#### in this issue >>>

On location!

Scoop of the Day: ALERT: SAD

Tips & Trades

The 411: HYDRO: SOAKS

Fall Specials



A Quarterly Insight into Navigating the Best Y.O.U.

# onlocation



### >>> Sept.-Nov. Fall Edition '23

Julie Long, L/BCMTP, Movement Specialist CALL AND INQUIRE TODAY! 8047260197 8042122698 --- jglomassage@gmail.com

## OUR SERVICES

For more info and helpful tips:

CHECK OUT

https://mmmassage.godaddysites.com

Specialties in therapeutic, deep tissue, neuromuscular and TrP therapy, sports and clinical massage, aromatherapy, therapeutic touch and sound bath services, lymphatic and scar tissue therapy treatments, chakra balancing, and a host of additional modalities such as, cold, and hot stones, leg/ foot scrubs, acupressure and cupping, and body wrap services.

# lucational blications

# Massage Therapy 101: Biometrics of Bodywork

5 MIN FLEX NO STRESS ZONE

# (SAD) SEASONAL AFFECTIVE DISORDER

**ALERT:** ALLERGY

**SEASON!** INSTANT RELIEF

PRESSURE, AND FATIGUE

#### The Scoop

The latest updates to get you through the day

As the fall season approaches, it is important to be aware of the health concerns that come with it. According to the CDC, there are several strategies that prevent chronic FROM HEADACHES, NECK induce help lifestyle during the fall season. Most common fall season health issues cold/ flu season, allergies, increased chronic pain, and SAD,

SAD is a mood disorder that affects many people throughout fall and winter. It is a serious disorder that can lead to clinical Symptoms include sadness, depression. fatigue, weight gain, trouble focus, feeling of weakness, greater need for sleep, and increased desire to be alone. Its important to take preventative measures like physical exercise, vitamin D supplements, and self-care such as massage are helpful tools.

## What are Stones? How do they help with SAD & other fall peak season ailments?

A form of alternative massage therapy and bodywork that uses either heated or cooled stones that are placed on the body for the purpose to relieve pain and relation. Thev diseases and maintain a healthy &SHOULDER ACHES, SINUS usually made of basalt (a volcanic rock that retains heat), marble (typical cold stones, river rocks and Himalayan salt rocks are used as well.

> Cold stone creates a vasoconstriction when applied, hot stone creates vasodilation easing tension and reducing stress/ anxiety, and Himalayan salt stone which are like hot stones but also provides a hint of elements, minerals and ions. Cold stones are great for facial sinuses in alleviating inflammation and as a powerful decongestant but they are not good for those with depression or rheumatoid arthritis. Hot Stones soothe the PNS, grounds energy, and helps to relieve depression and anxiety.

Sept.-Nov. Fall Edition '23 >>>

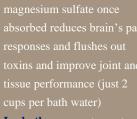
# Latest breaking news.....

The 411 on Hydro: Soaks

The therapeutic use of water dates to ancient Greek. Roman, Egyptian, Japanese and Chinese civilizations, where bathing in essential oils, flowers, natural pools and hot springs, and communal public baths were the norm.

**Types:** there are different ways to





**Ice baths** are great way to

Detox/ spiritual baths are great at cleansing, relaxing, grounding, and rejuvenating you. Milk, Mud, Oatmeal Baths or may help replenish lost moisture, the proteins and fat lactic acid is a gentle exfoliator.



## **Lavender & Eucalyptus Epsom Salted Bath Bomb**

feeling Aaawwmazing. Let the lavender feeling MMMmmmgood.

#### Hot stones and hot steam baths Not Recommended

if pregnant, heart disease or high blood pressure, circulatory problems, blood clots, or had recent radiation therapy or trauma.

# On Location! utumn Health & Safety Tips

re and CO Alarms

Fall is a great time of year alarms are powered and working properly. Fire deaths are much more common in homes without working alarms. CO is odorless and invisible, so an alarm is

essential.

#### Be Safe When Trick or Tre

Top tips include:

- Go out in groups or with a parent.
- Only eat wrapped, store-bought treats Be alert when crossing streets. Use cro
- walks and obey walk signals.

  Look for Teal Pumpkins if your kids hav allergies. These signal houses with trea 4 - Look for Teal Pr

are safe for children with common food allergies as peanuts.

t Fall For Flu Myths

iotics cannot cure the flu use it's a viral infection. offense is a good defense flu shot!

ent the flu: wash your hands and cover

https://www.jenniferweinbergmd.com/wpcontent/uploads/2015/09/Fall-Detox.jpg



- 1 Consider indoor house plants like Aloe Vera or Bo
- Palm that may naturally improve your home's air. 2 Look for low VOC products when buying cleaning or painting materials. This helps reduce the buildu
- harmful compounds in your house.

  3 Consider controlled, whole-home air purification wentilation before you close your house up for the

## Trade Secrets >>>

# Tip of the Day & The Scoop of the Day

#### The Scoop: 'Tis the Season for Ragweed and mold spores

In addition to general health concerns, there are some specific health issues that are more common during the fall season. For example, cold and dry weather can make it easier for airborne viruses such as those behind cold and flu to spread 2. People with asthma may notice that their symptoms worsen in the fall and winter 2. Cold weather can exacerbate joint pain lead to arthritis flares 2.

#### **OCT-NOV SPECIAL:**

#### FREE

SM. BAG LAV/EUC EPSON BOMB WITH ANY DEEP TISSUE/NMT OR SPORTS MASSAGE TREATMENTS

#### Tip of the Day

This is the time of season we can find pickle ball still in full swing, cycling, tennis and of course football leagues startups to a plethora of other outside activities still geared up due to weather along with the increase in these types of complaint areas around this time plantar fasciitis, shin splints, lateral tibial leg pain, tennis and golfer elbows, increase in shoulder, neck, and hip tension, and headaches due to season change and the continuous play all season for others. One thing you can do at home that can help relieve pain, calm inflammation, loosen adhesions and push out lactic acid buildup is to freeze a water bottle, especially one with ridges. Once frozen gently roll or massage around the smaller areas of pain or tenderness or roll down the entire affected muscle like you would a foam roller. For your feet you can roll your foot over the bottle back in forth.

