



# MODERN THERAPY

MAGAZINE

OPTIMIZE YOUR LIFE!

## Special Report

### 8 WAYS -

To Improve Your Body

*What's the word on:*

## Testosterone Therapy?

**Great Food = Great Health**

Let us explain the how a healthy diet can do wonders for your body



## Benefits of: Massage Therapy



*"My wife gives me a hug when I enter the house after a long day at work. I find myself caressing her shoulders and back. This is massage."*

MODERN THERAPY • 2007

MODERN THERAPY CONTENTS

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Find out how many are there

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The great women battle



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Is it worth or are we making a big fuzz?

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Every program is formulated on an individual basis

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# FEATURES

● **On the Cover: Message Therapy-**

Find out all kinds of message you may obtain in one session and which one is the best one for you.

● **Testosterone Deficiency**

Do you find yourself fatigued with a lack of energy during the day? Have you experienced a decreased inyour sexual drive?

● **Hormone Testing**

Testosterone Replacement Therapy may help you ward off these affects of aging.



## Health Bytes

### Feel-good factors

Someone once said that the secret of happiness is having someone to love, something to do, and something to look forward to. There's probably some truth in this - although it doesn't mean you have to have an adoring spouse or partner, a high-powered job and a world cruise coming up in order to enjoy life! The 'someone to love' could be a friend, relative or pet, and the 'something to do' and 'something to look forward to' could be just about anything you enjoy.

*Happiness is having someone to love, something to do, and something to look forward to*



**But even if you have those three 'somethings', there may be times when you don't feel very good. The way we feel can be affected by all sorts of things - including lifestyle, past experiences and genetic factors.**

Scientists also say that people who always seem to be in a good mood may simply have naturally higher levels of certain substances - endorphins (types of hormones and the neurotransmitters dopamine and serotonin). These are released by the brain and make you feel good when you're enjoying yourself or when something nice happens.

But our state of mind is only partly influenced by the past or by physical factors. The rest is down to us - to the way we think about things and how we manage the different aspects of our lives. Most of us have much more influence over our feelings than we may think.

But taking control doesn't mean suppressing or denying your feelings - it means understanding the way the mind works and trying to change negative ways of thinking into more positive ones. We can't always avoid negative thoughts, but one of the secrets of mental balance is being able to notice when you're 'choosing' or 'allowing yourself' to think negatively rather than positively, and keeping an eye on the way your lifestyle affects your mood. Through our national network of specialist and trained counselors, we can provide you with a safe and effective way to enter a medically supervised program that is specifically designed to deliver the optimal result you desire.

We will be with you every step of the way, providing you with the guidance and advice to provide you with an exceptional outcome. After reviewing [moderntherapy.com](http://moderntherapy.com) you may have questions and we are here to provide you with answers. We know you will be eager to start on the path to a healthy and vibrant lifestyle, please call us with any questions you may have and one of our counselors will assist you.

### Feel-good factors

- Relaxation
- The ability to express your feelings
- Achievable goals to aim for
- Time for the things you enjoy
- A healthy diet
- A sport or exercise you enjoy
- Work you find rewarding
- A comfortable balance between work and leisure
- Time to yourself, to do the things that interest you
- Time for friends and family

Hormones are life-sustaining chemical messengers that regulate growth and development, sexual function, metabolism, and well-being. Blood levels of these crucial hormones diminish with age, contributing to age-related disease and decline.

### Things to minimise in your life

- Too much stress
- Feelings of rage or frustration
- Expecting too much of yourself
- Negative thoughts and feelings



# Hormone Testing for Optimal Health

By Penny Baron

Hormones are life-sustaining chemical messengers that regulate growth and development, sexual function, metabolism, and well-being. Blood levels of these crucial hormones diminish with age, contributing to age-related disease and decline.

Many conventional physicians dismiss the importance of restoring youthful hormone levels in their aging patients, accepting diminished hormone levels as an inevitable consequence of aging. However, research indicates that low hormone levels contribute to many conditions such as osteoporosis,<sup>1-3</sup> depression,<sup>4</sup> diabetes,<sup>5</sup> excess weight,<sup>6</sup> and heart disease.<sup>7,8</sup> Optimizing hormone levels can benefit these and other conditions, including migraine headaches<sup>9-11</sup> and menopausal symptoms.<sup>12</sup>

Fortunately, people interested in attaining optimal health and preventing the common diseases of aging have access to cutting-edge hormone-testing technology. For many years, the Life Extension Foundation has stressed the importance of bioidentical hormone restoration in promoting optimal health and longevity.

