



Congratulations in your choice to receive bodywork, it's a great avenue to a healthier, happier you. When you choose to take care of yourself, your life transforms, taking care of your health is the most important thing you can do for you, and those you love.

The client handbook is designed to help you understand the theme, purpose and theory of the bodywork sessions you will be receiving. It is most effective when the information is used along with your weekly bodywork sessions. Together we will identify your needs from every level, allowing you to step into your power, opening you up to the possibility that you can and will achieve your desires to be in harmony with yourself.



Confidentiality is guaranteed, what occurs in the therapeutic setting remains private and protected. First and foremost, the issue of confidentiality concerns the client's rights to privacy and safety. These rights belong equally to every client regardless of age or status both verbal and written interactions you may have with your therapist are confident.

Massage is one of the oldest healing techniques used to help us overcome psychological and physical health problems. It has probably been used since the dawn of human evolution and has been found to have been used in countries all over the world and in the early part of this century it was used in orthodox medical hospitals and clinics, massage fell out of favor when high tech medicines for surgery and pharmaceutical use began to dominate our health care system.

Massage is one of the easiest ways of attaining and maintaining good health and well being. It's a healing instinct, innate in all of us, to rub an aching knee, or stroke a furrowed brow. Headaches, aches and pains, insomnia, tension and stress can all be alleviated with one simple instrument -- our hands.

The basis of massage is touch. There is increasing medical evidence to show the great value of touch. Touch is so natural, that without it people become depressed and irritable. Observations show that children brought up in families where parents and children touch each other are healthier and more able to withstand pain and infection than those children deprived of touch. They tend to sleep better, are more sociable and generally happier.

Despite all the evidence to show the benefits of touch, we are still hesitant about touching each other. We think this is due to confusion between sensuality and sexuality. Because we are so afraid of the connection between sex and touch, we have formalized touch. There are only a few occasions when adults are allowed to touch each other freely. Massage removes the taboos of touching and allows people to touch in a positive way.

Benefits of Massage



Massage has amazing effects on the health of the person being massaged. It improves circulation, relaxes muscles, aids digestion, and by stimulating the lymph system, speeds up the elimination of waste products. These direct benefits, combined with the psychological benefits of feeling cared for, quickly produce a wonderful feeling of well-being that cannot be matched by modern drugs.



Body

Human anatomy is primarily the scientific study of the morphology of the adult human body. Anatomy is subdivided into gross anatomy and microscopic anatomy. Gross anatomy (also called topographical anatomy, regional anatomy, or anthropotomy) is the study of anatomical structures that can be seen by unaided vision. Microscopic anatomy is the study of minute anatomical structures assisted with microscopes, which includes histology (the study of the organization of tissues), and cytology (the study of cells). Anatomy, physiology (the study of function) and biochemistry (the study of the chemistry of living structures) are complementary basic medical sciences which are usually taught together (or in tandem).

The human body consists of biological systems that consist of organs that consist of tissues that consist of cells and connective tissue.

The history of anatomy has been characterized, over time, by a continually developing understanding of the functions of organs and structures in the body. Methods have also advanced dramatically, advancing from examination of animals through dissection of preserved cadavers (dead human bodies) to technologically complex techniques developed in the 20th century.

Each student will get to know their body at the deepest level, as we explore the anatomy and physiology of our bodies we discover just how amazing the human body is. Once we discover what a miracle our bodies are we then explore how to better serve them, by strengthening, nurturing and loving them.

- Headache
- Chest pain
- Pounding heart
- High blood pressure
- Shortness of breath
- Muscle aches
- Back pain
- Clenched jaws
- Tooth grinding
- Stomach upset
- Constipation
- Diarrhea
- Increased sweating
- Tiredness
- Sleep problems
- Weight gain or loss
- Sex problems

- Skin breakouts



Mind

One way to think about mental health is by looking at how effectively and successfully a person functions. Feeling capable and competent; being able to handle normal levels of stress, maintaining satisfying relationships, and leading an independent life; and being able to "bounce back," or recover from difficult situations, are all signs of mental health.

Stress symptoms often mimic symptoms of other problems. You may think illness is to blame for that nagging headache, your frequent forgetfulness or your decreased productivity at work. But the common denominator may be stress. Indeed, stress symptoms can affect your body, your thoughts and feelings, and your behavior. Stress may be affecting your health, and you may not even realize it. Recognize common stress symptoms - then take steps to manage them.

