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Body Sense

A public education magazine brought to you by ABMP

spring 2020



Support Your Immune System

7 Things We Can Do For Ourselves and Others

Massage vs. Bodywork
Healing Touch Possibilities

CBD and Massage

TMJ Self-Care

Clearing the Air...

Color Up CBD clears the air around these common misconceptions concerning CBD skincare.

Q: Will using CBD products and treatments get me high?

A: NO! Even with our Full Spectrum line, there is not enough THC to cause a psychoactive response.

Q: Will they show up on a drug test?

A: Products containing pure isolated CBD will not show on a drug test, however we do caution against using anything containing THC.

Q: How does CBD work with my skin? What should I expect to feel?

A: CBD works with the skin's immune system to reduce inflammation, hydrate the skin, and balance out inconsistencies. You will feel refreshed, rejuvenated, and your skin will be glowing!

Q: What is the Endocannabinoid System?

A: A biological system that is responsible for regulating and balancing many processes within the body including immune response and communication between cells.



Ask your licensed therapist for more information on how to incorporate CBD into your skincare regimen or visit www.colorupco.com

EDITOR'S NOTE

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The Virtual Hug

Depending on where we live, we're all in various stages of dealing with the COVID-19 virus. Your state may already be in the hunker-down stage, where only essential businesses are open, while neighbors in the state next door may still be in the stock-up stage, buying enough goods to get through this trying time. Hopefully none of you are having to deal with the virus firsthand, but undoubtedly many of you are, or soon will be.

Unprecedented times has become the fallback phrase we use to describe this challenge, while unprecedented stress has quickly become a new normal, as we deal with the health of our families, our businesses, and our communities. Sadly, when massage could be of immeasurable use to us all, it's not something we can turn to. A relaxing hour of massage would do wonders for our anxiety-ridden necks and shoulders, but the Centers for Disease Control and Prevention (CDC) says for the sake of us all, we can't. There is no way to practice social distancing with massage. So, we send hugs and support from afar, both from *Body Sense* and on behalf of your massage therapist, and we await the day you can return to their table.

Until then, we wanted to take time in this issue to offer you some simple steps for staying grounded and supporting your immune system, both important things you can do during prolonged periods of stress. This kind of self-care is something we should always have as part of our routine, but it's especially important right now.

And remember, while your massage therapist may have to close their doors for now, they have not closed their business. If you have the ability to support small businesses during this time, consider adding your massage therapist or bodyworker to that list. Pre-buy massage and bodywork gift certificates that you can use for upcoming holidays like Mother's Day, virtual birthday gifts, or overdue self-care time that will be ready and waiting for you when we can all venture safely back out into the world, when massage therapists and bodyworkers are able to open their doors once again and serve you, their treasured clients.

Sending you a virtual hug from all of us.



|

There's only one of you—so take care of yourself mindfully, lovingly, and pragmatically. Practice self-care in ways you haven't before—a quiet morning reading a book, a long bath in the evening, foot massage with your partner, and all the healthful moments you can find for yourself.

Body Sense

massage, bodywork & healthy living

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Volume #22, Issue #1, Spring 2020
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www.massagetherapy.com

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3 Tips for Staying Grounded

Stress bombards us each day, so it's important to look for the things, in addition to massage, that can ground us and help us navigate the bumpy waters of daily life. "In this crazy world, we sometimes let negative energy steal our inner peace," says Bradley Nelson, holistic physician and author of *The Emotion Code*. "Here are some tips on finding inner peace, calming your nerves, and finding the balance you crave."

1. Daily Inspiration

"Do some research to find things that inspire you, things that lift your spirits. Perhaps it's a daily quote, a TED Talk, a phone call to a friend, or just watching the sunrise. Whatever gives you strength can help in finding inner peace."

2. Focus

"You might be dealing with kids, cell phones, or TV while cooking, cleaning, or even driving (which is downright dangerous). It seems like we are always multitasking. Try to take time out to focus on just one thing. This can help to declutter the mind and give your brain a bit of a break. When you actually have downtime, consider using it to meditate. The beauty of meditation is that it doesn't require anything but your focus, and even the shortest amount of time can be helpful in finding inner peace."

