



Handprints

Cleaning out Home and Body

The days are getting longer and brighter. Spring is showing signs that it is right around the corner. The brighter days are showing the build up of winter around the house and our bodies as we lighten up our clothing!

Spring is a time for renewal and cleansing. Many take this time to clean out home and body; but are you doing it safely? *Spring Cleaning-Without Injury* is an article about how to do home cleanup safely and with as little pain to your body as possible. Nancy's article, *Cleansing for Improved Health and Well Being*, discusses cleaning

out the body and who should and should not do cleanses.

After all this cleaning you need some balancing and probably some stretching, and Thai Massage may be an option for you! Julie's article on page 3, *Balancing Mind, Body and Vitality*, explores what Thai massage is, where it came from and what it can do for you.

With all this great information we should have our homes and bodies ready for a great summer!

*Halton Holistic
Hands*

Halton Holistic Hands

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Spring Cleaning - Without Injury

As the temperature warms and the days grow longer, people are energized to clean their homes of winter must and dirt. But spring-cleaning can be very hard on muscles and the skeletal structure! In fact, an injury occurs every four seconds in the home. Many of these injuries could be avoided by following a **simple rule - never twist, rotate or overextend your back, neck and shoulders.**

To keep yourself injury-free and pain-free while doing spring cleaning, consider these tips:

Vacuuming: The twisting and turning movements most people use when vacuuming put increased compression on the spine and neck. To avoid problems, vacuum with the machine or hose close to the front center part of your body and at waist height.

Using both hands on the handle, push the vacuum in front of you while walking in a long line and then pull back using the same motion. Never push and pull the handle back and forth with short strokes.

Vinyl and Tile Floors: Mopping is recommended instead of scrubbing on your knees. Mop small segments in front of you, pushing forward and then backward without leaning forward. Then step to the next section of floor without rotating or bending your spine. The key is to keep the mop in front of you while standing with your back straight.

Windows: Stretching upward to wash windows is inviting trouble, so be sure you are level with the area you are cleaning. Keep your feet on the ground (or ladder/step stool) and your back straight. Your head should be in a straightforward position, not tilted back or upward for a long period of time. To reduce your chances of falling, never climb on furniture or windowsills to clean windows. If you use a stool or ladder, it should be level, sturdy and free of cleaning materials that can spill or trip you.

Bathtub: Kneeling outside the tub and then bending and stretching forward is not recommended. Instead, stand outside the tub with your spine in a straight position and use a mop to clean tile walls and the tub. If you need to really scrub, climb in the tub and bend at the knees, never at the waist. Work in short spurts and take frequent breaks to avoid strain of scrubbing for long periods of time.

Painting: More force than you would expect is placed on the spine and neck when pushing a paintbrush or roller. The easiest way to paint is with a sprayer. But if you must use a brush or roller, keep it in front of you and waist-high so that your spine is straight. Looking up at high walls or ceilings for extended periods of time can put extra pressure on nerves and cause pinching and numbness. Painting in short intervals and taking frequent breaks are recommended for any type of house painting.

You'll never avoid a few achy muscles from time-to-time after you clean or spruce up your house, but following these simple tips can help make spring cleaning safe and void of mishaps.

Reference: <http://www.clevelandseniors.com/health/ptspring.htm>

The days are getting longer, the sun is brighter and you can almost ditch that winter coat you are now sick and tired of.

You also are starting to think about all those extra treats you used as therapy to get through those winter days and nights when you just couldn't justify going out into the cold to get a little exercise.

You may not know it but spring is one of the most appropriate times to consider doing a cleanse.

What is the purpose of doing a cleanse?

Our bodies are exposed to free radical damage every day. Many chemicals which the body does not recognize collect in the tissues especially the liver. Many Chronic conditions are a result of the body being burdened with the task of dealing with stored waste products. A cleansing program can target areas of the body affected by the build up of products such as colours, dyes, transfats and other synthetic chemicals which the body does not recognize. Acne, fatigue, joint pain, constipation, digestive problems, menstrual pain and urinary tract infections can be attributed to the bodies response to built up toxins. Cleansing specific organ systems can lead to improved function, increased energy and weight loss as well as an overall sense of well being.

