

# The Balanced Body Shoppe News

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## **A Personal Journey Account Help for Dementia & Alzheimer's**

It seems that every day I hear more about Dementia and/or Alzheimer's affecting either someone I know personally, or someone connected to one of my clients.

Even when one of those conditions is not present, more of us (including myself) seem to be having problems with our memory. During a session, a client offered to send me a link to an article that she had found helpful. Once I read the article, I remembered hearing about one of the supplements mentioned and have found out that Now Foods has that item. I have added it to my own personal daily routine (just this week) and am making small steps to modify my diet to see if the changes that are suggested will help my own failing memory. I hope that you find the article helpful for you or someone that you know and that it will spark you to do further research on the subject.

This is a good place to mention that if you have information that you think others will find useful, please pass it on to me! If I cannot include it in my newsletter I will certainly have it available for people to read at my office. Here is the link to the article. If you cannot click on it, do a copy and paste into your browser.

<http://www.cbn.com/cbnnews/healthscience/2009/September/Overcoming-Dementia-Letting-Nature-Fight-Back/>

## **New & Gift Items from the Shoppe**

The Balanced Body Shoppe is now an official source for Charlotte Arville Glass Creations. Charlotte's creations caught my eye several years ago. Now, just in time for gift giving, I am taking orders for (or have in the shoppe) her cats, snowflakes and rainbow or chakra stars. View them on the website at [www.thebalancedbodyshoppe.com](http://www.thebalancedbodyshoppe.com) and click on Gifts & Products.

## **Special Offerings for Email Clients ONLY**

This offer will be made ONLY to those of you who receive my email newsletter and is good thru November 2009. Ask for the special email prices at time of purchase. These specials are not available to the general public – they are in the body of the email that accompanied this newsletter to BBS clients. If you are not currently receiving the BBS News but would like to, please send an email to [info@thebalancedbodyshoppe.com](mailto:info@thebalancedbodyshoppe.com) with the subject line: Sign me up for the BBS news. Include your contact phone # as well as your email address and name.

## **New Offerings in the Shoppe:**

- Quality Whey Protein Mix for Energy or Athletes
- Fish Oils & Fiber Supplements
- Healthy Snacks & Stevia Sweeteners
- Dr. Singha's Mustard Rub and Bath Products

## **Muscle Tips for the Fall Season**

The days are shorter and the chill is beginning to set in. It is Great weather for exercising outside and for most of us, we seem to have some extra energy because of the coolness. But remember that with the cooler weather you need to pay extra attention to making sure that you warm up sufficiently before really getting into your workout. Sufficient warm up not only gets your tissues soft, lubricated and oxygenated so that your body can burn fuel more efficiently; it also helps to protect you from injury. When your muscles and tissues are not warmed up, they do not respond as well and have restrictions in them that can cause strains and sprains.

The cool down is just as, if not more so, important. Take at least 10 minutes at the end of your workout to cool down and stretch ALL of the areas that you just exercised. This is the part that most of us fail to do and what you do here sets the stage for your recovery from the workout. It allows the fascia to conform to lengthened rather than shortened muscles. (Remember that fascia is 2000 lbs / square inch strong.) Stretching allows more blood flow and oxygen to reach your muscles, making them stronger and healthier. It also allows for the removal of the waste products that were generated during your workout.

### Basic Massage Therapy Prices

½ hr - \$35 \* 1 hour - \$60 \* 1 ½ hour - \$90 \*

\*Additional minutes @ \$1.00 per minute

\* Prices are for basic Swedish and/or Deep Tissue Massage.

\* Gratuities accepted but never required

[Ask about pricing for massage cupping, hot stones, specialty aromatherapy sessions, insurance cases, reflexology, etc.](#)

**\*\*Outcalls** begin at \$120 / hour and includes up to one hour of travel & set up time. Add'l sessions/ same location \$75 / hour

**\*\* Four (4) Therapy Rooms. \*\* Appointments Encouraged**

– *Walk-Ins welcome if a therapist is available. We check the voice mail between EVERY session & will call you back.*

**\*\* All Therapists are Nationally Certified.** Several therapists are further certified in Pregnancy, Reflexology and other modalities. **See our Profile Book in the Lobby and try ALL of our therapists.**

Appointments are scheduled **by phone only**, please do NOT email

### Cancellation Reminder

Our cancellation policy is a **minimum 24 hours** notice. Those who cancel with less than 24 hours notice may be charged the full amount if the therapist is unable to reschedule the time that has been *reserved for YOU*. We appreciate your understanding and cooperation with this policy. If you must cancel with less than 24 hours notice,

*Consider sending someone in your place.*

### Early Morning, Evening & Saturday Appointments for your convenience

Please recycle this newsletter-**Share it with your friends, co-workers and family** who can sign up by emailing me with the subject line "Sign me up for the BBS News" at [info@thebalancedbodyshoppe.com](mailto:info@thebalancedbodyshoppe.com) Unsubscribe at any time by email requesting to remove your name from the list.

**Call us at 286-6700 to schedule!**

**Hidden Special for Newsletter readers:** The first 10 callers mentioning this special will receive \$5 off the regular price of a one hour or longer massage if scheduled by November 1, 2009. You must print and bring this offer with you to receive the special pricing.

### **Raffle for Gift Basket**

During these fluctuating economic times it is hard for many people. Jobs have been lost and many struggle to pay their bills, leaving little or no money for taking care of themselves. In particular, I have several clients who are unable to pay but desperately need the work for disabilities or other reasons. These are not people who receive massage for wellness and prevention, but receive it for pain management. I have not found it in my heart to turn them away because I know how much the massage helps them. I have always done this on and off during my 15 years as a therapist but this past year I have had many more people that I have extended this offer to; always with the stipulation that I would do it as long as I could and that they will begin to pay again when they are able.

Because the number of people I am seeing this way has increased, I am trying to find ways to offset some of that cost. To that end, I am making a large gift basket which will be raffled off. Tickets are \$5 each. The basket is worth more than \$100. If you would like to buy one or more tickets, please let me know. A winner will be drawn on December 14, 2009. You do NOT need to be present to win as you will fill in your name and contact information on the ticket.

This gift basket will make a great gift for someone (or yourself!) and the profits will be used to allow me to continue to provide some free of charge massage to individuals who are currently unable to pay. Please note that even if no one buys tickets, I will continue to give these massages as long as I am able to do so, but if you would like to help out and get a chance to win the gift basket, you will be doing a good thing!