



# NEWSLETTER

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## What's happening in the Store!



### Uni-Sex, Reflexologist T-Shirt.

Hanes 50/50 T-Shirt  
5.5 oz. 50% cotton / 50% polyester fabric.  
Double-needle bottom and sleeve hems.  
Generous fit for active lifestyles.  
Resists shrinkage and holds its shape.

*White with black screen printed logo.  
Just \$12.99 ea. At The Store!*

I'll be wearing mine while hanging out at the RAA Conference in Portland, ME next month! Hope to see you there.



## Cancer patients can benefit physically and emotional from massage

By Andrew Weil, Dr. Weil is clinical professor of medicine at the University of Arizona and director of its Program in Integrative Medicine.

**Question:** Is massage safe for people who have been treated for cancer?

**Answer:** Yes. And I know why you ask: Despite the lack of any credible evidence, many cancer patients still believe that massage may spread cancer cells around the body. This is simply untrue.

There's proof that massage is helpful in a variety of ways, and I often recommend it to my patients who have cancer. Several studies show that manipulation of the body's muscles and other soft tissues can reduce nausea, pain, fatigue, and anxiety in people with the disease. Many therapists rave about its profound impact upon their patients' sense of well-being. Other research has found that people with cancer who receive massage (along with

acupuncture) after surgery experience fewer symptoms of depression than those who receive only the usual postoperative care.

Still, cancer patients should take some precautions. People who have just had chemotherapy or radiation often have low blood platelet counts and can bruise easily; they should receive only light massage.

If you've recently had surgery, you shouldn't get a massage if there are signs of infection at the surgical site. Radiation therapy patients shouldn't have their treatment sites massaged because it may further irritate their skin. Tell your doctor that you're getting a massage and consider finding a therapist experienced in massaging people with cancer.

Massage is so effective that many cancer centers now offer it to their patients as complementary therapy. For hospitalized patients, experts often recommend gentler forms of massage, such as acupressure and reflexology.

*Reprinted from Prevention Magazine, March 2008 issue. [www.Prevention.com](http://www.Prevention.com)*



## Did you know?

That Eunice Ingham was charged with practicing medicine without a license in New York in 1968 (charges were dropped before it came to court)! *RAA Magazine, Spring Issue 2008*

Peppermint eases a stomachache – This herb is a digestive wonder. It calms the muscles of the stomach and improves the flow of bile, which the body uses to digest fats. When you need the power of peppermint, it's best to opt for tea rather than gum. Most people swallow more air than usual when they chew gum, which can lead to stomachaches and gas. One caveat: Frequent heartburn sufferers should avoid peppermint because it can relax the muscle between the stomach and the esophagus, allowing acid to flow back up. (*Prevention Mag., April 2008*)

People whose index fingers are shorter than their ring fingers are at higher risk for knee osteoarthritis than people whose index fingers are longer than or the same length as their ring fingers. Reason – Unknown!

*(Based on a study from The University of Nottingham, England, on more than 3,100 people, published in Arthritis & Rheumatism.)*

## Marketing Tip

In advertising a new service, special offer, etc. use the header "ASK ME ABOUT..." at the top of your advertisement, prompting your clients to actually ask you about the service...

*Nancy Bartlett, NBCR*