

The Body Press



ON THE TABLE THERAPIES

Spring 2013

Men's Health, Men's Shed & Massage Therapy Week.

With much focus on men's health in the media of late it seems like a sensible idea to tee up massage therapy week with the Men's Shed to allow more men to ask questions and get an idea of how massage therapy may help them. The Australian Association of Massage Therapists (AAMT), of which I am a member have joined forces with the Men's Shed and Aussie fast bowler Brett Lee to bring attention to the ways in which massage therapy can help assist men's health and wellbeing. Many men could improve and maintain good health by using massage therapy on a regular basis, but some shy away from seeking the assistance of a therapist for various reasons.

Here are just a few of the ways in which regular or even occasional massage treatments can support men's health and wellbeing:

- The management of sub-acute and/or chronic low back pain
- Improving heart rate and blood pressure
- Reducing inflammation
- Alleviating pain and stiffness
- Improving flexibility
- Reducing stress and anxiety
- Reducing depressive symptoms
- Promoting relaxation
- Improving quality of life physiologically and psychologically

I have been a massage therapist since 1997. Through the years I have worked in different locations, both here in Australia and in the UK. Until coming here I had not really noticed a huge difference between the number of appointments between men and women. In fact the playing

fields up until now were pretty similar when it came to how many men and women I would see for remedial massage.

However a quick look at my diary over the last two months tells me that men here are missing out on a major part of health maintenance by 5 to 1 compared to women.

I will be at the Men's Shed in Atherton in September (date yet to be confirmed) to answer questions about remedial massage and how it can benefit men. I will also be doing some seated neck and shoulder massage so you can experience the relief of tension you feel from just a five minute treatment.

So if you know someone that you think may benefit from this have them contact John Whyte at the Atherton Men's Shed on 0411235099 in September or myself to find out more details about dates and times or check my website for updates.

www.onthetabletherapies.com

**Favorite Quote of the moment:
Good & Bad. Nothing lasts forever.**

Massage, Work and Play - a natural combination

Whether we are at work or play, the last thing we want is to be injured or suffer unnecessary pain and discomfort. Just as important as preventing injury is looking after the aches and pains we already have so they don't become chronic and debilitating. Work and competitive sport are part of our everyday experiences. Working physically hard, undertaking repetitive work, or simply hav-

ing fun or taking part in local sports events for charity often results in stresses, strain and injuries. Remedial and therapeutic massage is a natural way of looking after ourselves and maintaining an active lifestyle. It is used extensively in the rehabilitation of work, sport and accident-based injury, and in the long-term maintenance of debilitating and chronic conditions. Common injuries from the

workplace, such as neck pain, overuse injuries and lower back pain can all be assisted by remedial massage. Likewise, sports massage therapy has become a standard regime for sporting events or personal fitness goals that require extensive training. Remedial massage improves circulation, reduces muscle tightness and breaks down adhesions and the build up of scar tissue. All of these can

affect performance as well as a general sense of wellbeing. It is much better to be aware and prevent injuries from occurring first, rather than suffering from the pain and discomfort after activity, it makes sense to avoid injury by having regular massage while training and for recovery purposes. This will help to optimise your performance and achieving your goals in whatever sport and fitness level you aspire to.



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Notice Board

Couples & Friends Massage Course Dates:
 Sat 31 Aug & Sun 1 Sept
 Fri 20th Sept & Sat 21st Sept
 Other Dates Available on Request

Sewing Machines Repaired & Serviced
 Paul 0459033145

Warren Part
 Responsible, Hard Working Labourer
 For Hire
 House & Yard Care,
 Rubbish Removal, Forklift & Truck
 Driver to HC
 Tel 0407635017

Nutty Fruit Balls

- 1 Cup Almonds
- 1 Cup Sunflower Seeds
- 1/2 Cup Raisins
- 4 Dried Apricots
- 4 Pitted Prunes
- 1 generous teaspoon of honey
- Approx 30ml water
- 2 tablespoons desiccated coconut

Grind the almonds to a course meal in a processor. Put into a bowl. Grind the sunflower seeds and add to the almond meal. Process the fruit. Mix the nut and fruit mix together with the honey. Gradually add the water until you are able to roll the mixture into snack sized balls. Roll in desiccated coconut. Store in the fridge and eat instead of chocolate biscuits!! Warning eating too many may have a laxative effect.

WANTED

Expressions of Interest for Ortho-Bionomy courses.

If you or someone you know are interested in learning this technique please give me a call or drop me an email so that I can arrange a class to be taught up here on the Tablelands. We need at least six people for a class to run.

Venue TBA.

For more info about Ortho-Bionomy go to www.ortho-bionomy.org.au

First Aid Course

Location: 25 Pink Street, Atherton
 Date: 14th September 2013
 Code: HLTF A311A
 Name: Apply First Aid inc CPR
 Time: 9am

Places are limited so book early
 Contact Raymond Metzger to book
 or for more details
 Tel: 0740933464

ZenSomatic

Mindful Moments - Unraveling the Psoas with Liz Koch

Some years ago I did a workshop with a lady called Liz Koch. Liz has worked with the Ilio-psoas muscle for over 30 years and when I signed up for the workshop I had to wonder just how much a person could learn about one muscle - we were going to be there for a week! I still subscribe to Liz's newsletter and her passion for the ilio-psoas complex continues to inspire many, if the letters from participants of her workshops is anything to go by. She has a belief that the Psoas is an intelligent part of our muscular/nervous system. In

the text books the Iliopsoas muscle is a hip flexor. When it contracts we raise our leg at the hip or bend forward. However after working with Liz I discovered that it is so much more than that. The Iliopsoas muscle is what takes us or wants to take us into a rolled up ball when we are in danger or it is what braces us to protect ourselves or run away when we are threatened. It or I should say they, (there is one on each side) attaches from the vertebrae in the lumbar to the inside of the thigh bone at the top of the leg. When it is allowed to

be supple and relaxed it is energized and supportive. It makes sense after all when we as a whole person are supple and relaxed we usually function well. Unfortunately for many of us it is exhausted and weak. If you would like to find out more about Liz Koch, her telecasts and workshops (she occasionally makes it to Aus), go to her website at www.coreawareness.com and find out some of the fun and unconventional ways to release and unravel your Psoas.