3. Be Present

"The past is the past, and the future is uncertain. You cannot change tomorrow by worrying today, and agonizing over things said and done cannot change the past. Be present. Enjoy what is happening in each moment today. Beautiful things are happening, but if you're distracted by the past or the future, you might miss them."



Give the Gift

It's Always a Good Time to Share the Benefits of Massage


With social distancing the protocol these days, you may not be able to book an appointment with your massage therapist for the foreseeable future. How can you still support your massage therapist, and they support you, even if you can't get in to see them for a while? Buy a gift certificate . . . or two!

Consider it “Christmas comes early” or “Mother’s Day preparedness”—whatever you want to call it, buying a massage gift certificate for someone in your life will not only help them experience the healthy benefits of massage, it will also help massage therapists navigate what might be a financially challenging few months.

Remember, massage has myriad benefits:

- Improves immune system function
- Reduces stress-related hormones
- Improves muscle and tendon recovery
- Improves sleep and reduces fatigue in cancer patients
- Increases pain relief without the side effects of narcotics

If your therapist works in a franchise setting, you might be able to donate any unused fees or massage credits to therapists on staff who may be suffering from the severe financial consequences the coronavirus brings into our communities.

Check in with your massage therapist to see when they are likely to be back to business as usual. And, in the meantime, buy a massage gift certificate or package for you or someone you love. It's a win-win for everyone. 



Support Your Immune System

7 Things We Can Do For Ourselves

By Angie Parris-Raney, LMT,
Chopra Center Certified



Technology has certainly put us in touch with important information on preventive measures for spreading the COVID-19 virus, such as washing our hands and avoiding contact with those who are sick. However, much of the information is ignoring an essential part to staying healthy—boosting our immune system.

There is a part of our nervous system that hasn't evolved far from our ancestors called the autonomic nervous system (ANS). Its purpose is for primal survival, equipping our mind/body to react to danger. When we are charged to respond to a stressor or danger, we are flooded with stress hormones. Our digestion shuts down, and we increase blood and oxygen to the heart, brain, and lungs to flee. Blood pressure rises and breathing becomes shallow. This is called the sympathetic part of the ANS, commonly known as the fight-or-flight response. Feeding the fear loop stimulates the fight-or-flight response and is known to suppress the immune system. Stress over time can begin shutting down other systems of the body.

Thankfully, there is another part to the ANS called the parasympathetic system, known as the rest-and-digest response. The largest cranial nerve of the body, the vagus nerve, innervates from the brain stem to the chest and abdomen. When we stimulate the vagus nerve, we tap into the rest-and-digest response. The heart rate decreases, blood pressure normalizes, breathing is deeper, stress hormones are reduced, and happy hormone production is initiated (promoting sleep, focus, and happier emotions). There are simple methods and lifestyle choices we can make to support our own immunity. We can consciously pull ourselves out of a state of reaction, take back our own power, and ask ourselves what our mind/body needs in this moment to support rest-and-digest.

I. BREATHE

Place your hands on your lower abdomen and your chest. Take in a deep breath from the belly, expanding the belly and bringing oxygen up to the lungs. Leave a

little bit of room to the top of the lungs from the inhale. As you exhale, send the breath all the way down into the belly, contracting the belly. This action expands the diaphragm. The act of breathing deeply and expanding the diaphragm massages the vagus nerve. To help pace the breathing and create a state of calm, count to 3 equally on each inhale and each exhale. If you can exhale slightly longer than your inhale, even better. This also sends a message through the vagus nerve that everything is OK here. We have enough oxygen.

2. MEDITATE

The mind is the repository of all experience. It takes in an experience, establishes an emotion around it, analyzes it, and then projects it to the world. Meditation helps us cultivate self-awareness and gives us the space to break the cycle of conditioned thinking and make different choices. Plus, it's an opportunity for you to observe your breath, thoughts, feelings, sensations, and emotions rather than become them. Meditation helps us to recognize these experiences from an objective point of view, helping us to let go of fear and clear space to focus on positive thoughts. Take one minute each day and you'll begin to witness the benefit of connecting within.

