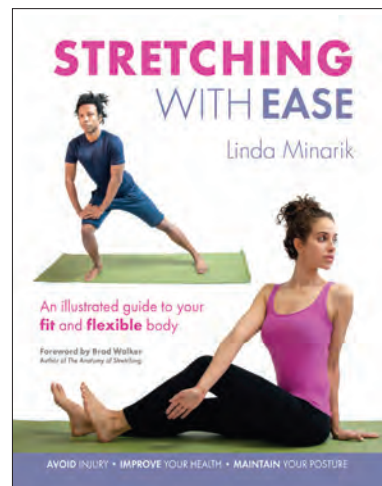


### PEACE. JOY. COLOR.

Join the artful and meditative adult coloring craze with this delightful book with a twist. Featuring quotes from classic holiday greetings, these 20 tear-out notecards are perfect for readers to color and share, or to add a dash of good cheer to the office or home. This is where peace of mind meets creativity. Available for \$9.99 at [www.barnesandnoble.com](http://www.barnesandnoble.com).

### STRETCHING WITH EASE

Fitness expert and author Linda Minarik wants all of us to make stretching a lifelong habit, so she's created this 192-page user-friendly, fully illustrated text from CICO books to help you create your own stretching program. Your body is built for movement, and this guide can help you discover how and why to build flexibility and strength. Available for \$21.95 at [www.amazon.com](http://www.amazon.com).



### CHAKRA BOOST ROLL-ONS

ADORatherapy products are aromatics handcrafted from plant products found around the world. These Chakra Boosts are available in seven scents and purposes—like Motivation, an energizing blend of grapefruit, lemon, and rosemary—for portable and flexible use. Apply these essential oil blends to your pulse points and enjoy. Available for \$16 each (.338 ounces) or \$112 for a set of seven at 877-840-4242 or [www.adoratherapy.com](http://www.adoratherapy.com).

### ILLUMINATION OF THE HEART

Music pioneer Deuter is back with a classic new age music creation. This CD is a masterful example of this genre—blissful, rejuvenating, serene, and transcendent. Here, Deuter plays a variety of instruments, including cello, flute, guitar, keyboards, and piano, and also softly mixes in his voice to add humanness and touch listeners' hearts. Available for \$11.38 at [www.soundstrue.com](http://www.soundstrue.com).



### SLEEP BRACELET

Just as we need air to breathe, our bodies also need sleep. The Sleep Bracelet by Philip Stein uses natural frequency technology to boost your body's production of melatonin—the hormone that synchronizes the sleep-wake cycle. This chic bracelet allows you to sleep deeper and longer without feeling drowsy the next morning. Available for \$395 in classic or slim styles at 855-533-3939 or <http://philipstein.com/catalog/category/view/id/44>.

# A Win-Win

## Massage Convert and Her MT Inspire Each Other

By Leslie A. Young



Bonnie Crowder has had a physically demanding life in the livestock industry—bucking hay, driving farm implements, treating sick horses. “You name it, I’ve done it,” she says. But this tough Colorado cookie crumbled when she heard she needed to get a massage.

“I’m 80 years old, and I’ve never had a massage before,” she says. “I was scared to death. I finally booked it, and I had to wait a week before my appointment. You don’t know how many times I canceled it in my mind, but my body was saying, ‘No, I’ve wanted this for a long time.’”

After a one-hour session with massage therapist Christa Phipps, Crowder is a convert. “I can’t believe I fought it for as long as I did, because it was so wonderful! I can’t wait to go back.”

All Crowder’s years of hard work in the livestock industry led to a left knee replacement in 2010 and a right hip replacement in 2014. She has problems walking, so her doctor prescribed therapy. “The physical therapist felt I should think about having a massage because every muscle in me is tied up tight.”

The synergy between physical therapy and massage is crucial, Phipps says, and Crowder’s case is a perfect example. “She’s been really great to work with,” Phipps says. “It’s so helpful when clients do their exercises and stretches at home that are prescribed by the physical therapist, alongside massage therapy. It’s a whole-team approach, but she really made the difference for herself.”

