



Massage Times

Massage Therapy by Jackie King, LMT

May 2011

Now, more than ever, Massage

With the fluctuations we've had in the stock market and an uncertain economy, the financial experts keep giving us the same advice: "Invest for the long term. Don't be alarmed by short-term losses." It's a wonderful reminder that our best investments are usually the ones that require foresight, planning and patience. As scary as the economy is now, it is an enduring truth.

You know the saying: "When you have your health, you have just about everything." Never is investing for the long term more important than when you are making day-to-day decisions about your health. Every choice you make now that leans toward good health and good habits, translates into better health tomorrow. Although there are certainly many short term gains from good health care now, the long-term benefits cannot be underestimated.

You already know the benefits of a great massage, because you have tried it in the past. And, if you get massaged on a regular basis, good for you – literally. For all of the short-term stress and pain relief, the relaxation and clear-headedness you experience now, there are lasting rewards you'll thank yourself for later on. When massage therapy is used as an ongoing preventative measure, it can mean fewer visits to the doctor, as well as fewer co-pays, prescriptions, and over-the-counter medications.

As you plan the family budget, ponder how massage therapy impacts your ability to make good decisions, cope with extra responsibilities, maintain harmonious relationships with co-workers, family and friends and to stay on an even keel emotionally and spiritually. You may be tempted to trim your wellness budget when economic times are tough. But, a recent national consumer survey showed more massage-minded Americans are still committed to maintaining the health benefits they experienced with massage. It makes perfect sense. The better you feel, the better job you can do with caring for yourself and your family. Children can sense when parents are under stress, and parents who take care of themselves, can provide a better sense of calm to their family. This includes those who take care of aging parents as well.

Now, more than ever, massage should play a role in reducing your stress and strengthening your health. When people feel their best, they are more able to face the challenges that difficult times bring. With greater health and peace of mind, you can face difficulties with poise, clarity of purpose and strengthened emotional reserves.

Massage is definitely more than a luxury. It is a vital part of self-care that has a positive ripple effect on you as you work, play and care for others. Investing in your health is one thing that's sure to pay off in an uncertain world.



Oil of the Month – Release

Release is a blend of saldalwood, ylang ylang, geranium, blue tansy and lavandin, that helps to facilitate the ability to let go of anger and frustration. It also promotes harmony and balance of the mind and body.

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

Update on Classes:

Infant Massage:

June 2 & June 9, Thursdays, 10 – 11:30

St. Charles Adult & Community Ed.

Parkinson's Essential Oils, Neuro Auricular Technique

Monday, May 23, 6 – 8:30 pm

St. Charles Adult & Community Ed.

Pet's Corner

Are you allergic to pets? Try mixing 3 – 4 drops of Young Living's Therapeutic grade Lavender oil with one ounce of Ningxia Red and drink. You'll notice the allergic symptoms begin to disappear immediately, and completely disappear in approximately 30 minutes.

Lemon-Blueberry Sweet Tea

Ingredients

1 (12-oz.) package frozen blueberries

1/2 cup fresh lemon juice

3 family-size tea bags

3/4 cup sugar

Garnishes: fresh blueberries, lemon rind strips



Preparation

1. Bring blueberries and lemon juice to a boil in a large saucepan over medium heat; cook, stirring occasionally, 5 minutes. Remove from heat; pour through a wire-mesh strainer into a bowl, using back of a spoon to squeeze out juice. Discard solids. Rinse saucepan clean.

2. Bring 4 cups water to a boil in same saucepan; add 3 tea bags; let stand 5 minutes. Discard tea bags. Stir in sugar and blueberry juice mixture. Pour into a pitcher; cover and chill 1 hour. Serve over ice. Garnish, if desired.




May Special:

One 60 minute massage this month =
\$60.00

Two 60 minute massages this month
= \$55.00 each

Three 60 minute massages this
month = \$50.00 each

*There is a woman at the
beginning of all great things.
-Alphonse De Lamartine*



Contact Jackie King today
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