BENEFICIAL BIOCHEMICAL EFFECTS OF REGULAR MASSAGE

Research indicates that massage can be of value in helping reduce stress, anxiety and depression. Massage causes the body to release many therapeutic mood and health enhancing chemicals; it increases dopamine and serotonin and reduces the stress hormones cortisol and adrenaline. It increases the relaxation alpha brain waves and also increases pain relieving levels of endorphins. Massage lowers noradrenaline and lowers the stress hormone ACTH (Adrenocorticotrophic hormone). Massage boosts the immune system, stabilizes blood sugar levels, improves lung function and peak air flow, it generally reduces the number of visits to the doctor whilst increasing work productivity.

Regular massage can help to reduce our anxiety levels. Research by Tiffany Fields, at the Touch Research Institute at the University Of Miami School Of Medicine in the USA looked into the therapeutic value of massage in reducing anxiety and depression. The data from this study indicated that massage produced marked reductions in anxiety and depression in people who were massaged, but not in a control group who were not massaged. Mood and sleep patterns also improved they slept more soundly and for longer periods of time. The subjects massaged were found to have lower levels of cortisol stress hormone in their saliva and depressed people also had lower levels of urinary cortisol and noradrenaline which increase in times of stress.

Other studies have confirmed this research. Adults with chronic anxiety problems, people with muscle tension, aches and pains etc, who did not improve after being given anti-anxiety medication/antidepressants, muscle relaxants and relaxation training, were given a course of massage. Afterwards most reported less tension, pain and need for medication.

- Anxiety
- Restlessness
- Worrying
- Irritability
- Depression
- Sadness
- Anger

- Mood swings
- Job dissatisfaction
- Feeling insecure
- Confusion
- Burnout
- Forgetfulness
- Resentment
- Guilt
- Inability to concentrate
- Seeing only the negatives



Soul

Since antiquity, spirituality has been a part of massage. For instance, we know after the fall of Rome, written accounts document medically-trained monks practicing massage and anointing with oils. We also know that around 1st century B.C., the Therapeutae, a pre-Christian order, included spiritual healing as part of physical healing. In fact, the Greek philosopher Philo of Alexandria writes that these philosophers "profess an art of healing better than that current in the cities, which cures only the bodies, while theirs treats also souls."

It's somewhat disheartening that after more than 2,000 years there has been little progress in "treating the soul." Instead, addressing physical manifestations has remained par for the course in the massage profession since Cornelius E. De Puy (the father of massage therapy in the United States) published his first journal on the subject in 1817. In turn, a large schism has developed between spirituality and massage practice. Also unfortunate, because discussing religion is often taboo, even amongst the closest of friends and co-workers, and because so many different belief systems exist, it's sometimes difficult to establish a common line of communication.

Ultimately, body workers have more in common than not. Regardless of religion, or the lack thereof, most feel there is an underlying spiritual motivation to their work, further compounded by the belief in the connection between practitioner and client. Some attribute this to God, Earth, Higher Power or nature. Call the source whatever you like, most practitioners feel something special occurs when bodywork is performed.

- Overeating
- Under eating
- Angry outbursts
- Drug abuse
- Excessive drinking
- Increased smoking
- Social withdrawal
- Crying spells
- Relationship conflicts
- Decreased productivity
- Blaming others

Relax and enjoy the session

Whether it's your first massage, or you are a regular recipient, there are certain things you can do to ensure you receive maximum benefits and enjoyment.

The idea of getting a massage for the first time can be an intimidating experience. Professional massage therapists understand this. They are trained to make you comfortable and put you at ease. Your ability to relax is crucial, if you are uncomfortable or preoccupied, your body will not be able to receive the many benefits of massage.



Arrive on time, or better yet plan to be a little early. If you arrive in a rushed, frenzied state it will take you longer to relax. If you're late your massage may be cut short.

Try not to eat for a least an hour before your massage. During your massage your body should not have any "work" to do. If your body must work to digest food it will not be able to receive therapeutic benefits as easily.

Turn off your cell phone and pager. Your mind as well as your body should be free of distractions. You do not want to be interrupted just as you're drifting off into a state of deep relaxation.

Don't use your massage time to make a mental to-do list, or to worry about your problems. If you allow your mind to let go during massage, you may come off the table with a fresh outlook and renewed mental clarity providing clear solutions to your problems. If you are bothered by racing thoughts, try focusing on the music or mentally following your therapist's hands.

