

October 2005

Happy Halloween! Issue #2



A SOLOMON MASSAGE NEWSLETTER

How to Reach Me

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Hours of Operation

Monday & Tuesday

9:00 am to 12:00 pm

3:00 pm to 8:00 pm

Thursday

4:00 pm to 8:00 pm

Friday

9:00 am to 2:00 pm

Saturday

3:00 pm to 6:00 pm

Solomon Massage Offers:

Swedish Massage

Thai Massage

Myofascial Release

Lymphatic Drainage

Triggerpoint Therapy

Insurance receipts

Gift Certificates

Visa & MC welcome

When Being Pain Free is
Where You Want To Be

Is work sucking the life out of you?



Kids driving you batty?

Feeling worked to the bone?



Walking through life zombie-like?

If so, I know someone who can help. This month I'd like to highlight one of my colleagues, a life and relationship coach, Helen Daniels. I'm just finishing up a course with Helen, called "Face Fear, Let Go, and Move On". It's been a lot of fun, and it's great for people who like to play (or would like to be more playful!). In our body we have the sympathetic nervous system, which when activated and in high gear, means that stress hormones such as cortisol and adrenaline are being released to prep you for fight or flight. Your pupils dilate, your heart beats faster, blood is moved to the large muscles, and the digestive functions are slowed down. If you're continually living in this state due to the stress of life demands or chronic pain, your organs begin to function not-so-optimally, and you can see how illness, depression, and disease can set in. In addition, many people are trapped in a vicious cycle of negative inner dialogue-> poor self-esteem->unhealthy relationships.

Helen is a pro at explaining how this state of being is facilitated by our reptilian brain, and more importantly – how to shift effectively out of this mode, and into higher brain thinking. Wouldn't you rather be in a state of "rest & digest", where you feel great physically and mentally and your life flows with ease and positivity? **Get your love and life gellin' by working with Helen! Find out more at www.helendaniels.com**

Back to School

We are more or less one month into the new school year. Getting back into the "grind" means more ... (you got it) ... stress – which usually manifests itself somewhere in your body. Here are some tips to reduce muscle strain:

- Backpacks: A maximum of 15 percent of your body weight is what should go into your backpack. Remove unnecessary items. Shoulder straps help you distribute the weight evenly between your shoulders and the waist strap helps to stabilize the load over your hips, preventing possible injury during movement.
- Reading: Use a document holder or bookholder – this reduces strain on your shoulders and neck by allowing them to be free and in neutral positioning.
- Placing the mouse, trackball, or other input device too far away, too low, or too much on one side can cause shoulder, wrist, elbow, and forearm discomfort. Place it directly in your immediate reach zone. This offers natural comfort and maximum hand-to-eye coordination.