

# THE HOME STRETCH



## Changes and Upgrades by Chris Harker, Owner

Welcome back to our second edition of the The Home Stretch. It's been another great month here at the clinic. Once again a big thank you to all who made it possible.

We have launched a new website and online booking system. The old system worked well but our needs are ever changing so we made the decision to upgrade to a more sophisticated system.

I know there have been some hiccups but really that is to be expected when integrating any-

thing new. After we work out the bugs it will be a much more user-friendly tool for everyone

One issue I would like to address is that it is not required to login in order to book an appointment online, it is merely an extra feature. If you choose to use it you can create a username and password but it's not necessary. As with any change it will just take some getting used to so please bear with us.

I would also like to take this opportunity to introduce Alyssa

Anderson, who joined our team just before Christmas. We're very lucky to have her onboard as she brings lots of enthusiasm and a great love for her profession. Alyssa's clients have been very impressed with their treatments and it's great to hear all the wonderful things they say about her.

Springtime is almost here and to help beat the winter blahs we're going to try having some more fun with creative ideas as the snow melts. Sincerely, Chris Harker, Owner

## Migraines by Brad Surette, BA, RMT

Millions of people suffer with the intense pain of migraines each year.

Stretching your entire upper body on a regular basis helps to diminish the frequency of migraines as does removing causes of stress in your life.

Starting a yoga class, deep cleansing breaths, and meditation are all great ways to reduce stress as well as being highly effective forms of preventative maintenance.

But what can you do when you are already in the midst of a crippling migraine?

First, grab an ice pack or a frozen bag of vegetables. Place the cold source on top of your head (using a winter hat is a great way to hold the ice pack in place).

Next, fill up the kitchen sink with water as hot as you can tolerate. Immerse both forearms into the hot water. You will want to make sure your entire forearms, from the hands to the elbows, are immersed in the hot water.

Now soak your arms for the next three to five minutes. Do not be alarmed at how red your arms become. This is the normal response and a good indication

relief is minutes away.

During a migraine episode the blood vessels in the head tend to dilate and become swollen with blood causing increased pressure and pain.

The ice causes vasoconstriction (narrowing of the blood vessels) which reduces swelling in the brain. The hot water causes vasodilation (widening of blood vessels) which helps divert the excess blood away from your head giving you quick relief. Try it, it works! - Brad Surette, BA, RMT

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### Special points of interest:

- Upgraded Website and Online Booking
- New Staff: Alyssa Anderson, RMT

## LaStone Therapy by Shannon Ashton, RMT



LaStone Therapy, both hot and cold, combine modern and ancient wisdom. We have the scientific ability to prove the effects of heat and cold on the body, an ancient form of treating that we can harness still.

Some tribal Native American elders and medicine keepers consider stones to have souls and refer to them as "stone people." They considered all stones to be ancient beings and record keepers who, when used in healing, allowed the recipient to recall lost truth.

The Charaka Samhita, the oldest recorded medical doctrine, dating 7,000 years, indicates that stones were heated in warm, aromatic oils in a ritual healing ceremony and applied to the body with herbs for various conditions.

In Japan warm stones were inserted in the Kobi around the waist to aid in digestion.

In Europe warm stones were used to aid women during pregnancy and labour.

Traditions of the kinds of stones used in therapy are differing depending on the treatment and cultural histories. In LaS-

tone therapy the most commonly used stones are basalt for the heat and marble for the cold. As a rule these are both good for holding the temperatures they are used for. As a therapist there is some ability to choose different stones for the same purposes, a favourite alternative for the hot stones is jade stone, for the cold many enjoy the therapeutic qualities of labradorite.

In a LaStone treatment the massage is performed entirely using the stones. Warm oil is drizzled over the body and hot stones are used to warm the muscle tissue, as the heat of the stones penetrates deeply into your muscles you can feel the stress and tension blissfully melt away.

Working with the heat the stones allow your therapist to work deeper than in a regular massage, generally providing faster, longer-lasting results.

You can expect your LaStone therapist to also use cold stones in this treatment; the cool stones are used to work on areas that would ordinarily be painful.

Your therapist will introduce the cool stones gently, some people have described to sensation as a waterfall gently running through your body. The cool therapy counters the pain signals to the brain

allowing your therapist to focus on your areas of daily discomfort.