Don't feel like you have to socialize. Professional massage therapists will not make conversation with you unless it has to do with the comfort and outcome of your massage. Likewise, they don't expect you to entertain them with conversation. Talking can hinder the effects of "feeling" and can inhibit your body from letting go of tension. Many massage therapists prefer it quiet so they can "listen" to your body with their hands.

If you must talk, do so in the first five or ten minutes of the massage. Be sure to let your massage therapist know if the pressure is too hard or too soft, if the room is too hot or too cold, if you don't like the music, or if you're uncomfortable. The massage therapist can change the environment to suit your needs.

Remember to breathe. If the therapist is on a tender or sore spot, you may tend to hold your breath or tighten your muscles, both are counter-productive. Take a deep breath and let go. Imagine yourself breathing into the area of discomfort. This will help relax the muscles and relieve tension.

When the massage is over, take your time getting off the table. If you get off too fast, you may feel dizzy, lightheaded or disorientated. Drink extra water after the massage, it will help flush the body of toxins that have been released during the massage.

Make your next appointment! The therapeutic effects of massage are cumulative. If massage is received on a regular basis, your body will respond quicker and relaxation will be deeper. If possible plan your massage for a time when you don't have to rush back into a frenzied state of being. Staying in a relaxed state will allow your body and soul to continue absorbing the therapeutic effects for hours after the massage is over

Breathe with every movement



Breath and breathing techniques

Blessed are they who are intimate with their breath for they shall receive the "I am of the universe".

Knowledge gives us an opportunity to think differently than do differently allowing for different results throughout your entire body. Breathing is a function of the diaphragm muscle which separates the chest, organs, heart, and lungs from the abdominal organs and digestive organs

Oxygen plays a vital role in the circulatory and respiratory system. As we inhale, oxygen purifies our blood by removing toxins and waste product which may be circulating through our blood systems. Irregular breathing will hamper this purification process and cause waste product to remain in our systems. Digestion then becomes irregular, leaving our tissues and organs undernourished. Improper oxygen consumption may lead to fatigue and anxiety.

As you practice various breathing exercises, you will be more aware of the tension before it takes a hold on you, and will become skilled at relaxing it through your breath. Your neck and shoulders will get the release they need to relax and stop contracting with every breath you take.

Behind your nose is gas called nitric oxide, not nitrous oxide (laughing gas), that is sucked into your lungs and relaxes all the arteries as it gets into your bloodstream. This gas is a neurotransmitter that stimulates the brain.

Over 70% of waste product is eliminated through our breath and our skin. When our blood is heavily oxygenated it becomes very difficult for viruses and bacteria to grow in our bodies while supporting our muscle growth, when we are in a difficult moment, there is a tendency to hold our breath. When we hold our breath it locks in the moment of tension in our cells. The more we do this, the more the tension piles up, and soon we are only using approx 25% of the capacity to breathe, leaving you with low energy levels.

The majority of us use, one of three kinds of breathing, upper, center, lower or full breathing is required to maintain good mental and physical health. Proper breathing is necessary for a healthy life and cleansing our inner body systems. The following breathing techniques are the soul in reducing anger, anxiety, depression, fatigue, irritability, muscular tension and stress.

Superior breathing- primarily takes place in the chest and lungs. Also referred to as upper, clavicle, shallow or collarbone breathing. This method of breathing takes place in the chest and lungs raises the rib cage, collarbone and shoulders. Can cause neck and headaches spine arm

and/or hand numbness resulting in carpal tunnel syndrome symptoms. The forward head position puts strain on the jaw and temporomandibular joints. Possible reasons for upper breathing:

- Asthma
- Full stomach
- Stomach ache
- Tight clothes
- Stress or tension

This method of breathing has the least benefits for you. There is minimum space for the air to consume the upper lobes of the lungs and ribcage has little expansion. The shoulders are raised abnormally high, which eventually causes stress and tension on the neck and shoulders.

Medial breathing- primarily takes place in the middle of the lungs. Also referred to as middle, thoracic, intercostals or rib breathing. Like in upper breathing (shallow) and chest expands somewhat, and lower diaphragm moves up and down and abdomen in and out somewhat. The difference is that the ribs expand sideways, nested or upward. It is going one step further from upper breathing.

