



# Handprints

## **Changing Seasons and Changes at Halton Holistic Hands!**

Even though our winter was late it seems to want to linger. I know most of us are ready for the longer warmer days of spring, hang in they are coming soon! As the seasons change there are some changes at Halton Holistic Hands.

Unfortunately Nancy is no longer practicing at Halton Holistic Hands. She has left to pursue her acupuncture and herbal medicine in Hamilton, and we wish her all the best.

As Nancy leaves, I am happy to announce that we have another therapist that started Saturday March 10. Her name is Andrea Antaya (Andrea A) and she does registered massage therapy, shiatsu and reiki. For more about her and the therapies that she does, please see "introducing Andrea A" below and continued on page 3.

Spring brings the warmer weather and the layers come peeling off to reveal our hibernating bodies. For some they are not what we remember and we embark on a path to shed a few pounds. It is important to take these steps carefully so as not to injure ourselves. For more

information please see "Evolving Your Exercise Attitudes" on page 2 for some common sense reminders.

As some have noticed, the regular email andrea@haltonholistichands.ca and info@haltonholistichands.ca has not been working over the last several weeks consistently. If you did not know this and sent me emails, I sincerely apologize for not responding. I have changed service providers and corrected this problem. For any future emails you can use haltonholistichands@bellnet.ca or andrea@haltonholistichands.ca. If I have not responded to you within 1 business day, please send me another email or give me a call!

Just to let everyone know, as of July 1, 2007, fees for Infant Massage, Introduction to Massage, 75min, 90min and 120min massage treatments will be changing. For more details please see the back page. The last time the fees were raised was March 2005.

Have a safe and healthy spring.

## **Halton Holistic Hands**

**March 17th - 2nd Anniversary!**

Halton Holistic Hands

[www.haltonholistichands.ca](http://www.haltonholistichands.ca)

(905) 632 ~ HAND

Volume 5, Issue 4

Spring 2007

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## **Introducing Andrea A!**

Andrea A (or blonde Andrea) joins Halton Holistic Hands on Tuesdays, Thursdays and alternate Saturdays. She does registered massage therapy, shiatsu and reiki. All of her services are covered under the massage therapy scope of practice. Here is a little more about shiatsu, reiki and her philosophy:

### **What is shiatsu?**

Shiatsu is a Japanese healing therapy that was developed as a combination of Chinese Massage called Anma, key aspects of traditional Chinese Medicine and the theory of Shizuto Masunaga. The word Shiatsu can be translated as "finger pressure". During a session the therapist applies comfortable, sustained pressure to various parts of the body in order to help life energy or "chi/qi" flow properly. Qi flows along pathways referred to as Meridian lines. A Meridian line is worked on to aid blood flow, muscle tonus and posture. Shiatsu is applied using the thumbs, fingers, palms, forearms and elbows. The aim of Shiatsu is to trigger the body's own natural healing powers to help restore vitality and prevent disease by harmonizing the body, mind and spirit.

### **How is shiatsu different from massage?**

The main difference is the theory they are based on, Shiatsu being based primarily on Traditional Chinese Medicine and

Masunaga Theory. This means that energy pathways will be balanced, locally and distally, rather than certain muscles being massaged. Another difference is that during a treatment the recipient remains fully clothed and no oils or lotions are used. A session also includes gentle Shiatsu stretching of the Meridians before and also afterwards to entice the proper flow of energy. This could include bringing stretches home to do on a regular basis.

### **What can I expect from a shiatsu treatment?**

Shiatsu and other Oriental therapies, like acupuncture, have very unique ways of looking at the body. In Shiatsu we do not diagnose a person but take the signs and symptoms of dis-ease along with observations, your medical history and what is felt in the body during a treatment to put together a personalized pattern of how the condition came to be. In Zen Shiatsu theory every organ in the body has an energy pathway that runs along the torso, arms and legs. This gives the advantage of working to help any local discomfort but also balancing the energy of specific organs distally as well. Remember that you remain fully clothed, so come prepared with comfortable, loose clothing. Verbal contact is kept with you at all times to ensure the pressure is comfortable for your needs.

