

## A Cornerstone of Health

### Why Now, More Than Ever, You Need a Massage

While you may be tempted to trim your wellness budget when economic times are tough, now more than ever, massage should play a role in reducing stress and strengthening the health of Americans.

When you feel your best, you are more likely to be able to face the challenges difficult times present. With greater health and peace of mind, you can face difficulties with poise, clarity of purpose, and strengthened emotional reserves.

Truly, massage is more than a luxury--it's a vital part of self-care that has a positive ripple effect on us as we work, play, relax, live life, and care for others.

reducing the risk of stress-related illnesses, massage also boosts immunity, helping you fight colds, flu, and other viral infections.

Following is a sampling of a long list of bodywork benefits:

- EASE ANXIETY.
- REDUCE THE FLOW OF STRESS HORMONES.
- IMPROVE SLEEP.
- BOOST THE IMMUNE SYSTEM.
- BUILD ENERGY LEVELS.
- REDUCE FATIGUE.
- FOSTER CONCENTRATION.
- INCREASE CIRCULATION.
- DEVELOP SELF-ESTEEM.
- REDUCE FREQUENCY OF HEADACHES.
- RELEASE ENDORPHINS.

*Be the change  
that you want  
to see in the  
world.*

-Mahatma Gandhi



Massage induces a sense of grounding and calm, helping you face challenges with ease.

### Invest In Yourself, Invest in Those You Love

In economically challenging times, it is vital to invest in preventative health care. The last thing you want is to get sick, have to take time off of work, and pay expensive medical bills. Staying healthy means maintaining your ability to take whatever life has to throw at you. Besides lowering stress levels and, in turn,

And if you think about it, massage is an excellent value. The price of massage has remained stable in recent years, as the cost of movies, dining out, and sports events has risen. Which of these has the power to improve your health and your outlook on life?

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#### Office Hours and Contact

**Verona Salon & Acqua di Vita Spa**  
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**508-746-7979**  
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**Fridays, 11:00am - 7:00 pm**  
**Alternate Saturdays, 9:00am - 5:00pm**

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The positive effects of regular massage can have far-reaching effects in many areas of your life.

### At Home

Massage therapy will also help families under stress create healthier households with clear-thinking and more relaxed moms and dads. Children are very sensitive and often pick up on tension in a household; parents who are taking care of themselves are more likely to be better caregivers and provide a sense of security to their kids. This goes for caregivers of aging parents and other family members.

### At Work

The health benefits of massage can help forestall illnesses and lost work time, especially when you may be asked to produce more with fewer resources. Decision-making skills will be better and your performance is likely to be improved with a clear focus and more energy.

A hint for the boss: Research shows employees exhibit less stress and improved performance when given twice-weekly, 15-minute massages in the office!

### For Health Conditions

Those with already existing health conditions can continue to reap benefits in the following ways. And proactively caring for health through massage may help reduce costly doctor visits and use of prescription and over-the-counter medications.

Research shows:

- Massage can reduce sports-related soreness and improve circulation--good to know when you may be exercising more to reduce stress.

- Deep-tissue massage is effective in treating back pain, arthritis, osteoarthritis and fibromyalgia. Fibromyalgia patients receiving massage also have less pain, depression, anxiety, stiffness, fatigue, and sleep problems.

- Massage reduces symptoms of carpal tunnel syndrome.

- Oncology patients show less pain, fatigue, nausea, anxiety and depression following massage therapy.

- Stroke patients show less anxiety and lower blood pressure with massage therapy.

- Massage therapy is effective in reducing postsurgical pain.

- Alzheimer's patients exhibit reduced pacing, irritability and restlessness after neck and shoulder massage.

- Labor pain. Massage during labor appears to reduce stress and anxiety, relax muscles and help block pain. Some medical professionals believe massage also reduces tearing, shortens labor, reduces the need for medication and shortens hospital stays.

- Preterm babies receiving massage therapy gain more weight and have shorter hospital stays than infants not receiving massage.

- Massage is beneficial in reducing symptoms associated with arthritis, asthma, high blood pressure, and premenstrual syndrome.

There is now a body of research to support the benefits listed above. But there's no greater testimonial than the person who is a regular receiver of massage. The first-hand experience of bodywork clients largely echo the same sentiment: bodywork enhances quality of life, and the return on your investment is great.

While bodywork feels like a luxurious mini-vacation, and you should by all means enjoy it, there is an actual physical need for massage. Maintaining a regular massage schedule will help you operate at your peak level--whether it be at work, at home, or at play. Invest in yourself, and book a massage today.



Massage is one of the few things that provide so much pleasure while improving your health.