### SETTING THE STAGE

It’s important to communicate expectations with new clients, especially seniors, Phipps says. Discussing medical history, contraindications, and medications helps put both massage therapist and client at ease. “It’s nice to have a line of communication that helps clients feel more comfortable with you,” Phipps says. “It lets them know you fully understand their circumstances and you’re willing to work with them as best you can.”

Crowder was really nervous, but when she walked into the session room, she was greeted by soft lighting, gentle music, and a warm massage table. “[Phipps] was very kind, and told me to undress as far as I wanted to undress. Then, she left, and I was so relieved. I was afraid she was going to watch me undress.”

Crowder got situated, lay facedown on the massage table “naked as a jaybird,” and waited. “When she came back in, I tensed up, but her magic hands started in and, oh my goodness, I thought I’d melt all over that table. It was wonderful.”

The therapeutic nature of the work surprised Crowder. “This is something I should have done years ago,” she says. “I’ve been hurting all my life because of the kind of work I’ve done. She started working on my back, pulling on my shoulder muscles around the base of my neck. I didn’t know I hurt that bad, but I wanted her to stay there. Everything she touched felt better.”

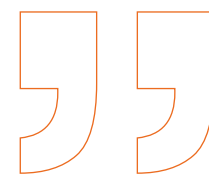
“When she got to the legs—which is my worst part—I said, ‘Please go home with me. I’ll feed you! I’ll look after you!’

“Afterward, I could dance out of there. I got up and walked the smoothest since I can’t tell you when. Even after I got home, I felt great. Of course, after a while, the aches and pains returned, but I handled 70-pound bales of hay for 40 years, so I can’t expect it all to go away with one massage.”

## CLASSIC CONCERNS

Crowder’s hesitations were typical of any newcomer to massage, let alone an octogenarian. “I have 80 years of indiscretions to try to cover up,” she laughs, admitting she didn’t want anyone to see her naked. “I didn’t feel mentally that I could handle it. I have all these lumps and bumps I don’t want people to see.” Her physical therapist and another friend who loves massage explained her options: “You can either wear your clothes or not wear your clothes,” she explains,

I think what’s special about bodywork is that it doesn’t matter how old you are; we’re here to take care of you.



Bonnie Crowder

“but they highly recommended I not wear my top so that the massage therapist could work my back. All the while, I had all these weird pictures going through my mind, but then I thought ‘OK, I’m going to try it.’”

In retrospect, she says she felt covered at all times, and Phipps was very professional. “The draping was great—no embarrassment whatsoever—so the months of worrying about this was completely gone from my head.”

Crowder says her impressions of massage trace back to the movies of the ‘40s and ‘50s. “They’re getting a massage, and they don’t have anything on,” she remembers. “I’d rather go through pain than have someone see all my indiscretions.”

And those film images are difficult to overcome. “Once you’ve seen Burt Reynolds on the massage table, it’s kind of hard to go in for a massage,” she admits. “In a couple of the mob movies, the high mucky mucks are getting a massage and that’s when they get shot. And you want me to get a massage? Are you kidding me?”

## REBOOK, PLEASE

Crowder is keen for her next session, and she thinks her experience will be even better the second time. “This time, I’ll be more conversive with her because it

doesn’t scare me now. I’m also going to wear something I can take off easier.” Afterward, she had the option to tip her therapist, and she was pleased to do so. “Now if I could just get her to play country music.”

Phipps is looking forward to Crowder’s return visit. “I’m just grateful my little piece of the puzzle can make such a difference,” she says. “That’s really inspiring. I think what’s special about bodywork is that it doesn’t matter how old you are; we’re here to take care of you. That’s really the goal—to get you back to where you used to be or close to it, sometimes in an even better situation.”

In the meantime, Crowder loves spreading the word about the benefits of massage therapy. “Anyone who’ll listen, I tell them it’s really helped me. Treat the scaredy-cats of the world to a massage, and they’ll be in your debt for the rest of their lives.”