Hot and cold stone massage are used by people for many reasons, though the therapist is able to work deeper many people enjoy this style of massage simply for the relaxation it provides.

As a Registered Massage Therapist, and a LaStone-Therapist I see the need for hydrotherapy on a daily basis. Many conditions I see are due to stress, tension and overuse, causing the muscles to become fatigued and hypertonic. Often when I have someone come for a treatment of chronic headaches a main form of care I will recommend is hot hydrotherapy. Whereas when someone comes for a treatment of an inflammatory condition such as tendonitis cold hydrotherapy is more likely to be of use.

LaStone therapy is a favourite modality of mine due to the ability to cater the specifics to each person's unique and individual needs. - Shannon Ashton, RMT, LaStone



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## Equine Reiki Healing by Brad Surette, BA, RMT

It's no secret that lately all I think about and talk about is equines. You know it's bad when my massage therapy clients come for their treatments and ask about my horses by name.

My introduction to horses came from my partner, Merv. He owns two chestnut mares. Both horses are Appaloosas who exhibit unpredictable behaviour at times. Well, I guess any horse always has that potential but these two horses were purchased as broodmares and neither one was adequately halter broke at the time of their purchase.



Izzy is sixteen years old, high strung, a weaver, and known to throw a tantrum when she doesn't get her way. When Izzy gets upset she often rears, bucks, screams, and goes as far as ripping the rain gutter off the barn to express her anger. She's an Aries which I think explains a lot - being one myself.

CeCe is thirteen years old and spent part of her life on a PMU farm where pregnant horses have a urine bag attached to

them to collect their urine. This urine is made into Premarin, the drug that many women take during menopause.



Having been confined to a small straight stall on the PMU farm CeCe still refuses to lie down in her much larger box stall. It actually causes her great anxiety and she even chooses to stand while sleeping. CeCe is also very head-shy and spooks easily.

So, considering the first time I was introduced to horses was less than one year ago I guess it was a good thing to start with these troubled friends. Not having a background in equine behaviour I communicated with them the only way I knew how. I started by offering them Reiki. Reiki was my first introduction to holistic healing long before I had discovered the fine art of massage therapy.

The first time I performed Reiki on Izzy in her stall she turned to face me, looked right into my eyes, opened her heart chakra completely and started to release stagnant energy she had been holding. It was quite a humbling experience to say the

least.

CeCe was a slow start but eventually grew to trust me and "ask" for Reiki by coming to me instead of me going to her. That was a huge step! CeCe no longer requires the Reiki to be approached. She actually comes to the stall door now and requests that her cheeks be rubbed. Not bad for a head-shy horse. However, I am still the only person she will let do this. As you can imagine I get pretty overwhelmed with emotion as this trust and bond continues to grow.

Shortly after performing about five or less Reiki sessions on Izzy another true realization and deep appreciation for Reiki had hit me in a way I hadn't experienced working with people. One day a neighbour's horse had been harassing Izzy until finally she had enough and tried to strike him through a page wire fence. Needless to say her leg got caught and she started to panic. My partner arrived first on the scene and called for me to come quickly. I don't think I was prepared for what I was about to see. While Merv was trying to untangle the mess of the fence Izzy panicked and began struggling to free herself but only made matters more complicated. After noticing the cuts and the bleeding on her leg we imagined the worst and prepared for more. Merv asked me to do Reiki on Izzy thinking it may calm her down. I

was very surprised because I didn't think he was a real believer in the power of Reiki. Well, I did it anyway and as soon as I placed my hands on her heart chakra she turned to look into my eyes. Then she sighed very deeply and believe it or not she stood perfectly still while Merv separated the wire fence and lifted her leg from the tangled mess. Even after Izzy's leg was free she patiently continued to stand there accepting Reiki until she was told to move along.

With Reiki, the horses and I established what I consider an incredible rapport. Talking softly, grooming, feeding, cleaning the stalls, and paying attention to their body language taught me more than I imagined and sparked my interest to work more with horses. My love for these horses continued to grow and hasn't stopped.

In August 2009, I decided to take the plunge and purchased my very own horse when she was just three months old.



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Colby is a beautiful Bay Appaloosa with a unique snowflake blanket and one white sock who also loves her very own Reiki treatments.