3. EXERCISE

Decide what movement it is that you like to do. Instead of focusing on the reps and miles of your activity, focus on moving playfully and with joy. The American Heart Association recommends getting 2.5–3 hours per week (30 minutes per day) of moderate-intensity aerobic activity, preferably throughout the week. Choose an activity that makes you feel joy. If



Ask yourself,
does this
choice put me
in the direction
of mind/body
harmony or
disharmony?

you enjoy the activity, you will be more likely to commit to 30 minutes per day. Walking is one of the most accessible and natural forms of aerobic activity we can do. Exercise changes the energy in the body and promotes happy hormone and neurotransmitter production, which supports a strong immunity.

4. SLEEP

Recently, there has been a surge in research on the circadian rhythm cycle and how it affects our sleep. There is a small part of the hypothalamus, called the suprachiasmatic nucleus, that is tasked with noticing light. It contains approximately 20,000 neurons that respond to light and it sends information to cells to regulate the body's systems based on light and darkness. Sleep is a powerful anti-inflammatory and it's how the body repairs and restores itself. To prepare for restful sleep, turn off the mind stimulators at least 1 hour, if not 2 hours, before bed to calm the mind and slow down breathing. Nature teaches us what we need to know. Follow the sun. Wake up when it's light and prepare for sleep when it is dark.

5. EAT MORE PLANTS

Not only are plants full of healthy vitamins, phytonutrients, and minerals you'll need to support a healthy immune system, but they are also easier for the organs to break down and digest so that you can more easily absorb essential nutrients. To keep it simple and fun, one method I use is to pretend my plate is a canvas and I'm painting all the colors of the rainbow onto my plate with different colored vegetables. You will not only satisfy your taste buds, but also nourish your brain and body.

6. ENLIVEN ALL FIVE SENSES

Ayurveda, an ancient healing system dating to 6,000 BCE in the Indus Valley, teaches us how to heal through our senses. When the mind is out of balance, look to balance the 3 S's: sight/sound/

smell. Pick a time each day for your digital detox and opt for things that are more soothing to the mind, such as looking at images of nature, listening to healing sounds or music, and breathing in essential oils or aromatherapy. When the body is out of balance, look to the 2 T's: taste and touch. Choose to consume healthy foods throughout the day, get exercise, or give yourself a massage with warming oils at bath time.

7. HYDRATE

While there continues to be a debate on what is the recommended amount of water needed to consume daily, keeping your organs hydrated and nourished is a sound practice. With today's busy schedules and lifestyles, on average many people operate under-hydrated. Remember, you can also consume water content through fruits and vegetables, plus you'll get the benefit of vitamins and other nutrients.

Every experience we have sends a message from the brain to every cell in our body. Be conscious of every choice, every experience you take in through your eyes, ears, nose, tongue, and skin. Ask yourself, does this choice put me in the direction of mind/body harmony or disharmony? Before you make a choice, take a deep breath. You've got this!

Angie Parris-Raney, LMT, has been practicing massage therapy and bodywork in Colorado since 2001. She is certified through the Chopra Center as a meditation teacher and has expanded her practice to serve children and families living in poverty in Peru through her nonprofit, Project Inti.



Massage VS Bodywork

Knowing the World of Healthy Touch Possibilities

By Cindy Williams

If you are familiar with massage and other hands-on therapeutic work, you may have heard the term *bodywork* but been unsure what it is and what makes it different from massage.

Recently a friend of mine, who is a long-time, regular recipient of various forms of massage and bodywork, came to me exclaiming, “I finally get it! I finally understand the difference between massage and bodywork!” Until now, she was among the many who weren’t sure what was what.



DEFINING FACTORS

In order to effectively differentiate the terms *massage* and *bodywork*, let's compare and contrast definitions offered by experts in the field.

