



Enhancing lives with healing hands.

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To the soul, there is hardly anything more healing than friendship.

Thomas Moore

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Tranquility

A publication of A.M. Massage

Think You're Drinking Enough Water?

By Leroy R. Perry, Jr. Condensed from *PARADE*

If you're not, you could end up with excess body fat, poor muscle tone, digestive complications, muscle soreness - even water-retention problems.

Next to air, water is the element most necessary for survival. A normal adult is 60 to 70 percent water. We can go without food for almost two months, but without water only a few days. Yet most people have no idea how much water they should drink.

Without water, we'd be poisoned to death by our own waste products. If there isn't enough water, wastes are not removed as effectively and may build up as kidney stones. Water also is vital for chemical reactions in digestion and metabolism. It carries nutrients and oxygen to the cells through the blood and helps to cool the body through

perspiration. Water also lubricates our joints.

The minimum for a healthy person is eight to ten eight-ounce glasses a day," says Dr. Flaks. "You need more if you exercise a lot or live in a hot climate.

At the International Sports Medicine Institute, we have a formula for daily water intake: 1/2 ounce per pound of body weight if you're not active (that's ten eight-ounce glasses if you weigh 160 pounds), and 2/3 ounce per

pound if you're athletic (13 to 14 glasses a day, at the same weight). Your intake should be spread throughout the day and evening. And by consuming those eight to ten glasses of water throughout the day, you could be on your way to a healthier, leaner body.

Daily Water Requirements: Drink 50-75% of your body weight in ounces. Sedentary people: 50%; Active people: 75%



Summer Sunscreen

Exposure to sunlight accounts for 90% of the symptoms of premature skin aging and skin cancers. The most important skin-care product available to prevent wrinkles and skin cancer is sunscreen.



While SPF measures the amount of UVB absorption, the only way to determine if a sunscreen protects against UVA and UVB radiation is to check the ingredients. A good broad-spectrum sunscreen should have an SPF of at least 15 and contain avobenzone, titanium dioxide, or zinc oxide.

Most people use sunscreen improperly by applying only 25% to 50% of the

recommended amount. Sunscreen should be applied to all sun-exposed areas so it forms a film when initially applied. It takes 20-30 minutes for sunscreen to be absorbed by the skin, so it should be applied at least a half an hour before sun exposure.

Adapted from: <http://dermatology.about.com/cs/skincareproducts/1/blsunscreen.htm>



Recipe of the Month

Almond Strawberry Salad

This month's recipe not only looks good, but tastes great and is designed to get you out of the kitchen and back in the summer fun quickly. An added bonus is the healthy nutrition for the family. Other berries (my favorite is raspberries) could be substituted for the strawberries.

Yum!

Ingredients

3 cups fresh baby spinach
1/2 cup sliced fresh strawberries
1/4 cup sliced honey-roasted almonds
1 tablespoon cider vinegar
1 tablespoon honey
1-1/2 teaspoons sugar

Directions

In a large bowl, combine the spinach, strawberries and almonds. In a jar with a tight-fitting lid, combine the vinegar,

honey and sugar; shake well. Drizzle over salad and toss to coat.

Nutritional Analysis: 3/4 cup equals 74 calories, 4 g fat (trace saturated fat), 0 cholesterol, 98 mg sodium, 9 g carbohydrate, 1 g fiber, 2 g protein.

Diabetic Exchanges: 2 vegetable, 1/2 fat.

Almond Strawberry Salad published in Simple & Delicious March/April 2006, p17



Pine Grove Chair Event

AM Massage had it's first chair event this March with great success.

A parent of a PAMA student approached Michael about putting on a massage event at Pine Grove Elementary School for teacher appreciation week.

After discovering the volume of teachers and staff that would be able to take part, Michael realized he was going to need some help. With the recruitment of a couple

massage buddies from his school the event went off without a hitch.

You can see more pictures of this event and AM Massage by being friends with Michael on face book.

If you would like to book a chair event for your work or special event call Michael.

303-204-3554.



Save the Trees

Email is the greatest; in fact, we don't know how we survived without it. It's an environmentalist's dream – all of our communications are digital & tree-free! But that's not true, is it? Many of us are still in the habit of printing out our emails, just in case we want to reference it later. This is almost never neces-

sary, and a new trend has sprouted on the internet to combat it.