Animals are naturally receptive to Reiki energy and tend to gravitate towards it more readily than most humans.

Not once has a horse ever asked me "Does Reiki really work?" I think this is because they rely more on what they feel than what they can explain.

Reiki can treat pain, anxiety and

behavioral problems but it can also help maintain and promote physical, emotional, spiritual health and well-being.

So, if you've been wondering what Reiki can do for you then consider this information straight from the horse's mouth. - Brad Surette, BA, RMT

In June 2010 Brad will travel to New Brunswick to study and become a Certified Equine Massage Therapist. The program is being offered by Sidonia McIntyre of Equine Rehab.



### Chromotherapy by Brad Surette, BA, RMT and Merv Veinot

Chromotherapy, sometimes called color therapy or colorology, is an alternative healing modality. It is claimed that a therapist trained in chromotherapy can use color and light to balance energy wherever a person's body may be lacking, be it physical, emotional, spiritual, or mental.

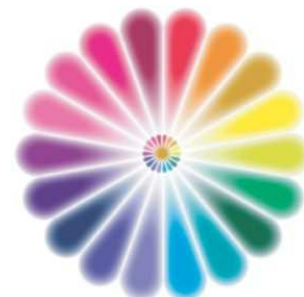
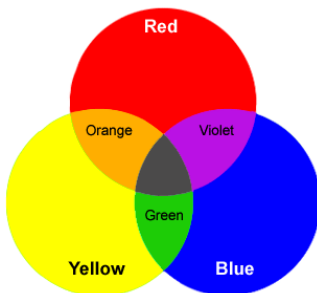
Each color of the light spectrum has its own properties. They can be divided in two main groups, warm and cold. Warm colors have a longer resonance whereas cold colors have a shorter wave length. They can be divided

as follows: Warm colors are red, orange, and yellow. Cold colors would be blue, indigo and purple. Green is considered a median color.

Associated with vitality, red is considered a stimulating color, usually used to create an exciting, sensual environment. Green has a more sedating effect, representing balance, harmony and peace. Because of its neutral vibration, green is considered a fresh and fortifying color. Its relaxing effects are often used to help create a serene, calm atmosphere. Blue, a cold color, is usually associ-

ated with power and authority. It may be the best color to use while soaking in the tub and relaxing tired body and muscles after hard or vigorous exercise. Some believe that blue establishes an atmosphere suitable for meditation.

So, when you look at your surroundings take note of the dominant colors and ask yourself how they make you feel and what possible effects they may have on you. - Brad Surette, BA, RMT and Merv Veinot, Sales & Design with Elements Bath and Fireplace



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### MARCH NEWSLETTER

Thank you to the following contributors:

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### **Salt Lamps by Ashton Power, RMT**



Have you ever noticed how long hours spent surrounded by technology can often give you a headache? Sure, it's easy enough to blame it on the lights, your lack of movement or dehydration, but the fact of the matter is, your body is also being affected by electromagnetic pollution. As we have come to depend on technology, we have also

become more susceptible to fatigue, depression, and other minor aches and pains.

Why is this happening? What is electromagnetic pollution you might ask? Electromagnetic pollution is what we call man-made electromagnetic fields which vary in frequency. Such things can be found all over, more commonly in devices such as cell phones, computers, even cars, and house wiring, it's everywhere and it's affecting you even now as you sit here reading this.

The fields emitted by such electronic devices cause the number of negative ions in the air to decrease. This decrease is what causes a drop in your concentration or mood. When you enter an atmosphere untouched by electronics such as a forest, park or beach, the number of negative ions increases, and a general sense of calm is returned.

Now, how does one achieve such tranquility and peace within their home or office?

A salt lamp is a wonderful, attractive and inexpensive way to find that little piece of Zen you've been missing. Its design is simple, a piece of salt rock hollowed out in order to fit a bulb or candle inside. The light then glows through the medium of salt in a soft and calming way providing you with a soothing, relaxing and rather refreshing environment.

When the salt rock is heated it lets off negative ions, those same ions that are found in sea or mountain air. The larger and warmer the lamp gets, the more space it covers, helping to increase circulation and decrease the presence of fatigue and headaches. A salt lamp's allure is found not only in its calming glow but in its healing effects. - Ashton Power, RMT