Massage

- “A system of structured palpation or movement of the soft tissue of the body.” (www.massagetherapy.com)
- “The scientific art and system of assessment of and manual application of certain techniques to the superficial soft tissue of the skin, muscles, tendons, ligaments, and fascia and other structures that lie within the superficial tissue.” (*Mosby's Fundamentals of Therapeutic Massage*, 5th edition)
- “Manual manipulation of the soft tissues of the body for the purpose of establishing and maintaining good health and promoting wellness.” (Salvo, *Massage Therapy Principles and Practices*, 5th edition)

Bodywork

- “Various forms of touch therapies that may use manipulation, movement, and/or repatterning to affect structural changes to the body.” (www.massagetherapy.com)
- “A term that encompasses all the various forms of massage, movement, and other touch therapies.” (*Mosby's Fundamentals of Therapeutic Massage*, 5th edition)
- “A generic term used to describe any therapeutic or personal self-development practice that may include massage, healing

touch, movement, or energetic work.” (*Massage Therapy Principles and Practices*, 5th edition)

From these definitions, we can distill the follow points:

1. Massage is manual manipulation of the soft tissues of the body (in other words, direct physical contact).
2. Bodywork can involve manual manipulation of the soft tissues of the body; however, it is a broader term than massage, encompassing more types of contact than direct soft-tissue manipulation.

THE BODYWORK SMORGASBORD

What exactly are these other types of contact? There are well over 250 recognized bodywork modalities, or approaches, that can be utilized to promote therapeutic outcomes. Therapeutic change can result not only from direct manual manipulation of soft tissue, but also from working with a client indirectly. Here are a few examples.

Movement Therapy

This form of bodywork is based on the idea that over time we learn how to move in a particular way because of habitual, repetitive actions of daily life. These patterns can cause restrictions that often result in discomfort and pain. The aim is to restore function by increasing self-awareness of what you do every day, how you move, and choosing new ways of moving that are healthy. Often a session has little to do with the therapist touching the client, but rather observing and instructing new movement patterns. Examples include Feldenkrais, Alexander technique, and Aston-Patterning.

What's your massage and bodywork style?

[Try this fun approach to discovering the many types of therapeutic touch](#)

Energy-Based Therapy

This form of bodywork is based on the belief that there are energy fields that flow within and around you, and that blockages or imbalances cause disease and dysfunction. Balanced energy promotes physical, mental, emotional, and spiritual health. Techniques can be applied with hands on the body, off the body, and even from a remote location using intuitive intent. Examples include reiki, therapeutic touch, and polarity therapy.

Sound Therapy

Sound has been used for centuries as a tool for promoting physical, mental, and emotional wellness. This type of therapy rests on the notion that our bodies contain energy frequencies that can become imbalanced or go “off key.” The vibrations that are created through the medium of sound can realign these energies, in some cases by entraining brain frequencies. Therapists can be trained in the use of instruments (such as singing bowls, tuning forks, gongs, flutes, piano, guitar, etc.), singing, moving to the beat of music, or simply listening to specific types of music for the purpose of healing.