*(Continued on page 3)*

# Evolving your exercise attitudes

If you are the least bit concerned about your health and staying healthy you have added some form of exercise to your lives. This can range from a nightly walk around the block with a family member (2 or 4 legged) to setting your heights to a marathon, half marathon or triathlon. Likely it is somewhere in between. One thing common to us is our desire to improve our lives and our quality of life. Unfortunately, we occasionally run up against some pretty big obstacles, from time commitments and a busy schedule to injury. In this article I hope to help break down a few of these barriers to help maintain a healthy exercise program and even maybe motivate a few more to add some activity to your lives!

The first thing to do is ask yourself why you are exercising. This may seem to be a very simple question for most of you, but the answer will help you establish your goals. Some of the reasons can include losing weight, building muscle, preventing illness (such as heart disease, or osteoporosis), reducing stress levels, or generally feeling better.

Before starting any exercise program it is always safer to check with your doctor to make sure that you are starting on a clean healthy slate!

- Be realistic: Unfortunately your body is not the same as it was 5-10 years ago and you should not expect the same workout intensity or frequency as you did back then. If you are unsure of what you can do, start by taking small steps until you can decide what are realistic long term goals. Starting working out this week and expecting to do a marathon in a month is a bit out of your reach, but by this time next year, with the proper plan and commitment, it is certainly achievable. By setting achievable goals you can feel the sense of accomplishment, but if you set the bar too high you may become injured trying to push yourself, or defeated if you don't make your goals.
- Set both long term and short term goals. This way you have something in the near future to keep motivated as well as a bigger goal down the road.
- Goals can vary from person to person. They can range from a distance that you want to achieve to something relating more to your health, for example: reducing blood pressure

or body fat (and not necessarily weight). Any goal that you set for yourself should mean something to you and keep you motivated.

Now that you have your goals, we can discuss your workouts. A workout consist of: a warm up and possibly a stretch, strength training and/or cardio, a cool down AND stretch. I cannot emphasize enough how important stretching is for people who want to remain active. (For more information, see box below.)

Workouts are determined by your goals. For more detailed information seek out professionals, personal trainers, gyms, The

Running Company or Running Room all have highly trained professionals: that can help you create programs or join in clinics that will help get you on the way. Remember to keep things fresh, mix up your workouts. Cross training is fantastic for keeping up your fitness level without straining the same joints and muscles over and over, preventing injury. It will also

allow for backup workouts if the weather is not co-operating with your plan for the day. It is important to make sure that your form is correct so you are not repeating a bad habit. This is why when you first start strength training having some personal training sessions to ensure proper form is essential to prevent injury. It takes hundreds of repetitions in order for your body to learn a specific movement, make sure that all of them are good ones and don't pattern a poor movement.

Last but not least - LISTEN TO YOUR BODY. It is the boss and if you start to feel pain don't ignore it. Ensure that you are using proper form and proper workout attire - especially shoes (they can cause anything from feet to leg pain and even problems in the back and glutes). Running through pain is not always the best for your body. Back off, slow down or walk. Recovery and days off are essential to allow the body to recover and be stronger the next day. Give your self permission to take a day off, but make a commitment to yourself to go back the next day. Be flexible as lives can be busy and it may take work to successfully incorporate a workout regime in to your lives!

## **Why we need to stretch:**

- Improved Performance - stretching increases the ability of muscle fibers to generate force despite accumulation of lactic acid. The greater the ability it has to move through a bigger range of motion, the more efficiently it can function.
- Injury Prevention - Greater flexibility and hence greater range of motion makes a person less likely to have an injury.
- Improved Coordination - Greater flexibility increases neuromuscular coordination. It has been shown that the speed of nerve impulses is enhanced with stretching. The central nervous system becomes more sensitive to the physical demands placed on it, so opposing muscle groups work in a more coordinated way.
- Better Posture and Movement - Stretching improves muscular balance and awareness. Stretching helps to realign soft tissue structures, which may have developed poorly through a lifetime of poor posture or normal wear and tear.
- Relieved muscle tension - When muscles are tense for long periods of time the flow of oxygen to these muscles can be cut off. The result is a buildup of waste causing fatigue and muscle tightness or knotting. Stretching can help break up those muscle knots and release waste into the bloodstream to be eliminated.

