

Integrated Bodyworks Weekly Newsletter

Week of September 22, 2019

What's Happening: In this week's newsletter we discuss how often you should get a massage. Please read the article below for some simple guidelines to follow. Then schedule your next appointment.

Fun Holidays this Week:

September 22: Business Women's Day – Today recognizes the value and contribution of women in the business world.

September 23: Autumn Equinox - Fall begins.

September 24: National Cherries Jubilee Day – Yum! <http://www.foodnetwork.com/recipes/rachael-ray/cherries-jubilee-recipe-1942474>

September 28: National Good Neighbor Day – Do something nice for a neighbor today.

Hydration Recipe

Keeping hydrated is an important part of staying healthy. Water promotes cardiovascular health, keeps your body cool, helps muscles and joints work better and keeps skin supple. Here is this week's hydration recipe:

Cucumber Sage Water

Ingredients:

1 small cucumber, sliced

1 sprig sage, muddled

Water

Instructions:

Add cucumber and sage to a pitcher of water. Refrigerate 4-6 hours to infuse the flavors.

How Often Should You Get A Massage?

I often get asked how often someone should get a massage. My answer? It depends on a number of factors including your physical health, stress levels and your budget. However, that being said, there are some guidelines to follow.

Getting a massage once or twice a year is relaxing and helps calm the nervous system, improve circulation, relieve muscle pain, and help with pain management. However, even the best massage isn't a permanent fix. So find your situation below to determine how often you should schedule a massage.

- In chronic pain / special situations: We will need to discuss your personal situation to make an exact determination. However, to get you feeling better you might need to come weekly (or even twice a week). Call me to discuss the right treatment plan for you.
- Feeling some muscle tension and stiffness: Typically, once every week or two is ideal for keeping your muscle tissue pliable and in good shape. Getting regular massages will loosen your muscles and relieve the tension and stiffness.
- Feeling good: Once a month is the recommended minimum for maintaining the suppleness and pliancy of your muscle tissue. If you start stretching the time period between massages out too far, your muscles can revert to their old patterns, especially if you come under stress.

The key is to listen to your body. If you still aren't sure, schedule an appointment and we can determine the best course for keeping you feeling great.

Special Offers: Refer someone and receive \$20 off your next massage.