Among the most important hormones to monitor and balance are free testosterone, estradiol, and DHEA-S (dehydroepiandrosterone sulfate), as well as progesterone in women. These tests are included in Life Extension's popular Male and Female Panels. Additionally, testing should often include pregnenolone and thyroid stimulating hormone (TSH), as well as total estrogens in women and dihydrotestosterone (DHT) in men.

In this article, we will discuss hormone testing and why optimizing hormone levels is such a critical part of an integrative strategy for living a long and healthy life.

## GENERAL SCREENING TESTS

### DHEA-S

DHEA, a hormone produced by the adrenal glands, serves as a precursor to estrogen and testosterone. Serum

levels of DHEA sulfate measure adrenal cortical function. Levels of DHEA-S peak in our twenties and then decline dramatically with age.

DHEA may support immune function, which diminishes with age and puts older adults at increased risk for infections such as pneumonia and influenza. A study published in the *Journal of Immunology*, using rats as test subjects, found that DHEA administration supported specific immune function known to be lacking in elderly people. These findings suggest that "age-related loss in immunological responses, linked to defective pathways of signal transduction, are partially under hormonal control and can be restored by appropriate replacement therapy."<sup>13</sup>



DHEA may also have mood-elevating effects. At the University of California at San Diego, scientists studied the relationship between hormone levels (of estradiol, testosterone, estrone, androstenedione, cortisol, DHEA, and DHEA-S) to depressed mood in 699 women between the ages of 50 and 90. Low levels of DHEA-S (but not of other hormones) were associated with depressed mood, independent of age, physical activity, and weight change. The researchers concluded, "These results add to the evidence that [DHEA-S] is a neuroactive steroid and point to

the need for careful long-term clinical trials of DHEA therapy in older women with depressed mood."<sup>4</sup>

DHEA may help optimize bone mineral density. At the UCLA School of Medicine, researchers found that DHEA was positively associated with bone mineral density of the arm, spine, and hip in older women but not in men. Bioavailable estrogen was strongly associated with bone mineral density in both men and women. The study enrolled 457 women and 534 men, aged 50-89, who were not taking corticosteroids or hormones. Investigators noted that "individual variation in age-related bone loss may be partially accounted for by alterations in sex steroid levels with aging."<sup>14</sup>

DHEA-S may also influence libido levels in women. An Australian study identified DHEA-S as a marker of low libido in women under the age of 45. Investigators found that a significant proportion of participants reported little or no sexual desire or arousal, and that "low [DHEA-S] makes an independent contribution to low levels of sexual interest, but not of sexual behavior, in young women." According to the authors, "[DHEA-S] is the most abundant sex steroid and is an important precursor for intracellular androgen production. We propose that [DHEA-S] is a useful marker of low androgen status."<sup>15</sup>

A recent study published in the *Journal of the American Medical Association* found that DHEA supplementation may help reduce abdominal fat, which is associated with insulin resistance. Twenty-eight men and 28 women, aged 65-78, supplemented with 50 mg per day of DHEA or placebo for six months. Compared to placebo, DHEA therapy induced significant decreases in visceral and subcutaneous fat. Insulin action was also improved. The authors concluded, "DHEA replacement could play a role in prevention and treatment of the metabolic syndrome associated with abdominal obesity."<sup>6</sup> Finally, recent animal studies suggest that DHEA has neuroprotective properties. At the University of California at San Diego, investigators found that

DHEA treatment in mice significantly enhanced their recovery of coordination and fine motor control following spinal cord injury. The authors suggested that DHEA helps promote functional recovery following nerve injury.<sup>16</sup>

Photomicrograph of human testosterone hormone, magnified 130 times. Free and Total Testosterone Testosterone is produced in the testes in men, in the ovaries in women, and in the adrenal glands of both men and women. Testosterone promotes the building of tissue and is considered an anabolic steroid hormone. Approximately 50% of testosterone is bound to sex hormone binding globulin (SHBG) and the remainder to albumin. Less than 2% of testosterone is typically found in the "free" (uncomplexed) state in the serum of both men and women.

In men, total testosterone (complexed and uncomplexed) is useful for assessing gonadal, adrenal, and pituitary function. In women, total testosterone can help in the evaluation of polycystic ovarian syndrome, testosterone-producing tumors of the ovary, tumors of the adrenal cortices, and congenital adrenal hyperplasia.

