

# NATURAL BALANCE NEWSLETTER

WINTER 2003

Helping bring balance back into your life!



Natural Balance Massage, P.O. Box 2114, Waukesha, WI 53187-2114  
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## The Benefits of Massage:

### Is Massage Right for Me?

Massage can provide pain relief for people of all ages, including the weekend warrior, the home gardener, or the overstressed worker. Massage treats the body, as well as the spirit. It has proven beneficial for many health conditions, including arthritis, diabetes, depression, low back pain, high blood pressure, and muscular pain, to just name a few. Individuals that have received a massage can attest that it relieves the stress and tension of everyday living.

The benefits of massage include:

- Increased circulation
- Stimulation of the lymph system (body's natural defense against invaders)
- Decreased spasms and cramps
- Increased joint flexibility
- Decreased stress
- Decreased muscle stiffness and tension
- Reduction in post-surgery adhesions and edema and reduce and realign scar tissue after healing has occurred.
- Contributing to shorter labor and reduced tearing for expectant mothers

Massage is contraindicated in people with the following conditions:

- Certain forms of cancer
- Phlebitis
- Some cardiac problems
- Some skin conditions
- Infectious diseases

Give me a call today to talk about the benefits of massage.

Welcome to my first quarterly newsletter.  
Make sure to check out the massage specials section.

If you or anyone you know of would like to receive this via email, drop me an e-mail at:

[amy@naturalbalancetherapy.com](mailto:amy@naturalbalancetherapy.com)

You can also download copies from my website.

[www.naturalbalancetherapy.com](http://www.naturalbalancetherapy.com)

Enjoy the newsletter.

Thanks, Amy

## MESSAGE SPECIALS

### New Client Discount

- Clip the online coupon on my website and get \$10 off your first visit (not valid for existing clients)

### Volume Massage Discounts

- Purchase 3, 5, or 10 massages and get a discounted rate

### Referral Program

- Every time you refer 4 new clients I will give you a free 1-hour full body massage. Just have your friends mention your name when they get their massage. I will send you a free massage on your 4<sup>th</sup> referral.

### December Specials

*(Only one discount can be used at a time.)*

- New *AND* existing clients! **Receive a 1-hour full body massage for \$40 during the month of December.** Limit 1 per person.
- Do you give out gifts to family members, friends, and/or co-workers? Purchase three 1-hour gift certificates and receive a free 1-hour massage for yourself.

## Safety Tips for Shoveling

### PRIOR TO SHOVELING:

- ***Avoid coffee, cigarettes, and decongestants that contain caffeine.***  
These will speed up the heart and constrict blood vessels.
- ***Do some light exercises (stretches).*** This will supply the muscles with oxygen and nutrients in preparation for activity.
- ***Dress in layers.*** You can remove some clothing as you warm up.

### WHILE SHOVELING:

- ***Choose the right shovel.*** Size of shaft will be determined by your height and will prevent you from performing excessive bending over. One hand is on the handle, the other should be approximately 18" from the blade. The size and weight of the blade will determine the size of the load you pick up.
- ***Shovel straight ahead.***
- ***Pivot feet when handling a load.*** If you twist at the waist with your feet planted, you're asking for back pain.
- ***Lift small loads.*** Heavy loads can cause early fatigue and low back injury.
- ***Take frequent breaks and if it hurts, STOP!!***

Information developed by Quad/Graphics Rehab Department.



### NUTRITION TIP

Use raw spinach as part of your green salad. This leafy vegetable is rich in the vitamin A and folic acid and contains numerous vital minerals, including calcium.

## HOLIDAY NUTRITION TIPS

- ***MASHED POTATOES:*** Use skim milk or evaporated skim milk. Use herbs rather than salt to flavor.
- ***STUFFING:*** Substitute fat-free, low-sodium chicken or veggie broth and skim milk for butter or other fat. This will keep the stuffing moist.
- ***GRAVY:*** Remove the fat from gravy using a fat separator or refrigerate the food overnight and skim off the hardened fat.
- ***PORTION CONTROL:*** Try small amounts of the foods that you want. Don't pile your plate high. Think of your plate divided into quarters: one quarter meat, one quarter starch, and two quarters vegetable.
- ***APPETIZERS:*** Use raw vegetables with interesting dips for a great start to a meal, instead of high-fat cheeses.
- ***Don't skip meals in anticipation of a big meal.*** Eating regular meals makes it easier to control blood sugars.

## HOLIDAY RECIPES

### WHIPPED SWEET POTATOES

Here's a recipe for really good, fluffy sweet potatoes.

- 1 ½ lbs sweet potatoes, peeled and cut into 1-inch pieces
- 2 medium carrots, peeled and cut into 1-inch pieces
- ¼ C evaporated skim milk
- 1 ½ Tbsp reduced-fat margarine
- ½ tsp salt (optional)
- 1 Tbsp brown sugar
- 2 Tbsp fresh orange juice
- 1/8 tsp ground nutmeg

Place the sweet potatoes and carrots in a large saucepan with cold water to cover. Bring to a boil, reduce the heat, and simmer until the vegetables are very tender, about 15 to 20 minutes. Drain.

Return the vegetables to the pan. Add the milk, margarine, salt (if using), brown sugar, orange juice, and nutmeg. Mash the potato mixture over low heat, and then whip the potatoes to the desired consistency. Serve immediately.

**Makes 6 servings**

Per serving: 140 calories, 2 g total fat, 3 g protein, 28 g carbohydrates, 2 g dietary fiber, 1 mg cholesterol, 58 mg sodium, 452 mg potassium

From *The Joslin Diabetes Healthy Carbohydrate Cookbook* by Bonnie Sanders Polin, Ph.D. and Frances Towner Giedt, 2001

### Easy Low-Fat Dip Recipe

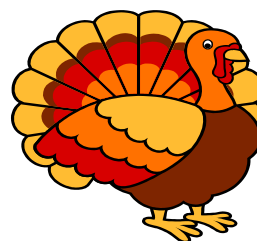
Use 1 cup silken tofu, 1 cup nonfat sour cream and ½ teaspoon each: basil, oregano, thyme and garlic.

Blend ingredients in a food processor or blender until smooth. Place in a small bowl and refrigerate. Use within 2-3 days.

### CRANBERRY SALSA

- 1 can (16 oz) whole berry cranberry sauce
- 1 Tbsp shallots, finely chopped
- 1 jalapeño, seeded and finely diced
- 1 Tbsp fresh lime juice
- 1 Tbsp chopped cilantro leaves

Place all of the ingredients in a small bowl. Stir well to combine. Store the salsa in the refrigerator for up to 2 weeks. Serve at room temperature. Yummy as a chip dip, served over grilled pork tenderloin or wrapped in a flour tortilla with leftover turkey!

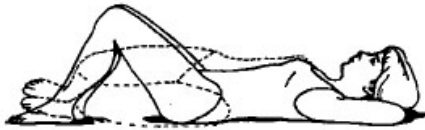


### STRETCHING CORNER

Try these stretches to help alleviate back stiffness and soreness. Hold for 20-30 seconds and repeat 3-5x on each side.

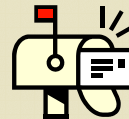


Pull one knee in to chest until a comfortable stretch is felt in the lower back and buttocks. Repeat with opposite knee.



Keeping back flat and feet together, rotate knees to one side.

Wishing you and your family a safe and happy holiday season.



#### 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:

Phone: 262-893-3246

E-mail: [amy@naturalbalancetherapy.com](mailto:amy@naturalbalancetherapy.com)

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