

# MASSAGE TIMES

A publication by Jackie King, LMT 11/1/2010

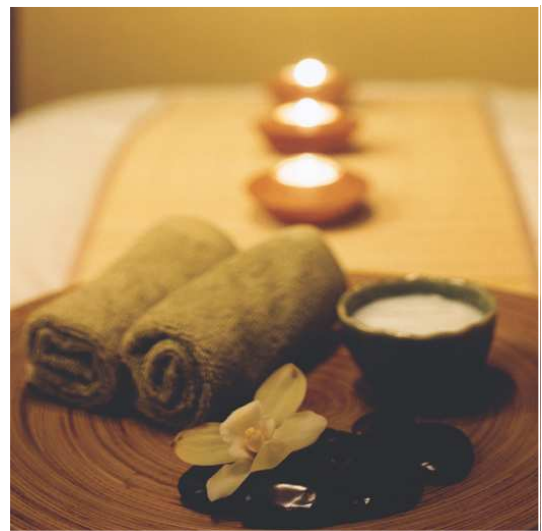
*Welcome...*

Welcome to the first publication of Massage Times, a monthly publication with a sole purpose of enlightening you to health and well being, ways you can stay on the well side of health and avoid unwanted and unnecessary trips to the doctor. Each month you will find an article related to massage and bodywork, a special or favorite recipe, a pet's corner, with helpful tips for your furry friends, including tried and true essential oil blends for flea and tick sprays, yeast infection and more. You'll be able to read the thought provoking inspirational message, and take advantage of a wide variety of massage specials or massage packages. You will also find a schedule of upcoming classes for Basic Massage Techniques for Adults, Infant Massage and the most recent class to be offered – a technique on using essential oils to treat the symptoms of Parkinson's Disease. Take some time and enjoy. There's something here for everyone.

*Jackie King, COTA/L, LMT, CIMI*

*Inspirational Thoughts...*

"Nurture your mind with great thoughts; to believe in the heroic makes heroes.: - Disraeli



## Apple Cranberry Pie

### CRUST

2/3 cup all-purpose flour  
 1/3 cup whole-wheat flour  
 1 teaspoon sugar  
 1/2 teaspoon salt  
 6 tablespoons (3/4 stick)  
 cold butter, cut into pieces  
 2 teaspoons cider vinegar  
 2 tablespoons ice water

### FILLING

Juice of 1 orange  
 Zest of 1 orange  
 5 cups of peeled, sliced apples (approximately 5 medium  
 apples)  
 1/2 cup sugar  
 1/2 cup fresh or frozen cranberries, chopped (if frozen, do  
 not thaw)  
 1/2 cup dried cranberries  
 1/4 cup all-purpose flour  
 1 teaspoon cinnamon

### TOPPING

1/4 cup all-purpose flour  
 1/4 cup sugar  
 2 tablespoons oats  
 2 tablespoons butter,  
 melted  
 1/2 teaspoon cinnamon



### Directions

1. To make crust, follow directions for Pumpkin Pie crust. Preheat oven to 400. Roll pie dough out into a 12-inch circle on a lightly floured surface. Place dough in the pie pan and refrigerate while you make the filling and topping.
2. To make filling, mix all ingredients together in a medium bowl. To make topping, mix all ingredients together in a small bowl. The topping mixture should clump when pressed together.
3. Add filling to cold pie crust and scatter topping all over the filling. Bake at 400 degrees until the juice in the center of the pie is bubbling, about 1 hour. If the crust or topping becomes too dark, cover the pie loosely with foil.
4. Transfer to a wire rack; cool completely before serving.

Read more at [Wholeliving.com](http://Wholeliving.com): Apple-Cranberry Pie

*About the Business...*

Many of you, my friends and family, already know me, and many others will get to know me over these next few publications. I have thoroughly enjoyed my adventure in massage therapy, and look forward to the next part of it, wherever it may lead. It is such a wonderful thing to see so many people taking a proactive step to health and well being using alternative means, and I am proud to be a part of it. I am genuinely concerned about all of you, and hope that you can use some of the information that will be contained in these publications to your benefit.

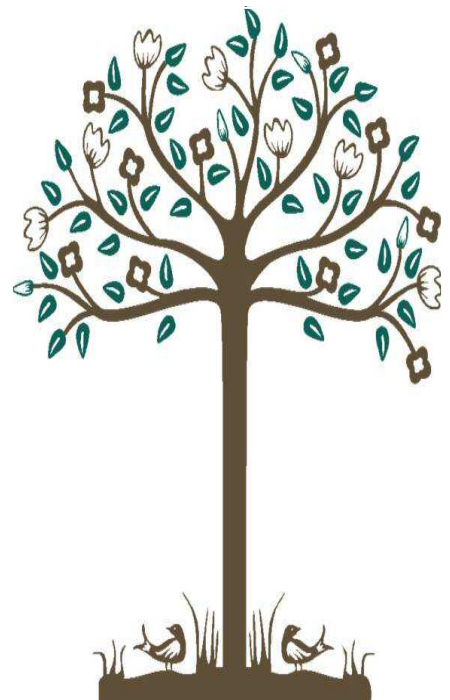
I have been a Missouri Licensed (#004618) and Nationally Certified Massage Therapist (#311695-00) since 2001. My training is through The Healing Arts Center in St. Louis. I have also been certified as an Infant Massage Instructor (#R08290), through the International Loving touch Foundation since 2009. My credentials are maintained with multiple hours of continuing education, in order to bring you not only the best of myself, but current trends and treatment techniques. I am also a member of both the Wentzville and Foristell Chambers of Commerce.

Massage Therapy by Jackie King, LMT, has been in existence since 2003, and over the years has seen some ups and downs, partially due to the economy, and could not possibly have survived without the undying support of my entire family. My husband Rick, who is my 'financial advisor' and always there as my springboard for ideas, and more importantly, to keep me grounded and focused on what really is important. And then there's the other part of my support team- my beautiful children, always ready to lend a hand and offer support whenever and wherever needed. My business has grown enough over the years that I've had to enlist their services. Michelle Zweifel, MBA, will be assisting with all of the business strategies and operations. Lauren King, BS, will be assisting with all of the graphics and advertising, and Ricky King, Mechanical Engineering student will be assisting with all of the advisory and support details that go along with a small business.

So...over the next few months when you're reading these publications, know that many hands, hearts and minds have been involved in bringing them to you. Read and enjoy them, and if you get a friendly reminder phone call from Michelle, that it's been a while since your last massage, don't worry. She's just doing her job. Treat her with the same courtesy that you would treat me, and know that we all care about you and your health and well being.

We'll see you soon.

Wishing you nothing but the best that life has to offer.



Upcoming Class:			Location:
Basic Massage Techniques for Adults			Lewis & Clark Technical Center
Class	Date	Time	2400 Zumbahl Road
Part 1	11/10/2010	6:30-8:00 PM	St. Charles, MO
Part 2	11/17/2010	6:30-8:00 PM	(636) 443-4043

### *Pet's Corner...*

**Purification Oil**, a blend of Lemongrass, Rosemary, Melaleuca, and Myrtle Oils, mixed with distilled water is an all natural way to prevent those annoying external parasites, such as fleas, ticks and mosquitoes from bothering our furry friends.

Look for **Purification** and other **therapeutic grade essential oils** on line at: <https://www.youngliving.org/jackieking5> .



Contact Jackie King today by phone: (636) 327-3261

Via email: [messagebyjaking@aol.com](mailto:messagebyjaking@aol.com) or online at

[www.messagebyjaking.com](http://www.messagebyjaking.com)