If you are one of those people who are contemplating an internal spring cleanse; there are a few important facts that you should be aware of before you go rushing off to the health store to buy the latest cleansing kit.

The following are individuals that should definitely not consider doing a "kit cleanse"

Anyone under 18 or over 65

Those suffering from autoimmune diseases

Those with high or low blood pressure

Cancer patients

Any individual on medications

Former long term medication users

Those with compromised kidney function

Those with compromised liver function

Diabetes patients

Those suffering from depression

Store bought "cleansing kits" may be more convenient, however they are only one component of a true cleanse. Many store bought preparations facilitate the "dumping" of toxins into the body; however without support for complete elimination some toxins will simply be reabsorbed.

Some nutrients that the body requires may be eliminated along with wastes products. Upon analysis of stones excreted from a popular gall bladder cleanse protocol the stones were found to contain essential fatty acids which are important components of cell structure and are not fats which one would choose to eliminate.

True cleansing involves more than just ridding the body of toxins. There is a very important mind body connection that most people neglect. A true cleanse involves all healthy functioning organs of elimination and includes optimizing cerebral support.

A cleanse should never be done unsupervised as toxins entering into the body may cause severe reactions in some cases. There have been documented cases where those who had been on long term medications were hospitalized because of potential drug overdose. Drugs collect in the liver and in some cases may take up to twelve months to be completely eliminated from the body. The desire to have drugs eliminated by cleansing is viewed by most to be desirable, however there are many factors to consider when trying to eliminate unwanted chemicals from the body.

Nancy Winlove-Smith is a Herbal Technician and Contemporary Medical Acupuncturist as well as a Herbal Medicine (Phytotherapy) Diploma from the Mohawk/McMaster University Health Sciences program. She has also been trained as a Cosmetic Acupuncturist.

For those interested in learning more about cleansing and what options may be suitable; Nancy Winlove-Smith, is available Wednesdays 3:00 – 7:30 p.m. and Saturdays 9:00 -12:00 a.m. for consultations.

Cosmetic Acupuncture: Cleanse and rejuvenate without toxins

Spring rejuvenates the spirit; why not let it show in your complexion. Cosmetic Acupuncture stimulates blood flow, bringing oxygen and nutrients to the face. Collagen is deposited as a result of the micro insertion stimulation to the dermis. Fine lines are subtly reduced, capillary damage is repaired, and increased oxygen supply produces a healthy glow. Cosmetic Acupuncture is about more than just looking younger it is a total health experience. Complementary Acupuncture points are incorporated to stimulate production of endorphins (mood enhancing hormones) and natural opiates. The intention is for the client to feel as good as they look.

Medical Herbalist, Contemporary Medical Acupuncturist Nancy Winlove-Smith customizes each procedure to address your individual preferences. Special attention can be focused on the eyes, mouth or forehead area. A light lymphatic massage completes the treatment to direct dislodged toxins away from the dermis; producing a deep cleansing effect and improved skin integrity.



Thai massage is an eastern style of bodywork that combines elements of yoga, shiatsu and acupuncture. It is done on a padded floor mat with the client dressed in loose comfortable clothing.

Similar to yoga, it stretches and opens the body but without any effort from the client. It focuses on the concept of energy and sen lines within the body. It is a mindful massage that incorporates elements of gentleness, deep stretching and rhythmic compression that allows for a wonderful therapeutic experience.



The hands, elbows, forearms, knees, legs, and feet are used to maneuver and massage the body. The techniques of palming, thumbing, gentle stretching and breathwork, produce a slow, fluid “dance” around and within the clients body.

History of Thai Massage

Thai massage was developed more than 2500 years ago in the temples of Thailand. It was the movement of Buddhism from India to Thailand that played an important role in the development of Thai massage and this is still evident today from the numerous yoga postures that are used, its spiritual foundation and its many Sanskrit and Pali words.

Thai massage theory was passed down orally from teacher to student until it was eventually written down on palm leaves. These texts were revered and were of the same

importance as religious writings. The Burmese destroyed many of the texts when they took over Ayutthia, Thailand’s first capital. The surviving texts however, were carved into stone and placed on the walls of Wat Pho in Bangkok, the first centre for public education.

