

The Massage Advantage

FALL 2011

THE HEALTHIEST YOU



Massage & Injury: Conditions that are helped by Massage Therapy

As the risk of being redundant, Therapeutic Massage is much more than rubbing on lotion, "moisturizing" as Mike Bryan, ATP Player labeled it.

Massage Therapy is an important component to overall health and is a necessary adjunct to Chiropractic care and Physical Therapy. A skilled and knowledgeable therapist can provide the muscular tension relief required to sustain adjustments and improve range of motion.

Rehabilitation is also enhanced with Therapeutic Massage. When muscle tissue is hypertonic or has scar tissue, adhesions and Trigger Points, bones are pulled out of alignment and joint movements get restricted.

Injuries very often involve at least one of the above issues in muscle. So when there is an injury, full recovery is only possible when the muscular issues are resolved—the role of Massage Therapy.

"Skillful, knowledgeable massage can make the difference between a one-time muscle strain that takes a few weeks to resolve and a painful,

limiting, chronically recurring condition... By applying skills to the proper formation of scar tissue, the reduction of edema, the limiting of adhesions, and the improvement of circulation and mobility, massage can turn an irritating muscle tear into a trivial event."

Ruth Werner



Glen stretching client's lower body

Multiple sources concur that some of the overall benefits of Therapeutic Massage include:

- Reduces soft-tissue restrictions
- Increases range of motion
- Reduces pain & recovery time
- Decreases scar tissue
- Reduces stress related to injury or

medical condition

- Speeds pre/post operative recovery
- Enhances immunity and circulation

An abundance of information is available about the legitimacy and benefits of Therapeutic Massage. I encourage you to research it up for yourself. A few resources are listed at the end of this article.

Meanwhile, below is a truncated list of injuries and conditions that can benefit from massage by a skilled therapist.

Ankle Sprains
Back Pain
Carpal Tunnel Syndrome
Cramping
Fibromyalgia
Frozen Shoulder
Golfers Elbow
Groin Pull
Headaches
Jumpers Knee

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- Health Insurance to protect your lifestyle
- Communication
- Importance of Colonics
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- Holiday and Biofreeze Specials
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The Massage Advantage

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Why Your Active Lifestyle Needs Proactive Planning

By Mike Wilson

As many of us know, a physically active lifestyle can be extremely beneficial. According to the American Heart Association, physical activity is proven to improve both mental and physical health. Regular physical activity can relieve tension, anxiety, depression and anger.

In short, a physically active lifestyle can help manage stress. This is certainly important as many of us are spending an increasing number of hours in the workplace—oftentimes creating additional stress in our lives. According to a nationwide poll by the American Psychological Association, three-quarters of Americans list work as a significant source of stress.

Thus, those who have embraced a more active life style have taken a prudent step in managing their

physical as well as mental wellbeing. Occasionally, however, regular physical activity can lead to injury.

Each day more than 10,000 Americans visit emergency rooms for sports and exercise-related injuries, according to the Centers for Disease Control and Prevention. While this is certainly not a reason to forego an active lifestyle, it is a good reason to safeguard against the possibility of injury-related "down time".

Loss of income due to time off from work can reintroduce the very stress that you have worked so hard to manage. Good accident and disability plans can go a long way in relieving this stress.

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While no colonic is a single one-time cure for any issue, it will assist in clearing out some of the physical overburden on your large intestine.

Every day I breath is a gift.

I sprained my ankle not too long ago during a tennis match and I was sure I wouldn't be able to walk for days but Glen immediately had an ice bucket ready for me to massage and use her Kinesio Tape on my ankle. Let me tell ya, she compressed the weeks of healing time into a matter of a couple of days. Thanks Glen, you're a star!

Rosie

Colonic...What?

By Kuu Finley

You brush your teeth 2x/day. You get dental cleanings 2x/year. Why? Because the body is not entirely self-regulating.

If you're not having two bowel movements per day, then you are slightly constipated. That waste material sits in moist 98° for 12 hours at a time, the gestational period for parasites.

Add to that, our daily activity/inactivity and diet—how many of us really get 6-8 servings of fruits and vegetables per day?

Did you know that the Gastro-Intestinal tract is referred to as your 2nd brain? There are just as many nerve receptors in the GI tract as the

Spinal Cord. What this means is, science backs what we know... "gut feeling", "go with your gut".

Our guts always send signals to us, especially regarding emotional well-being. Couple that with physical challenges in processed foods not found naturally in nature and we are taxing our entire assimilation and elimination processes on a daily and on-going basis.

We have increased stress levels and air & water pollution. Even food has morphed into a virtual chemical specimen. All of these stressors pile up in our gut, which does not differentiate between

types of stress. All types of stress temporarily suspends the functions of your digestive system, and leads to build-up in the colon. Bacteria in the body is about 80-85% bad...guaranteeing physical discomfort and dis-ease.