**Remember: stretching should not be painful and try to stretch consistently to prevent muscle pain and soreness from happening.**

**Reference: Triathlon 101. John Mora, c - 1999 p 160**

# Epsom Salts - The Answer to a Hard Workout

**Epsom Salts draw toxins from the body, sedates the nervous system, reduces swelling, relaxes muscles, and it is a natural emollient and exfoliator.**

Many of you have heard me recommend an Epsom salt bath for after a workout or a vigorous massage to help with muscle soreness. I thought I would give you some more information as to why this is a great idea!

Epsom salts is a preparation of magnesium sulfate that was discovered late in the 17th century near the town of Epsom in Surrey England. These salts were originally obtained from a local mineral spring. Magnesium helps regulate electrolyte levels and is necessary for good cardiovascular and nervous system function. Its also has a role in calcium regulation and is vital in skeletal heart muscle contraction and in healthy blood clotting. Magnesium plays a role in stress management and mental health, since it is important in the production and maintenance of serotonin (a neurotransmitter involved in balancing moods).

Modern farming methods do not emphasize crop rotation, a practice that helps maintain mineral balance in the soil. As a result, the foods we eat often contain less magnesium than is required for optimal body health. It is known that magnesium

diffusion through the skin is an efficient method for absorption as some foods and medications

inhibit optimal assimilation through the digestive tract. Epsom salts baths are a good option for increasing the body's magnesium. Epsom salts work through the basic principle that water follows salt. An increased concentration of salt in a bath will draw the body's fluids, containing toxins/waste products, out of the body and into the bath water. It is VERY important to drink plenty of water when using Epsom salt baths, in order to maintain body fluid levels.

**PRECAUTION: Check with your doctor before using Epsom Salts if you have health conditions that when combined with salt or a hot water application may be a cause for concern (such as blood pressure, kidney problems, pregnancy, burns / blisters, heart condition, fever, fasting, etc.). The elderly and children should keep the temperature lower and not stay in long (10 minutes). If you are unsure, please give the office a call to check your current health condition with us before attempting an Epsom salt bath.**

**What you will need:** Epsom salts, 1 - 2 towels & bucket for neck compresses, water to drink and a bathtub!

**What to do:** Put the salts into the tub and run the water (warm / hot, not scalding). Once in the tub, sip water frequently and put cold compresses on the back of your neck and forehead. Change compress as needed. After 10 - 20 minutes allow the water run out of the tub before getting up. When finished, get up carefully and cool your body down with either a cool shower or cold cloth. You should then rest for 30 minutes following the bath.

**Therapeutic Bath:** Muscular aches, Sprains and Bruises: 3 - 4 cups (build up to this amount of salts).

**Foot Bath:** Soothes aching feet and softens rough and calloused feet: 1/2 cup to large pan of warm water. Soak feet for as long as the water is warm. Finish the soak by rinsing feet, dry your feet well and put on some warm socks.

**Relaxing / Sedative Bath:** Soothing effect on nervous system: 1 - 2cups of Epsom salts and use warm water.

**Skin Exfoliator:** Massage handfuls of Epsom salt over wet skin, starting with your feet and continuing up towards the face. Have a bath or shower to rinse off salt.

References: Massage Therapy Treatment Guide; Heat & Cold as Therapy, Laurel Fowlie; c-2006

## ANNOUNCEMENT!

I am pleased to let everyone know that after seven and a half years John and I are now engaged! We are planning a Caribbean Wedding for April 2009!



## Introducing Andrea A (continued)

(Continued from page 1)

### What can shiatsu treat?

**Digestive disorders** such as constipation, acid reflux, bloating and feeling tired after eating.

**Musculoskeletal problems** such as muscle tension in the neck and shoulders, low back pain, limited range of motion especially after injury, RSI's, arthritis and whiplash.

**Nervous system imbalances** like anxiety, depression, insomnia, fatigue, stress, headaches and sciatica.

**Circulatory problems** such as cold hands and feet or always feeling cold.

**Women's issues** that include PMS, cravings, cramps, irregularities in flow and timing, menopause signs as well as moodiness.