In men, free testosterone levels may be used to evaluate whether sufficient bioactive testosterone is available to protect against abdominal obesity, mental depression, osteoporosis, and heart disease. In women, high levels of free testosterone may indicate hirsutism, which causes excessive growth of hair on the face and chest, and is often indicative of polycystic ovaries. Increased testosterone in women also may indicate low estrogen levels.

Importance of testos-

terone levels contributing to the in aging men. Low many adverse health libido, erectile dysfunction, loss of muscle tone, increased abdominal fat, low bone density, depression, Alzheimer's disease, and heart disease.

**Blood testing is a powerful tool for assessing hormone status and implementing appropriate therapeutics**

terone in men

normally decline with age, physiological changes seen testosterone is associated with conditions, including diminished

Researchers in Finland linked low testosterone levels to the development of metabolic syndrome. They measured testosterone levels in men who did not have metabolic syndrome or diabetes and followed the subjects for 11 years. Men with lower levels of total testosterone more than doubled their risk of developing metabolic syndrome. The researchers noted, "hypoandrogenism is an early marker for disturbances in insulin and glucose metabolism that may progress to metabolic syndrome."<sup>17</sup> Another investigation by the same research group found that in obese men with metabolic syndrome, weight loss increases total and free testosterone levels.<sup>18</sup>

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Diminished testosterone levels may also be implicated in the development of diabetes. In a Japanese-American male cohort, lower baseline total testosterone levels independently predicted an increase in intra-abdominal (belly) fat. Investigators suggested that by "predisposing to an increase in visceral adiposity, low levels of testosterone may increase the risk of [type II] diabetes mellitus."<sup>5</sup> In addition to increasing diabetes risk, greater visceral adiposity increases the risk for hypertension, a risk factor for heart disease and

- Increased bone density
- Increased lean body mass
- Decreased adipose tissue
- Bolstered cardiac contractility
- Improved mood and motivation
- Enhanced exercise capacity

stroke.<sup>19</sup>

Testosterone may protect cardiovascular health through anti-inflammatory and lipid-lowering effects. British investigators found that testosterone replacement therapy in men with symptomatic androgen insufficiency decreased levels of the proinflammatory cytokines tumor necrosis factor-alpha (TNF-a) and interleukin-1 beta (IL-1b), and increased expression of the anti-inflammatory cytokine interleukin-10 (IL-10). Proinflammatory cytokines mediate the onset of atherosclerosis. Moreover, the researchers found a significant reduction in total cholesterol in the testosterone-supplemented patients.<sup>7</sup> In a recently published study, researchers found that testosterone replacement therapy in hypogonadal men improves mood and is associated with potentially beneficial reductions of total cholesterol and serum TNF-a.<sup>8</sup>

Photomicrograph of estrogen (female hormone) crystals, magnified 50 times.

A recent report in the journal *Neurology* found that older men with lower levels of free (unbound) testosterone may be at increased risk of developing Alzheimer's disease. For each 50% increase in the free testosterone index, the risk of developing Alzheimer's disease decreased by approximately 26%. The study, which began following subjects in 1958, showed that men diagnosed with Alzheimer's disease had approximately half the levels of free testosterone as men

who did not develop disease. According to the investigators, "Our finding that low free testosterone might be associated with an increased risk of developing Alzheimer's disease is a step forward in helping to understand the possible effects of sex hormones on the aging brain

and other parts of the body." The authors also indicated that future research "may determine whether higher endogenous free testosterone levels offer protection against a diagnosis of Alzheimer's disease in older men."<sup>20</sup>

Importance of testosterone in women

Although women produce only small quantities of testosterone, mounting evidence indicates that this important hormone helps women maintain muscle strength, bone mass, and sexual function. Testosterone levels decrease following menopause, and restoring testosterone levels may help improve well-being and libido.

A study published in the *New England Journal of Medicine* examined the effects of transdermal testosterone patches on 75 women, aged 31-56, with diminished testosterone levels due to hysterectomy and removal of both ovaries. Investiga-

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tors found a significant improvement in sexual function, mood, and general well-being in the women who received the 300-mcg patch compared to those using the 150-mcg patch or placebo.<sup>21</sup>  
Estradiol

*After reviewing [moderntherapy.com](http://moderntherapy.com) you may have questions and we are here to provide you with answers. We know you will be eager to start on the path to a healthy and vibrant lifestyle, please call us with any questions you may have and one of our counselors will assist you.*

Estradiol is the primary circulating form of estrogen in men and women, and is an indicator of hypothalamic and pituitary function. Men produce lesser amounts of estradiol than do women, with a fraction of estradiol produced directly by the testes and most from testosterone and adrenal steroid hormones. In women, estradiol is produced in the ovaries, adrenal glands, and peripheral tissues.

