

Massage Times

Massage Therapy by Jackie King, LMT

April 2011

Raindrop Technique Massage

Raindrop Technique Massage is a very powerful healing tool using a series of nine different therapeutic grade essential oils. It originated from the research of D. Gary Young, ND and a medicine man named Wallace Black Elk of the Lakota Indian Tribe. The routine is based on the theory that many viruses and/or bacteria lay dormant along the spine. Over time, they can cause multiple problems in the body, such as Fibromyalgia, spinal misalignments, and scoliosis, or other viral conditions such as Multiple Sclerosis.

A growing amount of research shows that certain microorganisms lodge near the spinal cord and contribute to deformities. At the University of Bonn, researchers found that the varicella zoster virus can lodge in the spinal ganglia throughout life. Research in 2001 further corroborated the existence of infectious microorganisms as a cause of spine pain and inflammation. Under the guidance of Alistair Stirling, colleagues at the Royall Orthopedic Hospital in Birmingham, England found that 53 percent of patients with severe sciatica tested positive for chronic, low-grade infection by gram-negative bacteria, which triggered inflammation near the spine.

The essential oils used in this routine are all highly antimicrobial, designed to reduce inflammation along the spine and rid the body of the viral agents that have triggered the initial response. The sequence is designed to allow the oils to enter the body and begin to scrub or clean up and detoxify the cells, and then to reprogram at the cellular DNA level. The oils used in the Raindrop Technique Massage are: Basil, Thyme, Oregano, Wintergreen, Cypress, Marjoram, Peppermint, Aroma Siez and Valor.

A Raindrop Technique Massage begins with the oils being applied to the feet with a specific reflexology technique called Vita Flex. This same sequence of oils is then drizzled and lightly dropped onto the spine. Very light massage is applied, which allows the body to elicit responses, typically goose bumps. With the nerves now awake, the body can absorb the oils deeper, and allow healing to begin. These oils have been chosen for their specific healing properties in combating the viral infections that lie dormant along the spine. This particular type of massage takes approximately one hour, and the client is asked to turn their thoughts inward and reflect on the specific healing that is needed in their own body. Although some may not notice immediate results, the effects of this powerful Raindrop Massage will last at least one week.

Raindrop Technique Massage is a wonderful tool to add to your health and wellness routine. As the oils are applied topically, they will help to restore a sense of balance as your body begins to heal from within. It is one of the safest, non-invasive techniques available for spinal health. Please call Massage Therapy by Jackie King, LMT at 636-327-3261, to schedule your Raindrop Technique Massage, and feel what a difference these oils can make on your path to wellness.

OIL OF THE MONTH

Valor: A blend of Spruce, Blue Tansy, Rosewood and Frankincense, Valor is an empowering blend that promotes feelings of strength, courage, and protection. It has been found to support energy alignment in the body. Valor is the first essential oil applied in a Raindrop Massage. To learn more about this oil and others, log into:

<https://www.youngliving.org/jackieking5> - Distributor #1061215



For after all, the best thing one can do when it's raining is to let it rain.

– Henry Wadsworth Longfellow

PET'S CORNER:

Raindrop Technique Massage has been adapted to use for dogs and cats, is perfectly safe, and is used routinely in many veterinary clinics for cats with feline leukemia and FIV (feline AIDS). It can be used on healthy cats, as well as dogs, once a month for maintenance and they absolutely love it.

Parkinson's Disease and Neuro-Auricular

5/3

6:00–8:30 pm

Infant Massage

4/19 & 4/26 10:00–11:30 am

5/5 & 5/12 6:00–7:30 pm

5/14 & 5/21 10:00–11:30 am

6/2 & 6/9 10:00–11:30 am

Massage Techniques

5/7 & 5/14

1:00–3:00 pm

Almond Lavender Cake Recipe



Ingredients

12 Servings

Prep: 20 min. Bake: 55 min. + cooling

2 cups sugar, divided

1/2 cup slivered almonds

1 tablespoon plus 1 teaspoon dried lavender flowers, divided

1 cup butter, softened

4 eggs

2 teaspoons vanilla extract

1 cup (8 ounces) sour cream

1/4 cup half-and-half cream

2-1/2 cups all-purpose flour

1/2 teaspoon baking soda

1/2 teaspoon salt

4 teaspoons boiling water

3/4 cup confectioners' sugar

Additional dried lavender flowers, optional

Directions

1. Grease a 10-in. fluted tube pan and sprinkle with sugar; set aside. Place 1/2 cup sugar, almonds and 1 tablespoon lavender in a food processor; cover and process until finely ground.
2. In a large bowl, cream butter and remaining sugar until light and fluffy; beat in almond mixture until combined. Add eggs, one at a time, beating well after each addition. Beat in vanilla.
3. In a small bowl, combine sour cream and half-and-half. Combine the flour, baking soda and salt; add to the creamed mixture alternately with sour cream mixture, beating well after each addition.
4. Pour into prepared pan. Bake at 350° for 55-60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.
5. For drizzle, in a small bowl, combine water and remaining lavender. Cover and steep for 5 minutes. Strain, discarding lavender. In another small bowl, combine confectioners' sugar and enough infused water to achieve desired consistency; drizzle over cake. Garnish with additional lavender if desired. Yield: 12 servings.

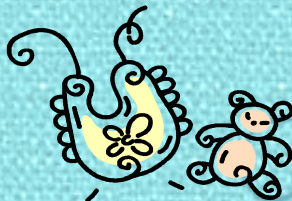
Editor's Note: Look for dried lavender flowers in spice shops. If using lavender from the garden, make sure it hasn't been treated with chemicals.

Upcoming Event

What: Baby & Kid Expo

When: April 30, 9:00 AM to 4:00 PM

Where: St. Charles Convention Center



Save \$10 on your
next Infant Massage or
Raindrop Massage!

(coupon expires 5/30/2011)

Contact Jackie King today

at (636) 327-3261,

massagebyjaking@aol.com,

or at www.messagebyjaking.com