



Corporate Chair Massage

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Rate Increase

Effective January 1, 2006 for **NEW** clients.
Effective February 1, 2006 for **EXISTING** clients.

Rates

60 minute session = \$60

90 minute session = \$80

**Purchase in bulk for discounted rates!*

Why not have the massage come to you at work. Many companies are utilizing massage therapists in the workplace with chair massages. Studies have shown that a 15-30 minute chair massage results in decreased job stress, increased alertness and increased speed & accuracy on math computations.

Did you know?

Up to 90% of all visits to primary care physicians are for stress related complaints. Stress also accounts for \$26 billion in medical and disability payments and \$95 billion in lost productivity per year. In addition, over 50% of lost work days are stress related which keeps about 1 million people per day from attending work.

Chair massages are typically 15-30 minutes in length and focus on the high tension areas of the neck, back, shoulders, arms & hands. Massages are given on a specially designed portable massage chair with the client fully clothed. Chair massages are especially effective at producing therapeutic results in a brief period of time.

There are many company and employee benefits. Here are a small number of benefits.

- Improved productivity
- Decreased stress
- Improved satisfaction and morale
- Decreased muscle tension and pain
- Improved overall health and wellness

Onsite corporate chair massage is the answer for you whether you want to reward your employees for a job well done or decrease stress and tension around the office.

Natural Balance Therapy offers three convenient payment programs including options that would be no cost to the company or employees.

Call today for an affordable quote. Your employees will thank you.

Chair testimonial: Amy is very in tune to everyone's personal needs during the massage. I am more relaxed and happier since receiving chair massages from Amy. I look forward to every massage day - it is almost like a day off of work!

Insurance Company Underwriter, Brookfield, WI

New Hours (Effective 2/1/06):

Waukesha Clinic

Monday: 8 AM - 6 PM

Thursday: 11 AM - 7 PM

Mukwonago Clinic

Tuesday: 11 AM - 7 PM

Wednesday: 8 AM - 6 PM

Friday: 8 AM - 12 PM



tranquility

Digital Infrared Thermal Imaging (D.I.T.I.)

Digital infrared thermal imaging is a totally **non-invasive** clinical imaging procedure for detecting and monitoring a number of diseases and physical injuries, by showing the thermal abnormalities present in the body. It is the only method available for “visualizing” your pain.

It is used as an aid for diagnosis and prognosis, as well as monitoring therapy progress, for conditions and injuries, including:

- Back injuries
- Headaches
- Nerve Damage
- Fibromyalgia
- Breast disease
- And many others...

Thermograms can be taken of the whole body or just areas being treated. The digitized images are stored on a computer and are sent electronically to a Thermologist for interpreting and reporting. A color report is printed and a copy can also be sent to your healthcare professional.

Unlike most diagnostic tests D.I.T.I. Is:

- **Non-invasive**
- **No radiation**
- **Painless**
- **No contact with the body**
- **FDA approved**

This quick and easy test starts with your medical history being taken before you partially disrobe for the scanning to be performed.

Standard region of interest exams take approximately 15 minutes and a full body takes 30 minutes. Your printed report is normally completed within a few business days.

Other clinical tests (MRI, Ultrasound, etc) are all tests of ‘anatomy’ that measure the structures of your body. DITI is unique in its capability to show physiological change and metabolic processes. DITI can note changes in the body well before other tests will note changes.

Call Tammy at the Longevity Center today to find out more information. Let her know that you heard about DITI from

Amy Beyer.

**The Longevity Center in
Elm Grove, WI: 262-424-5776**

Recipe Corner

Cranberry-Carrot Saute

- 1 lb carrots, peel, cut into sticks
- 1 tsp salt
- 1 Tbsp brown sugar
- 1 tsp ground cinnamon
- ¾ tsp dry mustard
- ¼ C orange juice
- 2 Tbsp butter
- ½ C dried cranberries
- 1/3 C coarsely chopped pecans or walnuts

Place carrots and ½ tsp salt in a large saucepan. Cover with water and bring to a boil. Reduce heat; cook 10 minutes or until carrots are tender. Drain.

Combine brown sugar, cinnamon, mustard and remaining salt in small mixing bowl. Add orange juice.

