



wellnews

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ASK THE EXPERT and FITNESS Why Choose Massage Therapy?

*by Marina Raven, Natural State of Balance Massage Therapy
& Pfrimmer Deep Muscle Therapy*

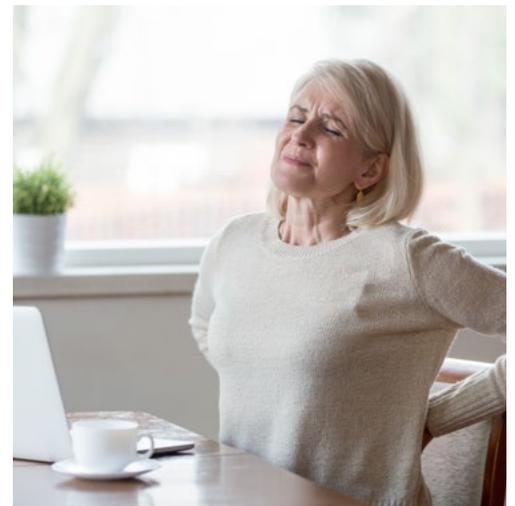
Who can benefit from massage therapy?

The range is broad from preterm infants to geriatric hospice patients, including but not limited to pregnant mothers, military veterans, athletes and cancer patients.

What are the benefits of massage therapy?

According to the American Massage Therapy Association massage has a beneficial effect with regard to each of the following plus many more that can be found at <https://www.amtamassage.org/articles/1/News/detail/3124/25-reasons-to-get-a-massage>

- Relieve stress
- Reduce anxiety
- Manage low-back pain
- Help fibromyalgia pain
- Reduce muscle tension
- Sleep better
- Improve cardiovascular health
- Improve balance in older adults
- Lower blood pressure
- Increase range of motion



What types of ailments can massage therapy help?

Research shows that many specialists in the field of medicine support the use of massage therapy as part of optimal treatment plans. On the next page are just some of the points cited.

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Noblesville Schools Employee Health Center

Hours:

Monday: 8am-1pm
 Tuesday: 12-5pm
 Wednesday: 1-7pm
 Friday: 1-7pm
 Saturday: 8-9am (Labs only)
 9am-12pm (Appointments)

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- “Massage therapy can supply immense physical and psychological relief,” said Dr. Gabriel Lopez, Assistant Professor in the Department of Palliative, Rehabilitation and Integrative Medicine at MD Anderson Cancer Center in Houston, Texas.
- Research published in BMJ Supportive and Palliative Care indicates massage therapy can have a positive influence on the quality of life of people suffering serious illnesses such as brain cancer.
- U.S. Department of Veterans Affairs publication in Journal of Rehabilitation Research and Development cited: “Our results support the efforts of the VA to increase access to CAM [Complimentary and Alternative Medicine] treatment options for veterans and suggest that the addition of massage therapy as a treatment option would be popular among veterans with chronic pain.”
- Brent Bauer MD, Director of Complementary and Integrative Medicine Program, Mayo Clinic, actively advocates in support of massage therapy as an important integration into his patients’ care.



Are there any risks to getting massages?

Anytime there is a hands-on manipulation of the body there can be risks. The risk is very very low though if a healthy person is receiving a simple Swedish massage. People with a specific diagnosis should always be open with the therapist and have an honest discussion regarding any medical reason why a type of massage should be avoided. Type of massage, medications, right/left side start and diets are all nuances that a well-trained and experienced therapist will use to create the best plan of care for an individual.

How can you find a massage therapist?

The American Massage Therapy Association has a searchable database with detailed information on listed therapists, although not all therapists choose to be listed. The State of Indiana regulates the practice of massage therapy and the following links can be used to confirm that a therapist is certified.

