

Massage Times

JANUARY 2011

Massage Therapy by Jackie King, LMT

A New Year...A New You

The holidays are now past, and it's time to think of the New Year ahead of you. A New Year, and a clean slate. Have you made your New Year's resolution yet? Maybe it's a diet and detox program or maybe to start a regular exercise program. Both of those are wonderful resolutions, and I wish you nothing but success in achieving your goals. Few things make you feel better or give you that sense of accomplishment than to achieve your goals after working so hard.

Here's one more thing to consider. It's a way to make this year different and better than all others in the past. It's a way for you to make this a *spectacular and healthful year*. You'll be able to put your best foot forward each and every time, able to work with a clear head and demonstrate confidence in every situation. Make another resolution that you can stick to. Make a commitment to add regular massage to your health maintenance routine, and witness the *dramatic results* for yourself. Once you open up and feel the difference that massage can make in your life, you'll be ready to commit on a regular basis. Here are just some of the benefits you will experience from your massage:

Decrease in stress and emotional build up. Approximately 80% of illness and doctor visits are stress related. Chronic stress ages the body and can make cells appear up to 17 years older than they really are, according to a study in Proceedings of the National Academy of Science.

Decrease in pain and stiffness
Improved range of motion
Firm and more elastic muscles
Improved blood circulation
Better skin tone
Improved nutritional circulation
Improved lymph flow
Decreased risk of illness
Increased mental clarity
Better sense of self

Allowing the time to take care of and treat yourself on a regular basis has a powerful effect on many other areas of your life as well.

With the many positive benefits that massage offers, how can we continue to look at it as merely a luxury? Don't we owe it to ourselves to include this powerful tool into our wellness routine?

Are you ready for the 2011 Massage Challenge? The more you receive massage, the more you save.

- 1 One Hour Massage per month = \$60.00 each
- 2 One Hour Massages per month = \$55.00 each
- 3 One Hour Massages per month = \$50.00 each
- 4 One Hour Massages per month = \$40.00 each

Take the Challenge, and feel what a difference massage can make in your life!

Are you sick and tired of being sick and tired?

It seems that cold and flu season is again upon us. And, if you're like me, you hesitate taking any over the counter drugs or prescription medicines, unsure of what is really in them, and less than thrilled with the side effects that they list.

Essential oils are a wonderful, all natural way to begin your journey to wellness. They are nature's oldest documented pharmaceuticals, the "missing link" in today's medical and pharmaceutical world. This cold and flu season, why not try Thieves Oil, a blend of Clove, Cinnamon Bark, Rosemary, Lemon and Eucalyptus Radiata to ward off those nasty germs?

Thieves Oil is founded on a legend of thieves in fourteenth century France, who used these aromatics to protect themselves while robbing The Black Plague victims. When the thieves were caught, and it was discovered that they were not ill with the plague, they bartered their recipe for a lesser sentence. And now we have Thieves Oil, formulated to bring the same antibacterial, antifungal, antiviral, mold killing, and immune boosting effects as it did years ago.

Thieves Oil can be used topically on the soles of the feet or inside of your cheeks for internal cleansing and detoxing benefits, diffused into the air to kill harmful airborne bacteria and mold, inhaled directly after a drop has been placed in the palm of your hand, or mixed with water to kill surface germs in the home.

Protect yourself and your family from harmful germs, viruses and toxins with this remarkable therapeutic grade essential oil. Find out more by visiting my essential oil web site:

<https://www.youngliving.org/jackieking5> .

Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us.

~Hal Borland



Pet's Corner

Thieves Oil Blend and be used for minor wounds, abrasions, and lacerations. It can also be used for dental concerns, and is safe for kittens and puppies.



TACO SOUP

Ingredients:

- * 2 lbs lean Ground Beef
- * 2 cans each of: Red Kidney Beans, Pinto Beans and Black Beans
- * 1 can Shoe Peg Corn
- * 1 can Rotel Tomatoes or for a milder soup use Mexican style stewed tomatoes
- * 2 envelopes of taco seasoning
- * 1 double pack of powdered Ranch Dressing mix

Add the following ingredients to taste:

- * Onion powder
- * Garlic powder
- * Salt
- * Pepper
- * Celery seed



Directions:

1. Brown ground beef with spices and drain well.
2. Add beans, corn and tomatoes.
3. Stir in Ranch dressing mix and taco seasoning.
4. Simmer for approximately 30 minutes, stirring occasionally.

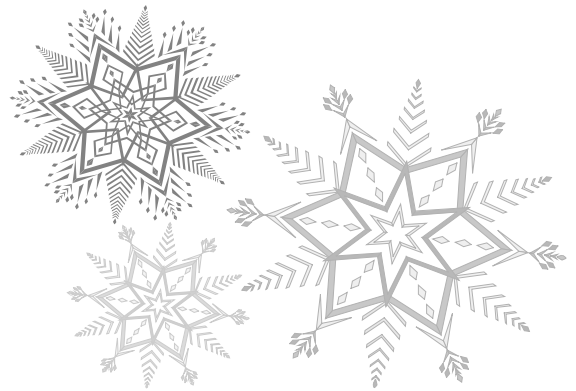
This is a delicious and hearty soup for those long, cold, wintery days.

Enjoy!!

Barbara Funke, Roanoke AL

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day."

Edith Lovejoy Pierce



Upcoming Classes

Massage Techniques

3/30-4/6 at 6:30-8:30 pm

4/30-5/7 at 1:00-3:00 pm

Infant Massage

4/19-4/26 at 10:00-11:30 am

5/14-5/21 at 10:00-11:30 am

6/2-6-9 at 10:00-11:30 am

Parkinson's Disease and Neuro-Auricular Technique

3/8 at 6:00-8:30 pm

5/3 at 6:00-8:30 pm

Contact Jackie King today
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