### What is reiki?

Reiki in Japanese means "universal life force". It is the laying on of hands in order to receive energy that can help diminish pain, relax the body and mind and prevent illness. It is a method of healing that is holistic and takes into account the many aspects of a person including their mental, physical, emotional and spiritual sides. It can help balance the many chakra systems in the body to help reconnect the above sides that are present in all of us. This will increase awareness of ones surroundings and peacefulness of the mind. Reiki is never sent, it is drawn through a channel. The amount of energy is always what is needed, never more and it will go where it is needed.

### THE FIVE PRINCIPLES OF REIKI

- \* Just for today, do not anger
- \* Just for today, do not worry
- \* Be grateful for everything
- \* Do your work diligently
- \* Show love and respect to everyone and everything

Usui Mikao

### Andrea A's Philosophy

I believe human touch is necessary and greatly needed. A natural reaction when hurt is to put your hands over that area to make it feel protected and take away some of the pain. Bodywork is an extension of that touch. All cultures have a touch therapy that is used to facilitate the healing process and / or prevent illness. I believe that is exactly what a bodywork therapist does - facilitates your healing process. Life is a journey and enjoying it is our right. Come try Massage, Shiatsu or Reiki and find the touch therapy that is right for you, to help facilitate healing and health during your life's journey.



# Halton Holistic Hands

massage therapy and wellness clinic

**5295 Lakeshore Road Unit 4,  
Burlington, On L7L 1C7**

(On Lakeshore Road, west of Burloak Drive,  
behind the PetroCanada gas station)

~ (905)~632~HAND (4263) ~  
~ toll free: 1 (866) 377~HAND ~

**Halton Holistic Hands Hours:**

Monday to Thursday: 10am to 7pm

Friday: 10am to 5:30pm

Saturday: 10am to 4:00pm

Sunday: Closed

## 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!**

*Anniversary, Baby Shower or Birthday:  
Great Gift Idea - Gift Certificates available!*

[www.haltonholistichands.ca](http://www.haltonholistichands.ca)  
[info@haltonholistichands.ca](mailto:info@haltonholistichands.ca)

**Services Price List** (includes GST)

**Registered Massage Therapy and Shiatsu**

30min ~ \$45.00      45min ~ \$60.00      60min ~ \$75.00

75min ~ \$85.00\*      90min ~ \$100.00\*

Aromatherapy ~ add \$5.00 to above prices

Aromatherapy Facial (60min) ~ \$80.00

Introduction to Massage for Partners (90min) ~ \$100.00\*

Infant Massage Instruction (45min) ~ \$50.00\*

**Reflexology or Reiki**

60min ~ \$65

**Lactation Consultation**

60min ~ \$75.00

**\*PLEASE NOTE PRICE CHANGE AS OF JULY 1, 2007:**

**75min ~ \$90.00      90min ~ \$105.00**

**120min ~ \$145.00**

**Introduction to Massage (90min) ~ \$105.00**

**Infant Massage Instruction (45min) ~ \$55.00**

**If you do not wish to receive the Handprints please let me know either by phone or email and I will remove you from the mailing list!**

## Halton Holistic Hands

### Products For Sale:

- Scent Ball Diffuser \$19.95\*
- Car or room diffusers available
- Essential Oils 10mL
- Eucalyptus \$7.50\*
- Lavender, Tea Tree, Clarity, Breathe With Ease, and Citrus Alive \$10.00\*
- Lavender Mist, Ginger Snap, Interlude, and Solstice \$12.00\*
- Other scents available - contact the office.
- Essential Oils: Personal Blend 5mL \$6.00\*
- Scented Massage Lotion 30mL \$5.00\*
- Scented Epsom Salts (single use) \$3.00\*
- Epsom Salts (single use/4lb) \$2.50/\$7.50\*
- Thermaphore 14"x27" \$105.00\*

\* PRICES DO NOT INCLUDE TAXES \*

### ~ Gift Package ~ Gift Wrapped ~

- Massage Gift Certificate
- Scent Ball Diffuser and Refill Pads
- 5mL Essential Oil Blend
- Scented Epsom Salts (single use)
- 30min - \$80.00 incl. taxes
- 45min - \$95.00 incl. taxes
- 60min - \$110.00 incl. taxes

*Payment Methods: Cash, Cheque,  
Visa, MasterCard and Debit*