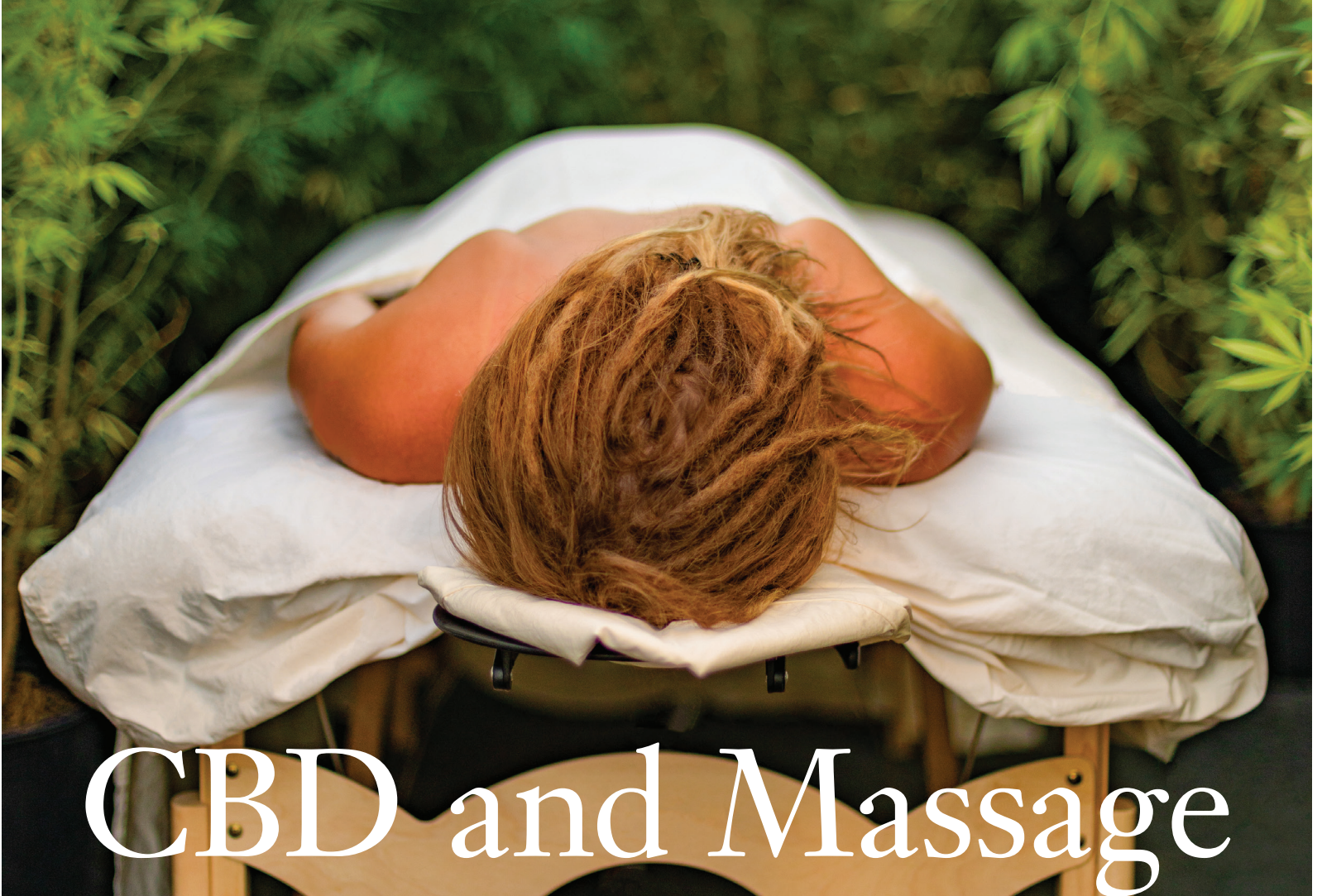
The list goes on. Other forms of bodywork include aromatherapy (invoking the sense of smell), hydrotherapy (using water at various states and temperatures), acupressure (stimulating points in hands, feet, or along energy meridians), and spa therapies (use of mud, clay, seaweed, or peat). All have a therapeutic benefit for mind, body, and/or spirit without the requirement of manual tissue manipulation.

GO ON A MISSION

As you can see, massage is but one facet of the multifaceted world of bodywork. To thoroughly set your understanding in stone, inspire yourself to go on a mission of trying at least three forms of bodywork you've never experienced! It's a great way to expand your horizons while also solidifying your understanding of what's what with massage and bodywork. 📖

Cindy Williams has served the massage profession as a practitioner, school administrator, instructor, curriculum developer, and mentor since 2000. She enjoys the challenge of blending structure with creative flow to provide balance in her classroom, bodywork practice, and life.





CBD and Massage

CBD is all the rage these days. From the CBD gummy bears you might find at your local gas station to the highly regulated hemp industry that produces products for spas and therapists, there is a spectrum of good and bad CBD information, products, and expertise. Here are just a few things for you to ponder as you consider whether CBD is right for you.


BLISSSED OUT AND PAIN-FREE

For a small upcharge, Colorado massage therapist Matthew Behr says he incorporates CBD into a full-body massage or applies it to specific areas of pain and tension. “Objectively, I can feel the (client’s) tissues relax with much more ease as the topical soaks in, and I am able to really get more work done. People leave feeling completely blissed out and report being totally pain-free.”

KNOW WHAT YOU’RE BUYING

“There is a lot of garbage out there in the CBD world,” says Allison Taylor, vice president of Spa and Wellness at Receptra Naturals, which produces CBD products. “So many products are white-labeled with hemp extract from questionable sources with little to no research and testing. You deserve to know exactly what you’re buying, why you’re buying it, and how to use it.”

