lot about diet, supplementation and the need for exercise. What we don't spend much time talking about are those seemingly pampering services that may be equally important. Talk to anyone who has experienced massage therapy, reflexology, Reiki, or other bodywork modalities and they will tell you that these sessions help them maintain their diets, improve their ability to exercise and help them manage stress. Here's some information about these services that will help you decide if they should be part of your wellness program.

Massage therapy is a great adjunct to many medical therapies as well as a wonderfully relaxing experience. Not only do chiropractors and medical doctors highly recommend it for their patients but many of them find massage necessary for their own personal well-being. The music, the peace and quiet, and the release of tension and toxins makes them feel, well honestly, human again.

A friend of mine has a standing one-and-one-half-hour massage appointment every week and is quick to grab an additional appointment if someone cancels. He says when he is faithful to his massage appointments he needs fewer visits to the chiropractor and avoids landing flat on his back for days due to relentless back problems.

Many people spend countless hours in front of a computer screen or behind the wheel of a vehicle. The rounded shoulder positions that must be held to do these jobs force back muscles into a stretched position and chest muscles into a constricted position for long periods of time. These holding patterns often result in excruciating shoulder and neck stress. Massage helps to relieve this tension.

A licensed therapist understands how muscles and myofascia (the scaffolding that holds the body together) work and what causes them to stiffen up. They also know how to take the stiffness out. Gliding hand movements and various levels of pressure release tension and toxins while reducing discomfort and generating increased range of motion.

People seek out massage for a variety of reasons beyond relief from muscle tension including headache relief, improved flexibility, enhanced athletic performance, improved breathing, improved circulation, reduced blood pressure, and improved posture to name a few. Did I say it was relaxing?

Reflexology is another popular therapy that has proven to be very effective in other ways. It is "reflexive" with regard to the way the therapist works one part of the body (the feet) to stimulate other parts. Energy meridians run through the entire body connecting the tissues of the heart, the lungs, the glands, the liver, the brain, etc. Reflexology is therefore "deep" massage because it utilizes points on the feet that connect to these organs through our energy meridians.

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This stimulation is good for the feet as well. Another friend boasts of great success for his “heal spurs”, a painful condition of the feet. He says that the pressure applied during a treatment helps to break up calcium crystals that cause some of the pain, generating profound relief after a few regular sessions. Additionally, people who spend a lot of time on their feet say they couldn’t do their jobs without the respite of their reflexology sessions.

Other reasons for seeking out a reflexologist include improved circulation to improve oxygen and nutrient supply to all the cells of the body, detoxification (movement of toxins out of the body), and improved organ and gland function.

Reiki is the third and possibly the deepest of the three therapies we’ll discuss today. We know that the body is more than just a collection of parts. We also know that everything organic generates a frequency. It is no surprise then to learn that the body and its organs have their own energy field which is continually changing and that all conditions of disease are rooted in this energy system (a discussion for another time).

This energy field is often called the “life-force” or “chi”. If this energy field is low or blocked, we are more likely to get sick. But if it is high and flowing freely, we can maintain our health and well being. Reiki raises vibrational frequencies by providing the means to balance energy fields and create the conditions needed for the body’s healing systems to function optimally. The results of a Reiki session may include improved sleep, reduced blood pressure, aid in breaking addictions, pain relief, and improved energy flow through the endocrine system.

Whatever challenges we experience in our daily lives, one or more of these therapies by a trained and dedicated practitioner can help immensely. They are as useful for a newborn as they are to our eldest seniors as well as everyone in between; men, women and children. So is it pampering or is it truly necessary to experience these therapies on a regular basis? You can’t know until you experience them. Find practitioners you feel comfortable with and try them out. One appointment and you too may be hooked for life.

BIO:

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