*As editor-in-chief of Massage & Bodywork magazine, Leslie A. Young is an ambassador for massage therapy.*

# How to Make Better Decisions

## Complex Carbs for Clarity

By Mark Liskey


Mental stress, like the cumulative effect of having to make many decisions, causes glucose depletion in a specific area of the brain.<sup>1</sup> As a result, and in an attempt to conserve energy, the brain searches for shortcuts.

One shortcut is impulsivity. For instance, a glucose-depleted brain overwhelmed by shopping choices wants the decision-making process to end. Hence, the impulse is to buy. Another shortcut is to err on the side of not making a mistake, as was found in a 2011 study where the glucose-depleted Israeli judges took a shortcut by not granting parole, knowing they could always grant parole the next time.

In this study, researchers tracking an Israeli parole board found that parole granting fluctuated wildly depending on the time of day. For example, if a prisoner saw the board early in the morning, he had a 70 percent chance of getting parole, but if he was in front of the board late in the day, he had only a 10 percent chance. It was determined that this inequity in parole granting was connected with brain glucose depletion.<sup>2</sup>

### IS YOUR CLARITY IMPACTED BY YOUR DIETARY CHOICES?

Research has proven that low brain glucose can be reversed immediately. Researchers had dieters suppress laughter while watching a comedy to simulate mental stress. Then, the dieters were shown pictures of food. Brain imaging revealed there was more activity in the reward center of the brain and less activity in the impulse control area—the perfect setup for a diet cheat. When dieters were given sugar water, imaging showed that “the perfect setup for a diet cheat” was instantly reversed.<sup>3</sup> Outside the lab, complex carbohydrates, such as fruit and whole grain snacks—which provide a slow, steady release of energy—are far better choices than sweet drinks to fix a dip in glucose.

So, the next time you’re ready to pass on a workout or are tempted to abandon your diet, take a minute to pause. Are you stressed and experiencing low brain glucose? If so, try a complex carbohydrate intervention. It just might keep you on track to a healthier you. 

### Notes

1. Douglas Lisle, “4 Ways to Increase Your Willpower,” Center for Nutrition Studies, accessed December 2015, [www.nutritionstudies.org/4-ways-to-increase-your-willpower](http://www.nutritionstudies.org/4-ways-to-increase-your-willpower).
2. Shai Danziger et al., “Extraneous Factors in Judicial Decisions,” *Proceedings of the National Academy of Sciences of the United States of America* 108, no. 17 (2011).
3. Jamie Holmes, “How to Learn Self-Control,” accessed December 2015, [www.thedailybeast.com/articles/2011/08/28/roy-baumeister-on-new-book-willpower-and-to-how-to-improve-self-control.html](http://www.thedailybeast.com/articles/2011/08/28/roy-baumeister-on-new-book-willpower-and-to-how-to-improve-self-control.html).

*Mark Liskey relies on his 23 years of massage experience to write about a wide range of topics. Find out more at [www.markliskeymassage.com](http://www.markliskeymassage.com).*

### Clarity and Your Bodywork Session

Pain-relief massage requires good communication between you and your massage therapist. If you’re experiencing low brain glucose while on the massage table, your brain will look for shortcuts to conserve energy. A communication shortcut could result in inadequate feedback about the massage pressure, or you may not be inclined to express a concern (like mentioning that lying on your stomach for long periods of time hurts your back). Eating a small complex carbohydrate snack before the massage will help you avoid mental shortcuts without making you feel uncomfortable on the table.

### Regain Energy with These Complex Carbs

- Green vegetables
- Whole grains (oatmeal, pasta)
- Starchy vegetables (corn, potatoes, pumpkin, and sweet potatoes)
- Beans, lentils, and peas



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



[www.massagetherapy.com](http://www.massagetherapy.com)



- Hundreds of free massage and bodywork related articles.
- School listings and career information about massage and bodywork.
  - A detailed glossary of bodywork terms.
- Sign up for a free monthly newsletter on the benefits of massage.



A public education site brought to you by  
Associated Bodywork & Massage Professionals  
[www.abmp.com](http://www.abmp.com)