

The Body Press



ON THE TABLE THERAPIES

Issue 8, Summer 2014/2015

Make Stress Management Your Thing This Year

Well I don't know about you but at some point around April last year I wanted to scream—slow down it's going too fast. I see a lot of people that are effected by stress and even though stress may not always be the actual cause of illness and disease, it is most definitely a factor in how well are immune systems cope or recover. It can sometimes take something as drastic as ill-health to make people do something constructive to manage their stress.

Until then we run around trying to fit 26 hours into a 24 hour day.

Stress management has to be systematic, especially for those that are really in need of it.

An understanding of what is happening to the body that is stressed can help, especially if you experience anxiety.

Knowing that the body is

reacting to a PERCEIVED threat can help you rationalise and become calmer. Literally stopping to take 2 deep breaths can be enough to collect ourselves and mind our thoughts.

Find a relaxation technique that works for you and practice it for 20 minutes EVERY DAY. It is critical that you make the time to do this. Think of it as medicine that is critical to your health. If not, just like a diabetic that doesn't manage their sugar well, the results may not be immediate but over time it will take its toll on your health and happiness.

Time management and being strict about its implementation is a key. If you plan to spend 1/2 hour checking your emails then make sure it doesn't turn into an hour by going off on an internet tangent. Of course taking time to smell the roses, or anything else that brings you into an enjoyable moment of the present is an exception.

Are you your own worst enemy for your rules? Ask yourself how you would advice a best friend and give that advice to yourself. Don't be such a hard task master and be as kind to yourself as you would to your best friend.

Get adequate sleep. This is when our body repairs itself. If you are having problems sleeping then try and up the relaxation time and split the time you do your relaxation so that some of it is done before going to bed. Set your alarm to go to bed. Its easy to get entangled into the evening and before you know it your quality sleep time has been hacked into and your 8 hours becomes 5.

Oh and of course having a regular massage is a great way to reward yourself and help relieve any aches and pains.

So why not make 2015 and beyond about a less stressed and much happier you.

Favorite Quote of the moment:
You should sit in meditation for 20 minutes a day, unless you are too busy. Then you should sit for an hour.
Zen Proverb

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The Body Press
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onthetabletherapies.com/newsletters

Stand Up for Your Health

You may remember in the last newsletter the column on sitting less, moving more and living longer. (issue 7 , Autumn 2014). Well for those of you that are interested in taking this further and who have wondered how they can combine work and moving I think I may have found you a solution. After a little bit of research I have found, what looks to me like a really good product for a reasonable price. It is called the varidesk. If you want to find out more go to <http://au.varidesk.com>. There are a few options but the ones with keyboard lift look like the way to go to me. The reviews are good, so why not take a look for yourself and take a positive stand for your health.



Hoppy New Year

Fascia Release for Structural Balance

Sessions include posture observation to plan the treatment to your unique body patterning, and optimise the unique YOU !

To find out more go to www.onthetabletherapies.com



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Notice Board

Carob-Date Balls

Wean yourself off the over-indulgence of festive chocolate with these guilt free treats.

- 8 dates—pitted and roughly chopped
- 2tsp raw carob powder
- 100g ground almonds
- Zest of 1 lime—chopped or grated
- Juice of 1/2 lime
- Shredded coconut to coat

Add dates, carob powder, and lime zest to a food processor. Mix to a smooth paste. Add ground nuts and mix thoroughly.

Roll into balls with moist hands and coat with shredded coconut

Chill before eating—keep refrigerated for up to 3 days

Sewing Machines
 repaired & serviced
 Paul: 0459 033 145

Massage Course

I will be running a small numbers massage course for those that would like to massage their family and close friends. Or perhaps you would like to find out if massage is a career you would like to pursue.

Two day massage course includes
 * 20 page course book with photo guide to each massage routine

* Step by step tuition on relaxation massage to the back, legs, feet, neck, shoulders, face and scalp

*Light refreshments

*Certificate of attendance

Learn from a professional with over 19 years experience

Dates to be confirmed but sometime between now and the end of March email me to express an interest or see the website for more details

Therapeutic Creams available

Bruise & Pain Ease
 Muscle & joint pain relief and anti-inflammatory cream made with therapeutic grade
 Arnica, Comfrey & Ginger

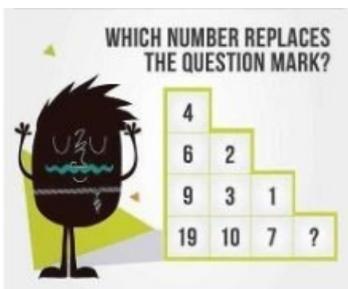
Happy Legs Cream
 Therapeutic grade chickweed, calendula,
 & essential oils of Eucalyptus, Rosemary, Lemongrass, Cajeput & Peppermint

Skin Calm
 A simple cream of therapeutic grade Chickweed & Calendula

Tai Chi for Falls Prevention and Wellbeing
 New Dates and Class Times are on the website in 'other stuff/news'
 www.onthetabletherapies.com

ZenSomatic

Mindful Moments



Email your answer to christietonks@hotmail.com
 The fourth person to send me the correct answer will win a one hour treatment valued at \$67

The Dalai Lama, when asked what surprised him most about humanity, answered "Man. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future: he lives as if he is never going to die, and then dies having never really lived"