In men, estradiol levels help in assessing gynecomastia and feminization syndromes. In women, estradiol helps in evaluating menopausal status and sexual maturity. Estradiol levels play a role in healthy bone density in both men and women.

Photomicrograph of estradiol crystals. Estradiol, the most potent of the natural estrogens, is used in its natural or semisynthetic form to treat menopausal symptoms.

#### □ Importance of estradiol in men

At the University of California at San Diego, researchers showed that low levels of estradiol, but not of other hormones, increased the risk of vertebral fractures in older men. Among 352 men with a median age of 66, "age-adjusted hormone levels differed by fracture status only for total and bioavailable estradiol." The researchers concluded, "estrogen plays a critical role in the skeletal health of older men."<sup>1</sup>

Other scientists also found an association between suboptimal estradiol levels in men and osteoporosis risk. Researchers measured total testosterone, total estradiol, and luteinizing hormone in 405 men aged 68-96. The study results linked decreases in bone mineral density with declining levels of estradiol. The researchers noted, "The difference in mean mineral bone density between men in the lowest and highest estradiol quartile levels was similar to the effects of 10 years of aging on bone mineral density." The authors concluded that in elderly men, low testosterone related to aging "has little influence on bone mineral density, but serum estradiol levels have a strong and positive association with bone mineral density."<sup>2</sup>

**Giving supplemental Growth Hormone to the aging body will restore some lost muscle mass and redistribute fat within the body; however it will not affect many other common aging changes, such as hair loss. Testosterone Replacement Therapy may help you ward off these affects of aging.**

### ADULT GROWTH HORMONE DEFICIENCY SYMPTOMS

- ▶ Increased Body Fat
- ▶ Reduced Muscle Strength
- ▶ Reduced Bone Density
- ▶ Increased Cholesterol Levels
- ▶ Higher Risk of Cardiovascular Disease
- ▶ Reduced Mental and Physical Energy

### ADULT GROWTH HORMONE THERAPY BENEFITS

- ▶ Increased bone density
- ▶ Increased lean body mass
- ▶ Decreased adipose tissue
- ▶ Bolstered cardiac contractility
- ▶ Improved mood and motivation
- ▶ Enhanced exercise capacity



# Do you have a Testosterone Deficiency?

## What is Testosterone?

**tes-tos-ter-one (Pronounced ts-tst-rn)**

*A steroid hormone and the most potent naturally occurring androgen that is formed by the interstitial cells of the testes, and possibly by the ovary and adrenal cortex, may be produced in nonglandular tissues from precursors such as androstenedione, and is used in the treatment of hypogonadism, cryptorchism, carcinomas, and menorrhagia.*

- Have you experienced a decrease in your sexual drive or stamina?
- Do you have difficulty achieving or maintaining an erection?
- Do you have difficulty remembering even simple things?
- Do you find yourself fatigued with a lack of energy during the day?

## TESTOSTERONE INFORMATION

### Did You Know?

(Testosterone Facts)

Testosterone begins to decline in men at about age 25. Testosterone has a number of effects on muscles, bones, the central nervous system, and bone marrow, the prostate and sexual function. Androgens, especially testosterone, regulate the normal growth and development of male sex organs and promote other male characteristics, such as body hair, muscle mass and a deep voice. The most common type of treatment for testosterone deficiency is known as testosterone replacement therapy.

Although the decline in testosterone production as men age ("andropause") is not as dramatic as the drop in women's estrogen production with the onset of menopause, testosterone decline is a serious issue for many older men. Among other problems, declining testosterone production is strongly associated with impotency and libido problems.

### TESTOSTERONE DEFICIENCY

(Hypogonadism)

In men, hypogonadism is a condition in which the testes produce a less than normal amount of testosterone, the male hormone. When too little testosterone is present,



men tend to undergo a drop in sexual desire and performance. They may also experience depression, fatigue, loss of motivation and osteoporosis. The size and strength of their muscles may diminish and their body hair may become sparse. These symptoms are not specific to testosterone deficiency; however, some men with hypogonadism often don't recognize that they have a medical problem that is treatable.

Hypogonadism is a term medical professional's use for this condition and you'll see why it is often overlooked. (Women go through menopause when their production of female hormones drops off dramatically, usually during middle age.)

### BENEFITS OF TESTOSTERONE THERAPY

Clearly, testosterone is shown to have a positive impact on our health and well being, our moods and our ability to learn and retain information. Testosterone has been administered in the form of injections and oral supplements. We prefer not to use either of these methods as the testosterone is in the synthetic form. Testosterone patches are also available. We have found these patches unacceptable and secondary to the ability to get optional blood levels and feeling of the patch. Most patients prefer not to use these patches after experimenting with them. The method of choice is natural testosterone gel that is applied to the skin.

Testosterone has a number of effects on muscles, bones, the central nervous system, and bone marrow, the prostate and sexual function. Androgens, especially testosterone, regulate the normal growth and development of male sex organs and promote other male characteristics, such as body hair, muscle mass and a deep voice. The most common type of treatment for testosterone deficiency is known as testosterone replacement therapy.

### DECLINING TESTOSTERONE LEVELS

**AND SEXUAL DYSFUNCTION**

Testosterone is responsible for the sex drive for both men and women. As testosterone diminishes with age, so does the sexual functioning in both men and women. Restoring testosterone to youthful levels in both men and women can reverse the situation. All too often, men and women automatically assume that as they age, their sexual capacity will diminish. There is no need to accept this loss of sexuality. Testosterone can play a critical role in helping to preserve and even restore sexual function so that we can live our extended life span with the same excitement and enthusiasm we enjoyed during our youth.

**SAFE LEVELS OF TESTOSTERONE**

If testosterone replacement is administered to men with normal or near-normal levels of the hormone, any number of dangerous side effects may occur. Most notably, excess doses of testosterone may inhibit the body's ability to produce testosterone. Testosterone replacement carries with it the risk of stimulating both benign and malignant prostate tumor growth. In addition, because it can reduce HDL cholesterol levels, testosterone replacement may be associated with an increased risk of coronary artery disease.



Although testosterone is mainly thought of as the hormone responsible for the development of male sexual characteristics, proper testosterone levels are needed by both men and women for healthy, robust living!

*Testosterone should only be supplemented under medical guidance.*

**TESTOSTERONE REPLACEMENT THERAPY SIDE EFFECTS**

If testosterone replacement is administered to men with normal or near-normal levels of the hormone, any number of dangerous side effects may occur. Most notably, excess doses of testosterone may inhibit the body's ability to produce testosterone. Testosterone replacement carries with it the risk of stimulating both benign and malignant prostate tumor growth. In addition, because it can reduce HDL cholesterol levels, testosterone replacement may be associated with an increased risk of coronary artery disease.

**Testosterone cannot be used if one has prostate cancer.** Testosterone has not been shown to cause prostate cancer, however, if one does have prostate cancer, testosterone may cause accelerated growth of this tumor. Therefore, there is a need to monitor the PSA on a regular basis to assure that one does not develop prostate cancer. Prostate cancer is the most common cancer in men. It can be easily detected by an annual PSA test. In addition to testosterone supplementation, Modern Therapy recommends the daily use of Saw Palmetto, which is a medication to protect the prostate and prevent enlargement of the prostate due to formation of DHT. Most men develop prostate hypertrophy in their later years, and this can be effectively treated and prevented by daily use of Saw Palmetto.

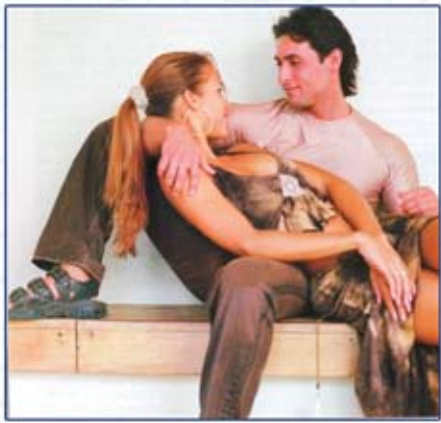
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**REPLENISHING HORMONE LEVELS**



# Why Pharmaceutical Grade Quality In Supplements Is Important?



Most health conscious consumers fail to understand the importance of using pharmaceutical-grade supplements. For example, many discount products use low-grade vitamin C imported from China that contains traces of toxic arsenic, lead and iron. Since the Food and Drug Administration (FDA) does not believe anyone should take more than 100 mg a day of vitamin C, the agency permits the importation of this contaminated vitamin C. However, health-conscious people often take 2,000 to 10,000 mg a day of vitamin C every day, so it is crucial that they use a pharmaceutical-grade vitamin C that has gone through 18 purification steps to remove all possible contaminants. The Buyers Club only uses this pharmaceutical-grade vitamin C.

