

NATURAL BALANCE NEWSLETTER

FALL 2004

Helping bring balance back into your life!

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NBT REFLECTIONS

Natural Balance Therapy opened its doors a little over a year ago already. Wow, how time has flown. My business wouldn't be what it is today if it wasn't for all of you.

I have had the opportunity to work 8 special events like Harley's 100th Anniversary, Time Warner and ITEC show, and Clifton Gunderson employee appreciation sessions, to name a few. It is great to see that more companies are recognizing the benefits of massage and are willing to schedule this time for their employees or customers.

The core of my business growth has been from customer referrals and word of mouth which means a lot to me. It's great to hear feedback and see the benefits from your sessions and that you are so satisfied with the treatments that you refer friends and family.

Once again, I want to take this time to thank all of you for giving me the opportunity to meet you and help you achieve your goals of a healthier lifestyle and improved function at home and work.

I also want to thank my family, friends and loved ones for all of their loving support.



FALL

Fall has a special gift from nature. This time of year we get to enjoy the beautiful color changes and the cool fall nights.

For those of us willing to take time out of our busy days to revel in the scents and visual pleasures that autumn brings and helps us find peace. We get to enjoy the sounds of the geese flying south and the scampering of squirrels collecting food.

Tune into your senses and notice the brilliance of fiery color that jumps from tree to tree and across the ground. Also, take note of the peacefulness and the crispness in the air. Become connected with life and nature. Let go of the hustle and bustle of your daily life and find some time for yourself and loved ones this fall. Take a hike, jump in a leaf pile, or take a trip to tour the fall colors. Just take time to enjoy yourself.

MASSAGE SPECIALS

Gift Certificates: A unique and thoughtful gift that can be given to a friend or loved one for any occasion.

Volume Massage Discounts: Purchase 3, 5, or 10 massages and get a discounted rate.

Referral Program (changed 9/1/04): Every time you refer a new client, receive \$5 off your next session. Just have your friend mention your name when they get their massage and I will take \$5 off your next visit.

Communicating With Your Massage Therapist

People get massage or bodywork treatments for a variety of reasons. Perhaps you are seeking treatment for stress relief or because you have pain that is limiting your function. Or maybe your goal from treatment is to help you recover from an injury or surgery. Whatever your reasons, it is very important that you communicate your needs to your therapist, so you can get what you want out of your session.

During your session, it is important to clarify your comfort needs so that you feel at ease. As a therapist I work to create an appropriate environment with elements such as the temperature, music, and table setting. So, if anything is not to your liking it is important that you let me know immediately so I can correct the concern to allow you to have a wonderful session.

Your body is constantly changing and that means that what you need during a session is changes. Since the last session you could have sustained an injury or traveled somewhere and all the sitting during the travel caused increased back pain. Furthermore, it is very important that you let the therapist know your preferences during the treatment, such as getting extra work on the feet or ending with pressure points on the face.

Different amenities might be used during your session such as hot towels or the use of a heated table pad if the room

temperature is lower. If you are getting cold or too hot then it is important to discuss this with your therapist because it can make your session less than great.

Some clients prefer to talk during a session while others prefer silence. I don't inhibit talking nor will I initiate conversation unless it is a question directly related to your care. When I have a client that comes for their first or second session I will explain in detail what I will be doing during the session so they can be at ease. It is very helpful to tell me whether the pressure is too light or too deep, whether you want a slower or faster pace.

Your goal as a client is to get what you are specifically seeking in each session. I want the experience to meet your expectations and goals and appreciate you verbalizing your wellness and personal comfort needs. I am your partner for healthy living, but can't read my clients mind.

Information taken from ABMP.

Healthy Snacks for Adults or Kids

- * String cheese and grapes
- * Apple wedges dipped in peanut butter
- * Mini pizza: toast ½ an English muffin, top with pizza sauce and mozzarella cheese. Heat in microwave until cheese is melted.
- * Yogurt sprinkled with soy nuts or granola
- * Ants on a log: Spread peanut butter on celery and dot with raisins

De-stressing the Commute

The average American spends an hour each day commuting to and from work. During the stressful, stop-and-go time it is likely that blood pressure increases, adrenaline begins pumping, and muscles constrict and tighten. By the time that you get home you may be crabby, irritable, impatient, and have less to offer to those you come home to. Does this sound familiar? Well, you have the power to reduce your commuter stress. Here are a few tips.

- * Utilize adjustable back cushions, pillows, and lumbar supports for a more comfortable commute.
- * To avoid the late afternoon slump often caused by stress, bring healthy snacks for the commute. Celery, string cheese, water, and almonds are good options for the drive home.
- * Borrow books on tape/CD from the library for the ride home. Consider an entertaining novel to ease the drive home.
- * You could learn a foreign language with books on tape/CD. These can be checked out from your local library.
- * Attitude is everything. Remind yourself that you don't have control over the traffic, so just sit back and relax with some deep controlled breathing. Take full, deep breaths allowing more oxygen to your body. Exhaling fully releases tension from the body.
- * Schedule regular massage to decrease tension and tightness throughout the body, which will lead to decreased stress/strain and increased relaxation of the body.

Creativity goes a long way on your commute.

Information taken from ABMP.

RECIPE CORNER – Smoothies

Soy Protein Smoothie

1 smoothie

2 tablespoon soy protein powder
 1 ½ C soy milk
 ½ banana
 6 frozen unsweetened strawberries

Mix all ingredients together using an immersion (hand) or regular blender and enjoy.

Per Serving: 276 calories, 1g fat, 35g carbohydrates, 32g protein, 9g fiber, 136mg calcium, 46mg sodium

Beta Boost Smoothie

Serves 2

1 C diced mango
 1 C chilled carrot juice
 1 C frozen unsweetened strawberries

Mix all ingredients together using an immersion (hand) or regular blender and enjoy.

Per 1 ¼ C serving: 132 calories, 1g fat, 32g carbohydrates, 5g protein, 39mg sodium

This is a poem for all of you that have lost a sweet furry friend.

THE RAINBOW BRIDGE.....

Just this side of heaven is a place called Rainbow Bridge.

When an animal dies that has been especially close to someone here, that pet goes to Rainbow Bridge.

There are meadows and hills for all of our special friends so they can run and play together.

There is plenty of food, water and sunshine, and our friends are warm and comfortable.

All the animals who had been ill and old are restored to health and vigor; those who were hurt or maimed are made whole and strong again, just as we remember them in our dreams of days and times gone by.

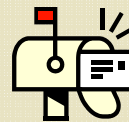
The animals are happy and content, except for one small thing; they each miss someone very special to them, who they had to leave behind.

They all run and play together, but the day comes when one suddenly stops and looks into the distance.

His bright eyes are intent; His eager body quivers. Suddenly he begins to run from the group, flying over the green grass, his legs carrying him faster and faster.

You have been spotted, and when you and your special friend finally meet, you cling together in joyous reunion, never to be parted again. The happy kisses rain upon your face; your hands again caress the beloved head, and you look once more into the trusting eyes of your pet, so long gone from your life but never absent from your heart. Then you cross Rainbow Bridge together....

Author Unknown



FEEDBACK!

Do you have questions or suggestions? I would like to hear from you. Send me your questions, suggestions, recipes, ideas, or anything that you would like.

Call or write to:

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