



What's Happening?

Ok guys... let's talk. Sunday is Valentine's Day. According to Hallmark, over 145 million cards will be given on that day. Skip the hassle of trying to find the perfect monogram bracelet or diva nail stickers and get her something she is sure to love - a massage gift certificate. You can do it from the convenience of your own home and she's guaranteed to love it.

And ladies... no need to worry - if your significant other is anything like my husband, he will love this too!



Fun Holidays this Week...

February 11: National Inventors Day - Take a moment to think about how our lives have been improved through the use of inventions. Thank you to all the inventors out there.

February 12: Clean out Your Computer Day - Set aside some time to logically review, and delete old files and programs from your computer that may be slowing it down.



Hydration Recipe of the Week

Keeping hydrated is an important part of staying healthy. Water promotes cardiovascular health, keeps your body cool, helps muscles and joints work better and keeps skin supple. Here is this week's hydration recipe:

Watermelon Water

Ingredients:

2 slices of watermelon,
cut into thirds or quarters
Small handful of basil,
scrunched
Water

Instructions:

Slice watermelon
Scrunch basil leaves so it releases the flavor.
Combine all ingredients in a pitcher with water.



Featured Article

Massage Therapy for Pain Relief

According to the CDC, 50 million Americans suffer from chronic pain, and it affects more people than diabetes, heart disease, and cancer combined. Massage therapy is a safe option that has been shown to be effective for many health issues.

Research continues to support the health benefits of massage therapy for pain relief. Read below how massage can help these five painful conditions.

1. Low-Back Pain: Back pain is the second most common neurological ailment in the U.S. Research shows that massage therapy can help decrease pain, reduce disability and lower anxiety/depression in low-back pain sufferers.

2. Fibromyalgia: Studies indicate that massage therapy can be a beneficial part of an integrative treatment plan for those with fibromyalgia syndrome by relieving pain, improving quality of life and decreasing anxiety, stiffness, fatigue and more.

3. Post-Operative Pain: Post-operative pain can complicate recovery, lengthen hospital stays and interfere with a patient's return to activities. Recent research indicates massage therapy can significantly reduce pain, anxiety and muscular tension in patients recovering from surgical procedures.

4. Cancer Patients: According to the Mayo Clinic, one in three patients undergoing cancer treatment experiences cancer-related pain. Research shows that massage therapy can relieve pain, stress, nausea, depression, anxiety, and fatigue while improving health-related quality of life for cancer patients.

5. Arthritis: Research indicates that 60-minute sessions of Swedish massage once a week for those with osteoarthritis of the knee significantly reduced their pain. In addition, shows that massage therapy can decrease pain, improve grip strength and range of motion in wrists and large upper joints in adults with rheumatoid arthritis.

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