Did you know that 65% of your immunity comes from your gut? If you have a build-up of waste and bad bacteria, chances are your immune system is fairly weak, thus you're prone to pick up any bacteria going around.

Therefore, it is important to supplement with periodic colonics.

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You talkin to me?

I hear words spoken from a black hole, a communication nebulous. Words that don't pertain to me, yet directed at me. That are inconsistent with my character...ridiculous, entitled, delusional, stupid, jealous...

I wonder if this person who claims to love me knows that she's speaking to me? Or is she caught in some time warp and reacting to someone hurting her? Perhaps she flashed back to being severely admonished?

My personal ethic is to treat others

the way I want to be treated. So I consciously don't criticize or demean people in general, and I show the people I love extra care, respect.

When necessary, I do speak my truth—my honest, bare-boned account of an issue troubling to me without yelling, name-calling, or aggressive acts. The truth hurts. I get it! Yet, it's required for any healthy relationship.

Sure, I could pretend that everything is all right and be passive/aggressive like

some. But my peace of mind needs communication, resolution. Holding on to anger and anxiety is stressful and damages my health...not willing to sacrifice my well-being for someone who is purposely hurtful or unwilling to be honest with either of us. So I am intolerant of being addressed that way, especially without apology. What a waste! Life is difficult enough without

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Massage & Injury Continued from Page 1

- Knee Pain
- Neck Pain/Stiffness
- Patellofemoral Pain Syndrome
- Plantar Fasciitis
- Repetitive Stress Injury
- Rotator Cuff Injury
- Runners Knee
- Sciatica
- Shin Splints
- Spasms
- Strains
- Tendonitis
- Tennis Elbow
- Thoracic Outlet Syndrome
- Whiplash
- Many others



Glen massaging client's Triceps to relieve tension.

So if you experience injury from a sports, work or daily activity, seriously consider including Massage Therapy in your treatment to complete the work of a Chiropractor or Physical Therapist.

Your full recovery depends on it. *glen*

Massage Therapy Resources:

- <http://www.massagetherapy.com>
 - <http://www.ncbtmb.org/>
 - <http://sportsinjuryclinic.net/>
 - <http://massagetoday.com>
 - <http://www.amtamassage.org>
- A Massage Therapist's Guide to Pathology*

Biofreeze Special

Muscle pain? Biofreeze can help!
Get the Hands-free Tube for only \$8.00.

While supplies last



GALEX FOUNDATION *Enriching lives through tennis and wellness programs*



We at GALEX Foundation believe that tennis and wellness are great avenues for achieving personal growth and self-actualization.

Since 2009, GAF has provided many opportunities for such enrichment.

Tennis

In this unique sport, players develop/strengthen character traits such as self confidence, self-reliance, goal-setting and implementation, teamwork, and socialization.

GAF provides free clinics, organized play, and mentoring to beginning players and those returning to the game after a long layoff. Players include adults and juniors from diverse backgrounds.

In addition, we provide donated tennis clothing and equipment to help players initially allay tennis expenses.

Wellness

“Without health, what do you have?” We truly believe this, and offer programs that enable diverse populations to be healthier.

- Free Prostate Cancer Screens.
- Shop for a Cause proceeds benefitted low-income breast cancer patients.
- Distributed clothing donated by Guess to needy girls.
- Free Kidney Function Screens.
- Free massages for women with extreme stress.

Donate via:
7121 W. Craig Rd #113-185, LV, NV 89129 or
PayPal to g.alexfoundation@gmail.com.

Colonic...What? Continued from Page 2

While no colonic is a single one-time cure for any issue, it will assist in clearing out some of the physical overburden on your large intestine. Our colonics also include acidophilus, one type of good bacteria to help repopulate your gut with good guys. You will experience improved mood, energy and general physical well being as waste is unclogged, thus allowing all your organ systems to function at improved capacity.

It's recommended to undergo an initial series of 4 colonics in close proximity and then a maintenance schedule—monthly or quarterly.

Often, as clients become more in tune to

their second brain, they will customize a maintenance schedule according to what they feel—if extra stressed, coming down with a cold, just returned from a trip, just completed a course of antibiotics, or indulged in too many sugars, starches, alcohol, meat and dairy products.

So go with your gut, trust me, it's saying it needs some help! Get started with Colon-Hydrotherapy treatment.

Kuu is a Colon Hydro-Therapist with 7+ years of experience. She is located in Bouari Clinic in Village Square.

To schedule, call (702) 312-1101.