<https://www.amtamassage.org/findamassage/index.html>

<https://mylicense.in.gov/everification/Search.aspx>



SHEET PAN SPICY JERK SHRIMP

INGREDIENTS:

- 1½ pounds fresh or frozen large shrimp in shells
- 4 (¼ inch thick) slices peeled and cored fresh pineapple, halved
- 2 cups bite-size strips red sweet pepper
- 2 cups sliced red onions
- 1 fresh jalapeño, seeded and sliced
- 2 tablespoons olive oil
- 1 tablespoon Jamaican jerk seasoning
- ½ cup coarsely snipped fresh cilantro
- 1½ cups hot cooked brown rice
- Lime wedges

DIRECTIONS:

1. Thaw shrimp, if frozen. Preheat oven to 425°F. Line two 15x10-inch baking pans with foil.
2. Peel and devein shrimp, leaving tails intact if desired. Rinse shrimp; pat dry. In an extra-large bowl combine shrimp and the next six ingredients (through jerk seasoning); toss gently to coat. Divide mixture between the prepared pans. Roast 15 minutes or until shrimp are opaque.
3. Sprinkle with cilantro and serve with brown rice and lime wedges.

Nutritional Information — Serves 4

Serving Size: 5 ounces shrimp and 1 cup pineapple mixture
 Calories: 351 Carbohydrate: 37g
 Protein: 33g Fat: 9g
 Sodium: 411mg Fiber: 5g
 Potassium: 787mg

From *Diabetic Living Magazine*

NUTRITION

Benefits of Cooking at Home

by Vanessa Mitchell, RDN

Sarah Rorer, the woman widely considered the first American dietitian, said, “If I could make cooks of the nation I would care but little who made its apothecaries.” The impact that cooking can have on health is something to pause and consider.

Whether you have an endless supply of time or just a little, whether you have a large, well-stocked kitchen or a small, efficient one, whether you feel at home in the kitchen or out-of-place, preparing simple, enjoyable and nutritious home-cooked food is achievable!

A return to the home-cooked meal offers numerous advantages. Cooking your own meals allows you to:

- Fully customize and have maximum control over the type, quality and quantity of ingredients that go into your labor of love.
- Have greater influence over food safety.
- Positively impact family members. For example, a University of Michigan study of 3- to 13-year-old children found that more meal time at home is the single strongest predictor of better achievement scores and fewer behavior problems. Additional food for thought: could learning culinary skills be just as important for children as learning technology skills?
- Reclaim and embrace the priority of cooking for yourself/family, even though today’s societal norms may suggest otherwise.
- Save money. According to Forbes, the meals where you can save the most money cooking at home are heavily protein-based entrées. They found on average it is almost five times more expensive to order delivery from a restaurant than it is to cook at home.
- Portion control. Serving yourself a proper amount eliminates unnecessary temptation to overeat.
- Make your own convenience food – cooking extra for leftovers, batch-cooking, prepping some food ahead and assembling ready-to-grab nutritious snacks ultimately saves time.





STRESS AND MINDFULNESS

The Power of Touch

by Carla Ficorilli, MS, Health Coach

From birth, babies have a desire for social touch, and it doesn't stop with babies. We all have a physiological need for touch.

Studies find that with the right kind of touch, such as a hug or a warm embrace, our bodies are flooded with the hormone oxytocin, making us feel secure and trusting with the other person. Touch is also known to reduce cortisol levels, which lowers the stress on your adrenals. It reduces stress activity in the part of the brain called the hypothalamus, which reduces the levels of cortisol bubbling throughout the body, and reduces stress in the area of the brain that registers pain.

By triggering the "relaxation response" and engaging the parasympathetic nervous system messages, even quick ones, causes our muscles to unclench, our heart rate to slow and our blood pressure to fall.

Women who receive more hugs from their partners have lower heart rates and blood pressure. Simply holding the hand of a loved one deactivates stress-related regions of the brain when anticipating stressful experiences.

In this day and age of hands-off communication through social media and scrolling through feeds, let's remember how the Beatles got it right when they sang "*I Want to Hold Your Hand.*"



You can now get information from your health coach through social media!

Click the links below:

