

Lynnsprations Massage and the Healing Arts, (515) 270-7004



St Patrick's Day, March 17th

Special Interest Articles

Massage Therapy

Spring is almost here.

Raindrop, a relaxing technique.

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Massage Therapy and more

Massage Therapy has so many benefits as I have mentioned before. There are many types of massage. Each massage therapist may have a certain modality that they prefer to use or some may have many that they can use to help in the session.

I have learned a technique called Comfort Touch® Massage that is very effective for massage with my Hospice clients that have dementia or Alzheimers. It is very relaxing and a very comforting type of touch.

Myofascial Release Technique is another modality that I use frequently that is very helpful for clients that have Fibromyalgia, because with it I am working with tight or restricted fascia (connective tissue) that is causing pain. It is very gentle but yet can sometimes feel as though I am working very deep on an area.

Massage lotion, cream or oils are used for massage. I use Young Living Essential oils for massage, such as Relaxation oil, Lavender for

relaxation, or Orthosport for tight and sore muscles. I use a variety of oils depending on what the client need is. Some have noticed that emotion can sometimes come up. Our tissues, even at the cellular level, can sometimes retain emotion that was felt but not released at the time of an injury. Sometimes this emotion can come out during massage or other modalities. It is good to release this emotion for healing.



Spring is here!

The first day of spring is March 20. The weather has been so wintry and cold that many have had very sore back and neck muscles from shoveling. Massage is a great way to relax those tense and sore muscles.

There has also been a lot of flu. Some of my clients will have a Raindrop Technique session and call it their all natural flu shot. Young Living essential oils are used that are said to have anti-viral, anti-

microbial properties and help not only with chronic back pain, possibly caused by virus along the spine but also may give anti-viral protection to the body. The oils are applied on the feet, where there are many pores where the oils are absorbed into the body. Vitaflex is done to apply the oils to the feet. Then the oils are dropped in a raindrop fashion onto the back in a certain sequence and then massaged into the back along the spine.

This is a very relaxing 1 ½ to 2 hours experience. If you would like to schedule your Raindrop today, please give me a call to schedule.

JEN FE FAT LOSS PATCH

I had mentioned in previous newsletters about the Jen Fe Fat Loss patch. I quit wearing it for awhile and now am back to wearing it. It has natural ingredients in it, Forslean, an extract of the herb Coleus Forskohlii. According to Nexagen brochures, it mobilizes fat and stimulates the thyroid .

It also has Cosmoperine, Chromemate and Guarana in it.

The Jen Fe patch is made of a soft, supple foam type of fabric that stretches with your movement and is almost undetectable on the skin. The company says you can wear it on your upper arm, but many have found better results wearing it on the ankle area, especially in summertime when you are wearing sleeveless or short sleeve shirts.

Since I have been wearing

the patch, which you wear for 24 hours and replace with a new patch, I have lost a clothing size and inches. I noticed a decrease in appetite and a desire to eat healthier foods.

It is still important to drink plenty of water and to try to eat sensibly and get some exercise, even if it is only walking. For more information, you can look at www.NexagenUSA.com

If you would like to order, please contact me.

"Thoughts become things, so think the good ones."

The Law of Attraction is a very powerful law and our thoughts are very powerful as well.

CREATIVE QUESTIONS

Creative questions were a creation by Arne Ranzen of Unlimited Network. He found that we have many negative thoughts and questions that create the negative things in our lives. If you have a negative thought about something, as in the Law of Attraction, you will have it in your life. So try to find out what your negative thought or question is and change it to a positive. It is very amazing how un-Aware we are of our thoughts or even of things going on in our life! Have you ever driven

home from work, arrived in your driveway and do not remember the drive home from work? That is being very unaware. Some things have become so routine that you do it without thinking or being aware. Try to notice something new each time you take the same route home. The more aware you are of each moment, the more alive you are!

If you have ever had the thought or question, why is there never enough money to pay all the bills, you have

created that very thing, not enough money to pay all of the bills. What if you changed the question to ;Why do I have more than enough money? Or why does money come to me easily and frequently? Imagine that it has already happened; feel what it would be like to have more than enough money and watch what happens. Even skeptics have been very amazed. Check out <http://www.creativequestions.com/cmd.php?af=71511>

Young Living Essential Oils

Plants contain complex and powerful substances known as essential oils. These are liquids that are very aromatic and come from shrubs, flowers, trees, roots, bushes and seeds. These components defend plants from insects, harsh environmental conditions

and disease. These oils are essential for the plant to grow, live and adapt to its surroundings.

Essential oils have been used dating back to 4500 BC for perfumes, cooking, and medicinal purposes. Young Living oils are

distilled from plants and pure unadulterated oils. Because they are not diluted down, they are said to have anti-viral, anti-microbial, anti-fungal properties. You can use Young Living Lavender on a burn as well as many other uses.

Oils can be used through inhalation, topical and some can be taken internally, example, the lemon oil.

Please check out the Young Living button at the top of my web page to find out more about Young Living oils and products.

Young Living offers not only essential oils, but shampoo, cream rinse without sodium Laurel sulfate, and toothpaste that has natural products in it as well.

They also have children's items including toothpaste.

They also have NingXia Red, a concentrated drink with wolfberries that are high anti-oxidant and are high on the S-ORAC scale. It helps destroy the most dangerous and abundant free radical- superoxide, Super-oxide that is elevated is linked to heart disease, cancer, arthritis, asthma And other inflammatory conditions.

Holistic Health Expo

Iowa's first Holistic Health Expo was held at the downtown Marriott March 15-16th. It was a very interesting and was so popular that it will be back again next year with more vendors. The speakers were so interesting and covered a variety of topics. Hopefully, next year they will advertise it much more.

Happy Spring!

Connie Patton, LPN, LMT

Relax..... Breathe Deeply..... Be Well