If you take high doses of nutrient supplements over an extended period of time, it is critical that the nutrients contained in these supplements be of the highest purity. Consistent purity can only be obtained by mandating that the nutrients contained in the supplement are manufactured to meet pharmaceutical standards.

Since the FDA does not regulate dietary supplement manufacturing, The Foundation employs an independent quality control expert to verify that only good manufac-

turing procedures are followed for its products. The Life Extension Buyers Club has access to a state of the art laboratory where trained chemists conduct innovative assays of its products.

*Modern Therapy offers many programs aimed at help you achieve the best result possible, but what makes our program unique is that every program is formulated on an individual basis, this helps to maximize results and minimize risk. We have developed exclusive treatment protocols that adapted to your personality, lifestyle and desired results.*

The Life Extension Foundation has gained such a solid reputation for its quality control standards, that the news media have asked The Foundation to assay commercial dietary supplements to verify that the products meet label potency. When we inform the media that we are not an independent testing laboratory, we are told that the independent labs do not have the technical competence or confi-

dence to assay for unusual ingredients such as SAME, lycopene and lutein.

While the primary goal of The Life Extension Foundation is to support research aimed at extending the healthy human life span, we have also assumed the obligation of helping our members to achieve optimal health. In taking on this enormous responsibility, it's hard to ignore the fact that some unscrupulous companies sell fraudulent products.

In April 1999, we were asked to analyze seven different brands of SAME by a national news magazine. The results of our assay showed that two of the seven had no SAME present whatsoever. One brand used the

wrong form of SAmE, while two other brands had less than 100% potency. Only Life Extension (our brand) and Nature's Made products had 100% of the right form of SAmE. Many consumers who trusted the reputations of some very well known companies were clearly not getting what they paid for.

SAmE is not the only unique product The Foundation has assayed and found that the potency of the product did not meet label claim. When members buy products from the Life Extension Buyers Club, they have assurance that the quality of the product is backed by the organization's commitment to achieving an indefinitely extended life span. Members receive large discounts that enable

them to purchase premium-grade nutrient supplements at discounts that are substantially below the prices charged by commercial companies.

### Choosing A Supplement Supplier

There are thousands of commercial supplement companies in the United States. Many of these suppliers offer top-quality products, while others sell bogus concoctions that have zero efficacy because the ingredients listed on the label are not contained in their products.

## COMPREHENSIVE LAB PROFILE

### MALE SPECIFIC TEST

Male Life Extension Panel This comprehensive panel is used to evaluate male health status. The following tests are included in this panel:

- Chemistry Panel
- CBC - with Differential
- Complete Metabolic Panels
- Free Testosterone
- Total Testosterone
- DHEA
- IGF-1
- Lipid Panel
- PSA
- Estradiol
- Homocysteine
- Cardiac CRP.

### FEMALE SPECIFIC TEST

Female Life Extension Panel This comprehensive panel is used to evaluate female health status. The following tests are included in this panel:

- Chemistry panel
- CBC
- Free testosterone
- Total testosterone
- DHEA-s
- IGF-1
- Estradiol
- Progesterone
- Homocysteine
- Cardiac CRP

## HORMONE LAB PROFILE

### MALE SPECIFIC TEST

Please Note: This panel requires a fasting blood level; therefore, a 12-hour fast is required before the collection of a blood sample.

- Lipid Profile
- Pregnenolone
- Free Testosterone
- Total Testosterone,
- DHEA Sulfate
- Estradiol
- Progesterone
- TSH

### FEMALE SPECIFIC TEST

Please Note: This panel requires a fasting blood level; therefore, a 12-hour fast is required before the collection of a blood sample.

- Lipid Profile
- Pregnenolone
- DHEA Sulfate
- Total Testosterone
- Total Estrogens
- Progesterone
- TSH



## POWER OF MASSAGE THERAPY

**M**assage therapy has become an important part of general health care for many people living in today's stressful world. Traditional healthcare systems throughout the world recognize that therapeutic massage can play an important role in treating illness or chronic ailments, and contribute to a higher sense of general well-being.