Possible reasons for center breathing:

- Habit
- Lung infections
- Smokers

Inferior breathing- primarily takes place in the lower part of the chest and lungs. Also referred to as lower, abdominal, belly and diaphragm breathing. Inhaling pushes the stomach gently forwards using no strain, then exhaling allowing the stomach to return to its normal position. Kids do superior and center breathing naturally. Place one hand on your chest, and the other on your abdomen above your navel below the rib cage, observe your body movement. On the inhale, your abdomen expands and your rib cage lowers. The exhale, your abdomen sinks into your spine. Encouraging the mind and body to relax.

- More air is taken in
- The diaphragm acts like a second heart, improving circulation
- Organs are massaged by the movement of the diaphragm
- Benefiting the solar plexus, our nervous center
- Improves digestion and immune system
- Removes compression on the neck
- Removes compression on the nerves to the arms and hands
- Relaxes the mind and calms the thoughts and feelings

To increase the awareness of your diaphragm, as well as strengthen the diaphragm muscle, place a book or something heavy on your abdomen while you breathe. This allows the diaphragm to get stronger and helps abdominal breathing in stressful situations.

Primarily takes place on the exhale, inhale through the nose slowly, then exhale through pursed lips, as if you are blowing out a candle placed a ½ of foot away from you. While inhaling, let your abdominal wall move out and while exhaling let it move in. Keep your mind on your breath, only. While inhaling, feel the power and energy flow and while exhaling, imagine pushing out tension, stress, and disease.

- Promotes deep relaxation
- Strengthens nervous and respiratory system
- Improves concentration
- Relieves stress, depression, and hypertension

Sit comfortably in an erect position, exhale through your nose. Contracting the abdomen and release quickly, immediately follow with another forceful exhalation. Inhale passively and effortlessly, gradually increasing the frequency.

- Cleans capillaries
- Purifies the frontal portion of the brain
- Aids in combating nervous disorders

Inhale, count slowly until you feel filled with your breath, then hold for a count of three. Slowly exhale, counting till your breath is expelled, count to three slowly, repeat. After practice, you will notice a gradual increase in the length of time you use following your breath, throughout the relaxation process.

- Reduces blood pressure
- Improves immune system
- Calms the mind
- Clears the thoughts
- Meditation, concentration, technique

Alternative nostril technique - Primarily takes place in a seated position. Hold your nostril closed on the right side of your face, while inhaling through your open left nostril, counting to three. Exhale, counting to three. Alternate nostrils, while adding counts to four, then five, then six, repeating the cycle. If you feel blockage in the nasal area, do not force the process. Purchase a knotty pot and rinse the sinus cavity with warm salt water.

Roll and erect the tongue, inhale through the rolled tongue, then close mouth and exhale out of the nose.

- Treating fever
- Cleanses liver and spleen
- Blood purifier
- Reduces blood pressure
- Calms the nerves system

Sit erect, inhale slowly and deeply, breathe though your nose. Let the inhalation pass through the throat. Gently plug your ears and close your eyes, exhale slowly while humming, feel the vibration.

- Good for the voice box
- Pregnant and labor preparation
- Promotes peace and joy.

After your massage session

Drink plenty of water

Water: although taken for granted, is one of the single most important things in our lives, second to our breath.

Water is the most important catalyst for losing weight and keeping it off.

By way of suppressing the appetite naturally, and metabolizing stored fat. Water plays many roles for our body, it carries nutrients and oxygen to the cells, aids in temperature regulation, provides lubrication and shock protection for joints, participates in chemical reactions, and protects organs and tissues. Our kidneys can't function properly when there is not enough water. Water "reduces fluid retention" when the body isn't receiving enough, it will hold on to what little it has, a sure sign of this is swollen feet, legs, and hands.

Water helps to maintain proper muscle tone by giving muscles their natural ability to contract, preventing dehydration. When we are hydrated the skin is plump, clear, healthy and radiant.

Water helps rid the body of waste relieving constipation. When we drink enough water, natural bowel movements will occur daily, easily and effortlessly.

The human body is made up of about 66% water. 75% of the human brain is water; 83% of the blood is composed of water; our bones are 25% water; 70% of the skin and muscle tissue is water.



It's important to drink one half of your body weight in ounces per day. An average of 64 ounces of water per day. Coffee, pop, and alcohol are dehydrates, for every glass of these you chose to drink, you need to drink an extra glass of water to compensate.

It has been said that, you can survive about a month without food and only 5 -7 days without water. Bottom line, drink plenty of water.