You might have seen it already on the email signature of one of your contacts. It's a tree with a winding road, and a message: *"Please consider the environment before printing this email."* We believe this ever so subtle guilt-

trip has saved at least several reams of paper so far.



Stretch to Health

Three Simple Neck Stretches to Relieve Neck Pain and Stress

By tranquilityes

Whether you sit at a desk all day, work for hours at a computer, and have experienced a past neck injury, you can benefit from these simple neck stretches! **It will only take three to five minutes!** So....you can't use the "I don't have the time" excuse. It's also important to know that even though two of the three stretches don't directly involve the neck (*guess which ones*), the muscles being stretched are attached to the neck itself!

Stretch 1: Neck Stretch

There are six ranges of motion of the neck.

For best results, you should stretch your neck in all six ranges for 10-15 seconds, but if you are in a hurry, just stretch the ranges that are painful or tight! To begin, sit with good posture in your chair. Reach and hold the seat of the chair with your hands.



Neck Flexion (Chin to Chest) - Slowly begin to lower your neck down by lower your chin down to your chest and hold for 10-15 seconds.

Neck Extension (Lean

your head back) - Lower your head back as far as you can.

Right Lateral Flexion (Ear to Shoulder) - Lower your right ear towards your right shoulder.

Left Lateral Flexion (Ear to Shoulder) - Lower your left ear towards your left shoulder.

Right Rotation (Chin to Shoulder) - Slowly turn your head to the right. Your chin will be close to your right shoulder.

Left Rotation (Chin to Shoulder) - Slowly turn your head to the left. Your chin will be close to your left shoulder.

Stretch 2: Shoulder Shrugs



This particular stretch combines stretching with a common muscle relaxation technique called "Progressive Muscle Relaxation". It's really effective to relax the shoulders and neck!

Shrug your shoulders to your ears (as shown in the picture) and hold tightly for 2-3 seconds, still holding tightly rotate your shoulders back (you

should feel a stretch in the pectoralis muscles or chest muscles) and then relax them down into normal position. Repeat for 10 repetitions for best results!

Stretch 3: Upper Back Stretch



This great stretch works on the neck and upper back muscles.

Stretch your arms out in front of you and rotate your hands until your palms face away from each other. You can put both of the back of your hand together or you can put your palms together, which ever is most comfortable. Then bend over at the upper back like you are diving off the diving board. Be sure and flex your head (chin to chest) at the same time!

Working every day to take a little stress out of your world...

To learn more about other good stretches to do at the office or home and the source of the images shown above, visit the website below located on About.com.

<http://exercise.about.com/od/flexibilityworkouts/tp/officestretches>.

Here is the stretch of the month. Everyone has had or has neck problems.

Michael



Stress relief



AM Massage

Enhancing lives with healing hands.



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Of Current Concern

Methane is newest BP oil spill threat for Gulf of Mexico

The “flow team” of the US Geological Survey estimates that 2,900 cubic feet of methane gas is being released into the gulf waters with every barrel of oil. The constant flow of 20,000 barrels of crude oil would place the total daily amount of methane at roughly 5.8 million cubic feet.

Methane gas depletes the natural oxygen levels found in the waters of the Gulf of Mexico which are crucial for the survival of plankton and other sea creatures in the natural food chain. The high concentration of methane is now threatening to suffocate the seafood population.

The US Geological Survey team estimates that since the April 20th accident on the Deepwater Horizon oil

platform that 4.5 billion cubic feet of methane has already been released but the total amount could be as high as 9 billion cubic feet.

Scientists are now increasingly worried about the long term effect on maritime life and how long it will take the environment

to heal naturally before the habitat restores itself. This is the first time that the lasting negative effects of methane gas have been brought to the attention of the US Government.

The focus has always been on the cleanup of the oil spill for which no solution



is available immediately but is clearly visible on the shores of the Gulf States. The methane gas problem was put on the backburner initially because it is invisible to the naked eye.

That may change very soon as scientists fear that the methane gas spill has far more repercussions on local maritime life than the oil spill.

Written by Nick Doms © 2010, all rights reserved

Michael’s Message

I hope you all have enjoyed the first issue of Tranquility.

As the response comes in things may change and all opinions are welcome.

My tip for you is to have a safe and fun 4th of July weekend, and enjoy the beautiful Colorado weather this summer.

Thank all of you, for without you there would be no need for this publication.

Namaste,
Michael



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