Massage is the most fundamental of all healing techniques. Massage is so basic to nature that we do it automatically. Let me explain.

□ You are walking across a room, and you accidentally bump your elbow on the edge of a table. Pain shoots up your arm. Instantaneously you grab your elbow and without thinking, you begin to rub it. This is massage.

□ As I write this article my seven-month-old daughter is

sitting on my knee. When it is time for her nap, I hold her on my shoulder and gently rub her back until she falls asleep. This is massage.

□ My wife gives me a hug when I enter the house after a long day at work. I find myself caressing her shoulders and back. This is massage.

The point is that massage is the most naturally healing thing you can do. The nurturing touch is simple, instinctual, and more powerful than we can imagine. Some of the many studies on touch show conclusively that it reduces stress, alleviates depression, reduces pain, boosts the immune system, and helps pre-mature babies catch up in their development. Without touch we close down. With touch we love, communicate, and nurture one another. So massage is not just a profession for a special few; it is part of the healing touch we all possess.

Because massage is naturally healing, its therapeutic use dates back as far as mankind. Ancient Greek, Roman, and Oriental medical treatises describe in detail how and when massage should be used. In the Western world it fell out of favor in the Middle Ages as the church regarded the body as sinful. But, by the 1800's, a new interest in massage was started in Sweden, and today there are many popular modalities of therapeutic massage and bodywork.

relieve the pain and stress of mankind. There are literally dozens of these therapies, each with their own association dedicated to supporting its members and promoting the benefits of their work.

- **Reflexology**
- **Cellulite Message**
- **Swedish Massage**
- **Deep Tissue Massage**
- **Sports Massage Therapy**
- **Lymphatic Massage**

## □ REFLEXOLOGY

**R**eflexology is the application of pressure, stretch and movement to the feet and hands to effect corresponding parts of the body. Reflexologists view the feet and hands as a mirror image of the body. By applying technique a reflexologist can break up patterns of stress in other parts of the body

### How does Reflexology work?

There are many theories but in our approach we look at the nervous system as the explanation of reflexology's working.

Pressure applied to the feet generates a signal through the peripheral nervous system. From there it enters the central nervous system where it is processed in various parts of the brain. It is then relayed to the internal organs to allocate the necessary adjustments in fuel and oxygen. Finally a response is fashioned that is sent onto the motor system. This message is feed forward to adjust the body's tone or overall tension level. If applied properly the tone will reset itself to a lower operating tempo. A lower operating tempo means a lessening of stress and less wear and tear on the body's systems.

### Where do you apply Reflexology?

We apply techniques to the feet and hands. There is a school of thought that also applies it to the ear arguing it is also reflexology. The techniques, however, are modified from auricular

therapy, an acupuncture technique.

It could be argued that all bodywork is reflexive therefore reflexology. We find that the extremities have a powerful influence because of locomotion. While we acknowledge that repeated patterns exist throughout the body we find our most effective focus to be the feet and hands.

### What are the benefits of Reflexology?

In general terms the benefits of reflexology have to do with the reduction of stress. Because the feet and hands help set the tension level for the rest of the body they are an easy way to interrupt the stress signal and reset homeostasis, the body's equilibrium.

Whether reflexology can benefit certain conditions and diseases is still under investigation. Further scientific study need to be done in order to come to some definite benefits of reflexology in regard to illness and disease.

Reflexology is a complement to standard medical care. It should not be construed as medical advice. It should not be a replacement to medical help. Please use it wisely. We care about your safety.

### When should I do Reflexology ?

Reflexology can be done practically anytime and any where. The trick is consistency. We have been impressed with the results from China. Their secret seems to be that they do reflexology once a day for six days in two week segments. Then they review the results and do more segments as necessary.

This requires self help and family help as well as the guidance of practitioners. The practitioner can give you a quality signal to break up the pattern of stress but you and your family can provide the quantity to help break it up.

Build reflexology into your life. It is easy to do reflexology well doing other activities. Put a foot roller under your desk or

work your hands while waiting for the kids at school. Be creative but be consistent. Five minutes a day is worth more than an hour once in awhile.

### How can I learn more?

We have designed a number of books with you in mind. If you are looking for self help try Hand and Foot Reflexology: A Self Help Guide. If you want to work on your child try Parent's Guide to Reflexology. If you would like to learn to be a reflexologist try Complete Guide to Foot Reflexology (Revised 1993) and Hand Reflexology Workbook.