GAlex Foundation
Upcoming Event
February 2012:
Las Vegas Pro Tournament
Red Rock Country Club
Details available soon

Get ready to support your favorite pro!

You talkin to me? Continued from Page 2

trashing your positive relationships. There are enough self-centered and abusive people around; I don't need personal relationships with them. Many unfortunately feel that you can unleash on loved ones because they will always be there for you.

The opposite it true. The people you love are the very ones to hold dear, above and beyond any stress, anger, or disagreement. Loved ones are not to be taken for granted. Rather, they should be cherished and respected.

So when someone you love informs you about their concerns and hurts, and communicates their truth, just listen. Withhold your deflections and 'counter attacks'. Don't interrupt them and most certainly bite your tongue to keep from making hateful, contemptuous, and hurtful comments about them.

“Delusional”, “jealous”, “stupid” trigger an almost immediate shutdown for me because some hurts run too deep and cannot be overcome.

Because once you intentionally push the button of a loved one to ignite pain or gain the upper hand, you lose. Your credibility is damaged. Trust in you is diminished. Not trust related to fidelity or deception. Rather, it's the trust that *this person provides a safety net for my heart, is the keeper of who I am*. You can't claim to be there for someone and you're not when they need you to be.

So take care when talkin.

Glen Alex is a Certified & Licensed Massage Therapist with 9+ years of experience. In her Las Vegas practice, Glen uses a variety of techniques to individualize each client's treatment and to maximize pain & tension relief, both of which lead to improved muscle function. Some techniques include Sports, Deep Tissue, Trigger Point, PNF, Neuromuscular, and Kinesio Taping.

Glen also has extensive experience working with professional and recreational athletes.



Miffed about a gift?

Purchase a gift certificate for 1-hour and get a free 1/2 hour.

Expires February 29, 2012

Having to give up the game of tennis which I love due to a cervical spine problem, and over a 2-year period numerous visits to chiropractors, pain management specialists for steroid injections, and even a spine surgeon, no one could alleviate the excruciating pain I was feeling in my cervical spine! After 8 visits to Glen for Massage Therapy, I am now pain free and getting back into the game of tennis! I am so excited about tennis again and life, and amazed at the way Glen has been able to alleviate my pain. She's "the lady with magic fingers", for sure! Thanks Ms. G, you are the best!!!

June

S E R V I C E S

90 Minute Massage	\$115.00
60 Minute Massage	75.00
30 Minute Massage	45.00
Onsite Chair Massage	call for quote
Travel (Internationally)	call for quote
10-Pack	10% off
60-minute massages	675.00
90-minute massages	1035.00
Kinesio® Tape (30 minute session)	30.00
KT Add-on (to massage)	5.00

Gift Certificates are available
Contact Glen for specials & group rates.



P R O D U C T S

Biofreeze — Spray or Roll-on	13.00
SPECIAL: Tube (see page 3)	8.00
MonaVie	
Active Bottle	45.00
Active Case (4 bottles)	160.00
MonaVie Acai Lip Balm	3.00
Thera-Band Stretch Strap	24.00
Returned Check Fee	30.00
No-show Fee	75.00

Product prices include sales tax.

The Massage Advantage has the right to refuse service to anyone.

Loss

We live. We love. We lose. Family, friends, money, lovers, material things go away. Sometimes we're at fault. Sometimes it's just life. Every time, however, it hurts.

In every case, we need to mourn. Bereaving the loss of a significant emotional attachment is the only way to truly move on. You will grieve whether you do so consciously or not. Surprisingly, mourning with awareness offers more control. Without awareness, we turn to escapes like substances, abusiveness, or over/under-eating to cope.

Be aware that disbelief, anger, sadness, then acceptance are the emotional stages you will encounter. Connecting with a support system—friend, sponsor, family member—will provide the safety net that will enable you to experience and process the pain of loss.

The ultimate goal of grief is to find a special emotional space in your heart for the love lost.

And know that true love survives separation and death.



Why Your Active Lifestyle Needs Proactive Planning

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While most people are well aware of the need for insurance to address the cost of medical treatment, they often fail to consider the need to cover ongoing expenses while they are unable to work. Establishing a good accident and disability plan can alleviate worries about paying monthly bills if you ever become injured and unable to work. A little proactive planning can actually enhance your lifestyle.

AK Vargason & Associates can help! We understand the needs of people with physically active lifestyles because our organization is comprised of such people. From tennis and horseback riding to triathlons and weightlifting, we play almost as hard as we work. AK Vargason & Associates can design a plan that fits your unique needs, and provides services nationwide. Contact us at (702) 221-4842 ext.107.

Given our special relationship with The Massage Advantage, anyone who mentions The Massage Advantage or this publication when calling, will be entitled to a complimentary financial/insurance review and a prescription discount card.