# The Wonders of Water

## For Skin Health and More

Shelley Burns, N.D.

Creams, nutritional supplements, treatments, lotions, and potions. We are always looking for the next miracle product to keep skin looking healthy and young. However, there is one essential, inexpensive, and often overlooked nutrient right at your fingertips: water.

Just as a car cannot function without oil, our bodies cannot function without water. After oxygen, H<sub>2</sub>O is the most important component of the body, responsible for 65-70 percent of its composition. And of this, 80 percent is dedicated to the skin.

Water is the medium for various enzymatic and chemical reactions in the body. It moves nutrients, hormones, antibodies, and oxygen through the blood and lymphatic systems, and it also helps form the matrix of the skin. Devoid of water, the skin becomes dehydrated, resulting in a dry, dull tone.

It's likely that the moment a person feels thirsty, mild dehydration has already set

in. To keep the complexion looking smooth and blemish-free, drink water upon waking and continue drinking it throughout the day at one- to two-hour intervals. At least six 8-oz. glasses of water should be consumed daily and more if you are exercising, perspiring, and/or in hot weather. Ideally, intake should be between ten and twelve 8-oz. glasses of water a day. One note: Don't increase water intake all at once, as the kidneys and digestive system need time to adjust. Add one 8-oz. glass every day or every second day.

What counts toward your daily water intake? Just the basics: water and herbal tea. Caffeinated beverages and alcoholic drinks are diuretics that can contribute to dehydration, requiring even more hydration after drinking.

Not only is water important for skin health, it can also play a key role in the prevention of disease. Drinking eight glasses of water a day can decrease the risk of colon cancer, bladder cancer, and potentially even breast cancer.



Water helps keep the body at optimum health.

# Here Comes the Sun

## Updated UV Index Shines Light on Rays

A crucial warning system has been recently updated for your skin's protection. In compliance with the World Health Organization, the Environmental Protection Agency and the National Weather Service revamped the UV Index, a system created to alert people about the level of harmful ultraviolet (UV) light rays from the sun. Overexposure to UV rays can cause wrinkles and premature aging, skin cancer, cataracts, and immune system suppression.

Many factors influence the strength of UV rays: UV light is stronger in the summer, at higher altitudes, and in areas closer to the equator. It's also stronger at midday, from 10 a.m. to 4 p.m., when the sun is directly overhead.

The new UV index ranges from 0-11 with guidelines as follows:

0-2: LOW.

Minimal exposure for the average person, but watch for reflected UV from snow and water.

3-5: MODERATE.

Stay in the shade during midday. Cover-up outside.

6-7: HIGH.

Wear a hat, sunglasses, and a sunscreen with a minimum sun protection factor (SPF) of 15. Avoid midday sun.

8-10: VERY HIGH.

Take extra precautions, and avoid midday sun. Wear protective clothing.

11: EXTREME.

Take all precautions, seek shade, and avoid midday sun. If possible, stay indoors.

As part of its daily forecast, the National Weather Service publishes the UV index for each area of the country. Go to [www.epa.gov/sunwise/uvindex.html](http://www.epa.gov/sunwise/uvindex.html) and enter your zip code to find your UV index for the day. The Weather Channel, as well as most local TV stations, include the UV index in their weather forecast. It can also be found at [www.weather.com](http://www.weather.com).

For a detailed description of the UV index, or for more information on sun protection, visit [www.epa.gov/sunwise](http://www.epa.gov/sunwise).

*Choose a job  
you love and you  
will never have  
to work a day in  
your life.*

-Confucius

Dawn M. Dillon, Licensed Massage Therapist and Reiki Master, is a 2006 graduate of DoveStar School of Holistic Technology([www.dovestar.edu](http://www.dovestar.edu)), is licensed by the state of Massachusetts, is a member of ABMP ([www.abmp.com](http://www.abmp.com)) and specializes in the art of Kriya massage. Kriya (kree-ya) is a Sanskrit word meaning "continuous movement of energy," and is often described as "stepping out of space and time." A Kriya massage is a totally connected, full-body massage which incorporates the Swedish massage style along with other modality proficiencies, the therapists' education, and intuition, which allows you to experience total mind and body relaxation.

Dawn specializes in therapeutic deep-tissue Kriya massage, and is a certified Pre-Natal massage therapist. She provides all massage services offered at Verona Salon. Dawn's vast knowledge of anatomy and physiology, along with her proficiency in many different modalities, continuous education, and love of what she does, ensures that your massage is customized to meet your needs. Her massage promotes total relaxation and well-being, soothing away your aches and pains at the source, without causing you pain, and leaves you feeling totally relaxed and pain-free.

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**Member, Associated Bodywork & Massage Professionals**