If you are interested in research try "Medical Applications of Reflexology, Findings in Research about Safety, Efficacy, Mechanism of Action and Cost Effectiveness of Reflexology" and Reflexions- the Journal of Reflexology Research Project.



### Who does Reflexology?

There are a variety of people doing reflexology from concerned parents to doctors in China. It is a useful tool for a variety of situations. Many professions have taken up reflexology from cosmetologists to nurses.

Reflexology is now being introduced into hospitals and HMO's. It is even being considered for insurance reimbursement.

### What should I expect from a Reflexology session?

Reflexology sessions in general last from 30 minutes to an hour. It is a clothed session with only the removal of shoes and socks as a requirement. (Some massage therapists add it as a

part of an overall massage session so they will require the removal of additional clothing.)

Reflexologist will use a chair and at times a table. Some do use oil. However, this is a tool that is debated within the profession. Dry technique is common. Reflexologists use pressure, stretch and movement to work through the foot methodically should be covered as well.

The reflexologist should work within your comfort zone. Too much pressure can actually be harmful and could lead to injury. But personal preference is something you should communicate with your reflexologist. If you indicate that too much pressure is being used and the practitioner continues we suggest you stop the session. You should always have your wishes respected.

Do not rely on a reflexologist for medical help. The reflexologist is limited to complementing medicine not replacing it.

**□ CELLULITE MASSAGE**

*Cellulite Massage is the latest way to reduce the unsightly appearance of cellulite. Cellulite Massage is an enjoyable way to change the "dimpled", "cottage cheese" or "orange peel" look often found on the thighs and buttocks. The Cellulite Massage smooths the appearance of the treated areas, tones the skin, and improves body contours.*

*Unlike older, painful methods of massage for cellulite, Cellulite Massage is relaxing and enjoyable. It is accomplished without pain by the skilled hands of a Registered Massage Therapist, and aromatherapy lotions containing 100% pure essential oils. In addition to improved appearance, Cellulite Massage also gives the benefits of a deep tissue massage including improved circulation, better skin tone, and reduced muscle pain. Cellulite Massage is the safer alternative to surgery that can be risky and have long recovery times; or repeated injection.*

**What is Cellulite ?**

When the body develops superficial levels of trapped fat, resulting in ugly and uneven dimpling of the skin, it is referred to as cellulite. Cellulite develops in the subcutaneous or superficial layer of the skin. Cellulite is described in medical terminology as Edematous-fibrosclerotic panniculopathy. Fat cells are held together by bands of connective tissue called septae. With water retention, the fat cells expand and consequently stretch the septae. When this connective tissue contracts and hardens, the skin that has stretched is held in a non-flexible length. This gives rise to some sections of skin being held down while others bulge outward.

Cellulite differs from fat in that it is lumpy and occurs in certain areas of the body. It is generally noticed among women though men do get cellulite around the neck and abdomen. The subcutaneous fat layer in men is organized differently from women. Cellulite is not necessarily a factor of obesity though it has been noticed that fatter

women tend to be more prone to cellulite. Fat cells are held together by bands of connective tissue called septae.

**How long before I see results**

Results vary but, partial results are often seen after the first Cellulite Massage treatment. This is a really nice feature of this method because you can look better before that important dinner or weekend at the beach. Best results usually come from a series of six Cellulite Massage treatments that are received 2-3

times per week followed by less frequent maintenance sessions.



**How Long Does It Last?**

That depends on a lot of factors too numerous to list here but two weeks to a month (maybe more) of smoother, more toned skin may be achieved. It

is important to remember that Cellulite Massage is a way to temporarily change the appearance of cellulite. Repeated sessions may promote longer lasting results.

**□ SWEDISH MASSAGE**

The term "Swedish Massage" refers to a variety of techniques specifically designed to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the.

**□ DEEP TISSUE MASSAGE**

Deep Tissue Massage is a massage technique that focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the fiber's of the muscles, tendons and fascia.

**□ SPORTS MASSAGE THERAPY**

Sports massage addresses the needs of the athlete. The athlete and therapist focus on specific goals during the off-season, during athletic training, and during competition.





REFLEXOLOGY  
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LYMPHATIC MASSAGE  
*MANICURE &  
PEDICURE*  
*WAX HAIR REMOVAL*  
*MASSAGES*  
*FACIAL*



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