Exfoliate

New skin cells are created in the skin's surface layer, over time; cells migrate to the surface of the skin and become acidic. During their 30 day journey they die and become saturated with keratin. Keratin is important because it protects the skin from outside elements. During aging and after menopause the natural process of skin erosion becomes uneven, which gives skin a dry and rough character. Exfoliation removes the outer layer to reveal the newer skin beneath. This shedding of the outer layer unclogs pores, keeps skin clean, and helps reduce acne breakouts. It is considered the first step in cleaning the body, followed by washing with a hypoallergenic soap, then moisturizing. Exfoliation is important for men as it exposes the hair follicles, allowing a cleaner smoother shave. It is possible to overly exfoliate, which dries and irritates the skin. The face is the part of the body most sensitive to exfoliation. Dry skin can lead to wrinkle development. The process involves physically scrubbing the skin while using a wash cloth, add a bit of sugar or salt for a more abrasive scrub. Exfoliating after a massage session is advisable since toxins have been stimulated throughout the body.

Take a bath

Baths are nice. Whether you bathe to clean up or to relax, a bath can be an enjoyable experience. Buy a bath pillow, lie back, put your legs up on the tile, and relax.

Journal

Those who consistently journal report better understanding of themselves, being more in touch with feelings, and being better able to deal with the past. Journals can be done by all ages, without worry of grammar, spelling, or vocabulary. It is the ultimate self-help tool and also the most cost efficient.

There is no "right way" to journal. The journal's experience can be as unique as the person doing it, it can also be adapted to suit the individual needs. Buying an expensive journal is not necessary. In fact, most therapists report better results when their patients use an ordinary spiral notebook or legal pad, at least in the beginning. This reduces performance anxiety of having to write something profound. One therapist advised her client to write on the first page of her notebook, in large letters, "There is no RIGHT way to do this!"

For a lot of people, getting a good night's sleep is a problem. But there are steps you can take to try and relax, and you'll slip into a state that will allow sleep to take it over, before reaching for a sleeping pill.

The importance of sleep: What is insomnia, exactly?

Some people think that it only means not sleeping for days on end, but that's not entirely true. Insomnia simply means you have trouble sleeping. Whether its trouble falling asleep, trouble staying asleep, waking up earlier than you want to, or not feeling refreshed when you do wake up. Just having one of these symptoms is enough to say that you have insomnia. Our bodies are naturally programmed to feel sleepy at night and alert during the day. This is known as the sleep-wake cycle, and many things can disrupt it and cause insomnia. Everyday stress, illness, and jet lag can be factors.

What happens when we don't get enough sleep?

Insomnia can affect your concentration, coordination, mood, and health. And that can be hard on you and the people around you. By comparison, people who sleep well, miss fewer days of work, are less prone to accidents, and visit the doctor less.

Back to basics

1. Exercise for thirty minutes a day. Yes, you hear exercise will help everything, but in this case it can be true. Exercise relaxes the body and muscles. It also makes us tired. But try to do this at least six hours before your bedtime. When you exercise your body temperature rises (you hope). You want your body to have plenty of time to cool down before bedtime.
2. Go to bed every night at the same time. You should also get up around the same time every morning. This includes weekends and days off from work. Our bodies have internal clocks; they run better when these internal clocks work on schedule.
3. Reduce your stress. Stress can be the reason you are staying awake. It isn't possible not to have some stress in your life, but you can try to reduce it, and definitely try not to focus on this stress before bedtime. Try to think happy, peaceful thoughts.
4. Keep your bedroom a cooler temperature than the rest of the house. It is a known fact that if you can snuggle under a blanket or even a sheet, you will sleep better. A hot bedroom is a stuffy bedroom, not a relaxing one.
5. Slow down on your liquid intake before bedtime (preferably about two hours before bedtime). If your bladder is full, you will wake up. Waking up in the middle of the night, may mean you won't be able to go back to sleep.
6. Don't snack on spicy, hot or high fat foods before bedtime. It can mess up your stomach causing indigestion and keep you awake. Try light snacks instead, like cereal and nonfat milk.
7. Watch your caffeine intake. Caffeine makes us hyper, this can keep us awake. If you must drink caffeine products, try to drink them six hours before your bedtime.
8. Receive a relaxing Swedish massage before bed.

Massage schedule

I recommend that you have a series of massages. Join a low impact yoga course and eat organic, non-processed foods to receive the full benefits of the nine sessions. After the completion of the series, it is suggested that you return monthly for a session or sooner, if you have a therapeutic need. When stress levels are higher, it is recommended that you increase your visits.

I look forward to working with you, in meeting your needs.

Sincerely,

Trinity School of Therapeutic Massage
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