Benefits

Overall, Thai massage can be beneficial to everyone, from athletes to the elderly. Each session is tailored to the individual and their specific needs. A regular regime of Thai massage can help increase joint range of motion, eliminate toxins from joints and soft tissues while reducing the effects of stress and fatigue through relaxation.

Thai Massage works the entire body from head to toe. The role of the therapist is to aid people in releasing areas of tension within the body, allowing for a more relaxed and open individual on both a physical and emotional level.

We are aware that lack of flexibility can cause acute and chronic injuries and lower back problems. By maintaining or increasing our range of motion we can reduce the potential for injuries and discomfort. The massaging and stretching of the muscles opens up the body and deeply enhances lymph and blood circulation.

Thai massage promotes a relaxation response, which loosens tight muscles and strengthens nerves, tissues and organs. It reduces stress and enhances a sense of well being circulating energy throughout the entire body.



JULIE JOHNSON B.COM, RMT

Julie has studied and practiced healing therapies since 1998. Julie traveled to Thailand in January 2001 to study with Thai massage master, Pichest Boonthamme. She spent one month studying in Chiang Mai and returned to complete her studies at the Lotus Palm School in Montreal where she received her certification in August 2002. Julie became a registered massage therapist in September 2005. Julie is available Tuesdays.

Health Benefits of Thai Massage:

- Relieves muscular and joint tension
- Reduces muscle soreness after exercise
- Assists with back pain, increases joint range of motion and re-establishes flexibility
- Reduces stress related difficulties
- Circulates energy throughout the entire body
- Strengthens nerves, tissues and organs

What to expect during a treatment from Julie...

When she is with a client, she is in a calm, meditative or ‘metta’ state of loving kindness that allows her to tune in and focus on their body and what is happening within them.

Her pace is rhythmic and flows throughout the session so that the individual can relax and trust in what she is doing. Her focus is on the entire body, not only on the areas where a person may be experiencing pain or discomfort to open and release tension.

She is working the physical body but is also working from an energetic point, which can allow for physical and emotional releases within the body. This is necessary in our hectic and stress filled lives. Her technique is gentle yet effective. Firm pressure is applied when needed and a lighter touch is used when required. Julie works to shift the energies within the body to help release blocks and stagnation.

“My intent is to always provide a treatment that is in our client's best interest and for their greater good”



Halton Holistic Hands

massage therapy and wellness clinic

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Halton Holistic Hands Hours:

Monday to Thursday: 10am to 7pm

Friday: 10am to 5:30pm

Saturday: 10am to 4:00pm

Sunday: 11:00am to 3:00pm

Childbirth Education Classes - Prenatal Classes

Content includes:

- * Anatomy and physiology of pregnancy, labour and birth
- * Stages of labour and emotional responses
- * Pain reduction methods (natural and pharmacological)
- * Breastfeeding
- * Newborn characteristics and care
- * Infant massage **AND MORE.....**

For more information please contact the office!

*Mothers Day, Fathers Day or Birthday:
Great Gift Idea - Gift Certificates available!*

Services Price List

Registered Massage Therapy

30min ~ \$45.00 45min ~ \$60.00 60min ~ \$75.00
75min ~ \$85.00 90min ~ \$100.00
Introduction to Massage for Partners (90min) ~ \$100.00
Infant Massage Instruction (45min) ~ \$50.00

Thai Massage

60min ~ \$75.00 90min ~ \$100.00

Holistic Consultations

(Iridology, Herbal Medicine, Medical Acupuncture)

30min ~ \$45.00 60min ~ \$75.00 90min ~ \$100.00

Cosmetic Acupuncture

60min ~ \$75

Pre-book 14 ~ 60min for \$1000.00 (pay as you go)

Prepay 10 ~ 60min for \$700

Prepay 14 ~ 60min for \$950

Lactation Consultation

60min ~ \$75.00

Infant Weight Check

15min ~ \$10.00

(All prices include GST)

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Halton Holistic Hands

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