THE LAWS ARE CATCHING UP

Whether a state will allow massage therapists to use CBD is up to the interpretation of the massage regulatory board in that state, and the speed at which federal, state, and massage board regulations catch up to one another in the aftermath of the passage of the 2018 Farm Bill, which opened the door to legal hemp farming. For example, some states have specific policies and rules regarding the use of CBD, with some outright saying they cannot be used in the practice of massage therapy. Most others will not give guidance on the issue at all. Check with your massage therapist to see if CBD is something they are offering with their services. 

Definitions

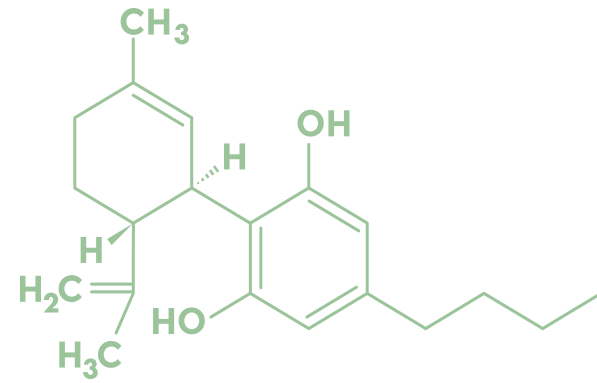
Cannabis—a flowering plant (*Cannabis sativa* L.) that has been used for fiber, food, and medicine for the last 12,000 years.

CBD (cannabidiol)—a naturally occurring compound found in the resinous flower of the cannabis plant. Generally assumed to be safe and nonaddictive, CBD is one of more than a hundred phytocannabinoids in cannabis. To be classified as CBD and sold legally, and across state lines, it must not have more than 0.3 percent THC within its formula.

Hemp—cannabis plants with 0.3 percent or less tetrahydrocannabinol (THC).

Marijuana—cannabis plants with more than 0.3 percent THC.

Information provided in part by Project CBD: www.projectcbd.org/cbd-101/what-is-cbd



Most massage-oriented CBD products are derived from hemp, and, as a result, have minimal—less than 0.3 percent—THC.



CBD Benefits

- Reducing pain and inflammation
- Reducing or eliminating seizures
- Treating anxiety
- Managing mental illness as an antipsychotic agent
- Reducing muscle spasms and spasms of the small intestines
- Protecting the nervous system—managing dementia and Parkinson’s disease
- Use with THC in autism and poststroke care
- Reducing the undesirable effects of THC, such as inebriation, sedation, and racing heart



Why I Use CBD for My Massage Clients

“A female client of mine, in her mid-50s and living with multiple sclerosis, responded favorably to the CBD topicals we used in her massage. For the previous five years, this was a client I would see weekly for symptom mitigation. When we started using the topicals, many of her symptoms declined significantly. She reported that the feeling of pea gravel in her legs, and her neuropathy, diminished greatly. A retired stone mason in his late 80s was another one of my “a-ha” clients. He testifies that my massages have always been helpful, but now he swears he won’t ever get a massage without CBD topicals again. Between the success of these clients, in particular, and my own personal alleviation of pain in my hands and wrists, the results of using cannabis-infused topicals kept me interested in learning more.”

Julie Crispin, massage therapist and CBD educator

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Self-Care for the TMJ

Maybe you clench your jaw while sleeping. Or maybe your jaw and facial muscles are where you store your stress from a busy day at the office. Either way, these exercises will help soften a tight temporomandibular joint (TMJ) and get your jaw in its proper resting position.



CHIN TUCKS FOR TMJ

Sitting tall and straight, with your head aligned over your shoulders, move your head forward, and then back without moving your chin up or down. This exercise works the muscles that affect your jaw pain. You can assist the end of the stretch by pushing against the chin.



TMJ STRENGTHENER

Sitting tall and straight, start with your jaw in this resting position—tongue pressed to the back of your upper front teeth with your mouth closed. With the tongue still pushing against the back of your teeth, open your jaw wide, then close. Repeat 6 times. This helps strengthen the joint and put the jaw in proper position.



Adjust

When stretching, doing yoga, or working out, if you find tension in your jaw, that's a sign that something is off. Become aware of your body. Envision your lower jaw being heavy and your upper jaw being light. You can even put your tongue to the roof of your mouth to reset.

You are one **click** away from relaxing.



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