

Jensen's Mobile Notes

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Arthritis and Massage Therapy

The Centers for Disease Control and Prevention (CDC) for the National Arthritis Data Workgroup is releasing a new study that reaffirms nearly 1 in 5 U.S. adults—46 million people—have arthritis, the nation's most common cause of disability. The prevalence of osteoarthritis has increased to 27 million people, up from the previous estimate of 21 million.

The study was a collaborative effort between several federal and private entities as part of the National Arthritis Data Workgroup (NADW). The study found that arthritis continues to be a large and growing public health problem. By the year 2030, an estimated 67 million people will be affected by arthritis, according to the study. Rheumatoid arthritis, which can lead to chronic pain, loss of joint function, and deformity, is decreasing, with 1.3 million adults affected, down from 2.1 million in 1990—in part due

to more restrictive classification criteria but also because of a real drop in prevalence. Gout, a form of arthritis most common among men, affected approximately 3 million adults, up from 2.1 million in 1990.

"The prevalence of arthritis overall continues to grow in the United States, which is not surprising given that many of the specific conditions are age related and the general population is aging," said Charles G. Helmick, MD, a CDC epidemiologist and a lead author on the study. Getting more physically active through exercise or aquatics programs is beneficial as well.

The signs of inflammation are: pain, redness, swelling and heat. One or all of these signs may be present.

Natural Arthritis Treatment: what can massage therapy do for you?

Historically, massage has been known for its numerous benefits as early as the 2nd century BC. It was Hippocrates in the fifth century who espoused the benefits of rubbing a joint.



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Contact Information &
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IN THIS ISSUE

Massage for Arthritis
Chakras Demystified

Massage therapy cannot cure or stop the progression of any of these arthritic conditions, but massage can most assuredly ease the symptoms associated with inflammation, and help improve the quality of life of someone affected by arthritis.

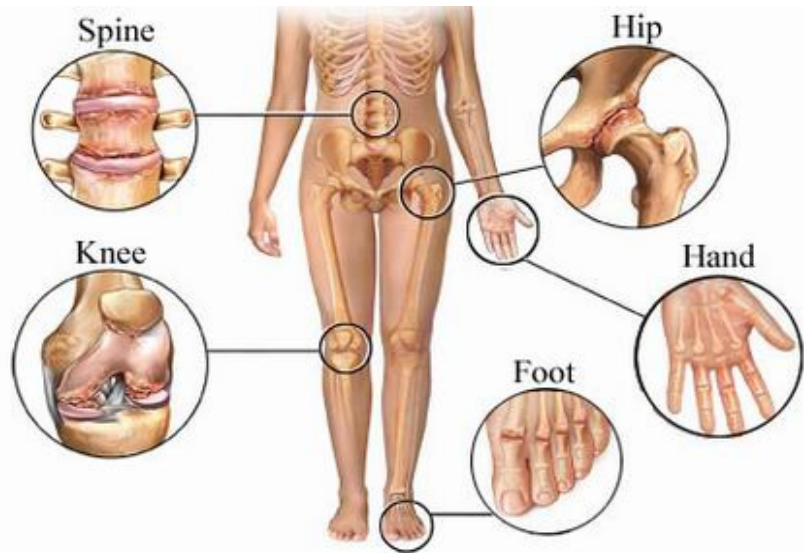
The benefits of massage include:

- Increase in circulation
- Increase in flexibility and mobility
- Decrease in pain and inflammation
- Relief of muscle aches and stiffness
- Overall relaxation and wellness

Gentle massage has many benefits for those with arthritis. Massage therapy can provide pain relief, soothe stiff sore muscles, and reduce inflammation and swelling. Massage and gentle stretching help maintain range of motion for your joints.

Massage therapy utilizes the human system's innate ability to heal any ailment through manual manipulation and the engenderment of the relaxation response. Make no mistake though, a good massage therapist knows his/her anatomy, but as far as the client is concerned all they must do is breath and let go. If there is one thing the client should carry away from the table, it is proper and conscientious diaphragmatic breathing. For Arthritis sufferers, an amount of stress or anxiety can exacerbate an already unpleasant physical situation. Proper breathing instills a calm feeling and restores the rhythm and natural equilibrium to the body.

Elimination of toxins is also important for Arthritis patients. Toxins can accumulate and crystallize throughout the body in the tissue, blood stream, nervous system, and the joints. This creates congestion and virtual cesspools in the internal milieu that can manifest as symptoms of Arthritis. The body's primary way to eliminating waste is through the digestive tract, but if the colon is clogged the waste literally begins piling



up. Massage therapy can break up toxic stagnation of the joints, muscles, and tissue, but without a direct line of exit through the intestinal tract and urinary system they will invariably settle again. Thai Massage, especially, is incredible invasive when it comes to promotion elimination and clearing of the abdominal channels in the body and offers an alternative for those people who are not comfortable with ingesting laxatives, administering self-enemas, or having colonic treatments.