Melt butter in large skillet. Add carrots and orange juice mixture.

Cook 2-3 minutes or until carrots are coated, stir frequently. Add cranberries; cook until heated through.

Granish with pecans or walnuts.

Renew yourself for a day...

Stretch Corner

Try this stretch to help alleviate back stiffness and soreness. Hold at a light stretch for 20-30 seconds, do 2-3 times 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.



Fitness Scoop

Lowering BP

Exercise has been shown to lower blood pressure. Although there isn't a magical exercise, many of our daily activities can help - walking, taking the stairs and moderate to vigorous yard or housework, for example. Other activities that you can add to your lifestyle include: jogging, swimming, cycling and aerobics.

You don't need to strain yourself to help lower your blood pressure. In fact, mild exercises may help just as much as strenuous exercise. A simple rule to follow is that the physical activity should elevate your heart rate and breathing somewhat during the duration of the activity. Always consult your physician prior to participating in any vigorous exercise program (like jogging), but milder exercise, such as walking, is good for almost everyone's heart health.

A recent statement from the American College of Sports Medicine recommends that you should participate in physical activity for 30 minutes most days of the week.

Here are some easy ways to add physical activity into your life:

- Park your car at the far end of the parking lot.
- Take the stairs instead of the elevator
- Take a 10-15 minute walk during your lunch.
- During colder or rainy weather, mall walk.

Many blood pressure medications have negative side effects, the side effects of exercise are positive - helping with weight control, improving cholesterol, and heart function. When starting an exercise program, progress slowly and gradually to decrease the risk of injury.

The good news is that any amount of physical activity is better than none and even low-intensity physical activities, such as walking can lower your blood pressure. The bad news is that more exercise may not normalize your blood pressure, but the benefits of exercise on the cardiovascular system are worth the effort.

Info taken from the American College
of Sports Medicine

"Human beings, by changing
the inner attitudes of their minds,
can change the outer aspects
of their lives"

William James

relaxation

rejuvenate

mind, body & soul

Tips for Managing Holiday Madness

While the holiday season can be joyous, fun and exciting, many people equate it with stress, chaos and expense in terms of time and money. Here are some tips for changing holiday madness into the season of serenity.

1. Practice deep breathing exercises throughout the day. If you notice that you are becoming agitated or stressed take a moment to breathe deeply. Close your eyes, breathe deeply into your belly (not your chest) and allow your body to soften with each exhale. Let the stress and worries leave your body.

2. Make a list of everyone you need to buy gifts for. Developing a gift list will take some of the stress out of purchasing gifts. You can also buy your gifts from the same store (e.g. candles, books, etc..) or shop from the same store on the web to decrease time and stress. Create a budget and spend wisely.

3. It is ok to decline invitations. Don't force yourself to spend time

with friends or family that causes chaos in your life. Spend time with people that you enjoy during the holidays.

4. Let go of the things that you can't control. Utilize your deep breathing exercises and allow yourself to let go. You can't control how much Uncle Harry is going to drink or the comments that Aunt Sally make towards the family, so remove yourself from the environment and give yourself permission to let go.

5. Don't compare yourself to other people. Think about how you want your season to be, what you want to do, and how you want to feel on any particular day. Then focus all of your energy on making that happen for yourself.

6. Schedule YOU time in your appointment book. Take time for a massage, to exercise, to meditate, or to take a bath. Become empowered and reduce your stress during the holidays by scheduling this into your day.

7. Think about the things that made you happy last year and plan on continuing them next year. Plan to eliminate anything

that creates stress and unhappiness in your life. If you have people in your life that create stress for you all year long eliminate them from your life if you can.

You won't be able to control everyone and everything in your life. Learn to let go of other people's judgments as to how you spend your holidays. The holidays come around one time a year, so enjoy them.

Take some time to think about the people you love and care about. Give them the gift of a phone call or note just to let them know how important they are to you.

Winter Discount

Give the gift of massage!

Gift certificates make a great gift for family, friends, and co-workers.

Purchase two 1-hour gift certificates at regular price and receive the third for only \$30.

Hurry, offer expires 12/23/05.
Not combinable with other discounts.