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Scoop of the Day: ALERT: SAD

Tips & Trades

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Fall Specials



Issue  
III

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

# on location

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

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## Massage Therapy 101: Biometrics of Bodywork

### 5 MIN FLEX NO STRESS ZONE

#### (SAD) SEASONAL AFFECTIVE DISORDER

#### 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 can help prevent chronic diseases and maintain a healthy 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 depression. Symptoms include sadness, 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 induce relation. They are 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.

**ALERT: ALLERGY  
SEASON! INSTANT RELIEF  
FROM HEADACHES, NECK  
& SHOULDER ACHES, SINUS  
PRESSURE, AND FATIGUE**

# 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 soak. You may have to try a few to find the one that feels the best for you and your skin.



**Epsom Salt (bath/foot)** magnesium sulfate once absorbed reduces brain's pain responses and flushes out toxins and improve joint and tissue performance (just 2 cups per bath water)

**Ice baths** are great way to speed muscle recovery and reduce soreness.

**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 may help soften and soothe skin and the lactic acid is a gentle exfoliator.



## Lavender & Eucalyptus Epsom Salted Bath Bomb

Escape with a signature bath bomb this season that will leave your skin feeling Aaawwazing. Let the lavender soothe, calm, and relax while the eucalyptus alleviates respiratory problems, enliven, and restore your senses leaving sore muscles and joints feeling MMMmmgood.

**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!

# Autumn Health & Safety Tips



### Fire and CO Alarms

Fall is a great time of year to ensure that fire and CO 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 Treat

Top tips include:  
1 - Go out in groups or with a parent.  
2 - Only eat wrapped, store-bought treats.  
3 - Be alert when crossing streets. Use crosswalks and obey walk signals.  
4 - Look for **Teal Pumpkins** if your kids have allergies. These signal houses with treats are safe for children with common food allergies: as peanuts.

### Don't Fall For Flu Myths

Antibiotics cannot cure the flu because it is a viral infection. There is no cure for the flu. Hand hygiene is a good defense against the flu. Hand hygiene is also one of the best ways to prevent the flu: wash your hands and cover your mouth when you sneeze or cough.



### BEWARE OF ZOMBIES



<https://www.jenniferweinbergmd.com/wp-content/uploads/2015/09/Fall-Detox.jpg>

### Think About Your Indoor Air Quality

- 1 - Consider indoor house plants like Aloe Vera or 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 build-up of harmful compounds in your house.
- 3 - Consider controlled, whole-home air purification and ventilation before you close your house up for the season.

## 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. People with asthma may notice that their symptoms worsen in the fall and winter. Cold weather can exacerbate joint pain lead to arthritis flares.

### 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.