Above all else massage therapy encourages Arthritis patients to develop a working view of their body rather than just seeing their condition as beyond their control or grasp.

HOW ABOUT A SUMMER PAMPER PARTY?

RATE: \$60.00/HOUR
PLUS \$15.00 TRAVEL TIME

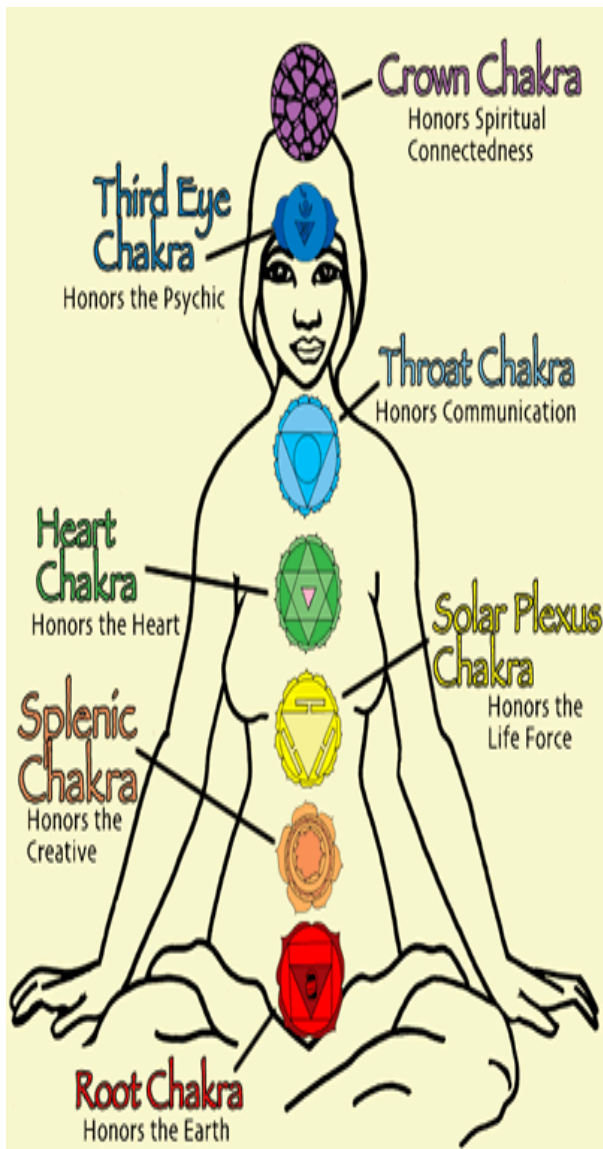
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CHAIR PAMPER PARTY ON THE PATIO?

RATE: \$1.00 PER MASSAGE MINUTE
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INFORMATION.

Chakras Demystified



Chakra balancing is based on the belief that the body has seven main energy centers along the spine which absorb and emit life force. These energy centers are referred to as chakras.

The easiest way to understand chakras is to equate each one to a life energy within the human body. Each of your chakras governs a specific function within your body, along with specific emotional issues associated with it. Take for example the solar plexus chakra, which affects digestion. If a blockage occurs in the solar plexus chakra, due to stress, other emotional issues or poor diet, the chakra can become blocked and it can cause gas, indigestion, constipation and all sorts of uncomfortable digestive issues. Mentally, the solar plexus chakra governs self-love and self-esteem, and is therefore involved with problems of indecisiveness, sensitivity to criticism and fear of rejection.

A variety of therapies may be suggested as part of your chakra balancing program - including acupuncture, biodynamic massage, yoga, color and light therapy, cranio-sacral therapy, crystal healing, homeopathy, kinesiology, polarity therapy, qigong, shiatsu, sound therapy, or spiritual/psychic healing.

Deborah Jensen is able to work on healing and balancing chakras, and will work with you on finding the best treatment should you have an imbalance in any of your chakras.



Summer is Here!

By Deborah Jensen

Summer is here, I've waited all year.
For gardens, greenery, and lemonade cheer.
Life in the slow lane, on the porch swing.
Sitting on blankets, local talent to sing.
Movies on sheets in the park at night,
Families with children, watching this sight.
Dancing, laughing, in the warm summer rain,
makes us forget a life of "the same."
Camping, hiking, biking outdoors,
A campfire where we make somemores.
Summer is my favorite time each year,
It's way to short, in the end I fear.



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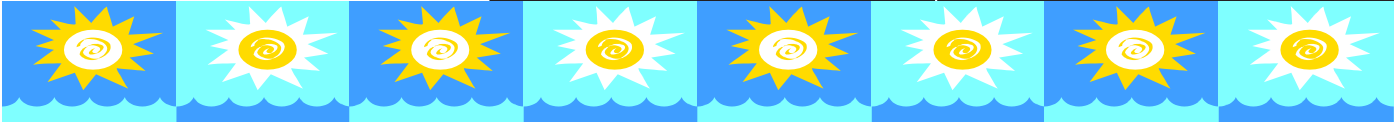
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