Balance & Motion Massage Therapy Newsletter

August 2007

New Location – September 2007

As of September, I will be working from my new, permanent location – 50 Hutchison Ave. Carl and I are currently renovating our house to include an in-home office. It is located one block from the Civic Hospital just off Parkdale so it is easy to access by the Queensway and Carling. You will be able to park in the driveway so no street parking is necessary.

Don't worry; I'll be sure to remind you of the new location when you have an appointment booked!

We are currently up to our eyeballs with renovations. I will send an e-mail to let you know the exact date I'll be working at the new location.

Bringing Out the Elbow or Why You Should Drink Water

First I'd like to dispel the myth that I actually sharpen my elbows each night. Not true. I do have to use them on occasion, particularly when clients present with hard, thick tissue. Most often this is due to a lack of hydration.

Generally speaking, you need to drink about 2 to 2.5 litres of water each day for healthy bodily function. This is the standard 8 to 10 cups. If you are performing aerobic activities you need to add one cup (250ml) for every 20 minutes you exercise. If your activities are longer than one hour you should be using an electrolyte drink such as Gatorade, HEED or E-load among others.

Water is essential to our bodies. It makes up 70-80% of our blood volume and creates the spaces between all of our cells. The water in your bloodstream regulates your blood pressure and heart function. Water is also a lubricant that cushions your joints, moistens your eyes and protects your brain and spinal cord.

We loose approximately 2 litres of fluids each day to perspiration in an effort to cool our bodies, exhalation while breathing and talking, and urination, which eliminates wastes. Keep in mind that just because you don't see perspiration on your skin it doesn't mean you are not sweating...air circulation or convection wicks away the moisture from your body.

All that being said, you need to drink plenty of water each day to avoid dehydration. Dehydration is defined as losing at least 1% of your body weight from fluids. For a 150-pound woman, that means losing almost 1-2 pounds.

While this may not sound drastic it can lead to a significant drop in performance during daily activities and can cause the following symptoms: mild headache, dizziness, early fatigue during exercise, cramping, light-headedness, dry mouth and eyes, nausea and loss of appetite. If this goes unchecked you can experience difficulty swallowing, clumsiness, painful urination, numbness and muscle spasms.

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You cannot rely on thirst alone to tell you when you need to drink more. By the time your thirst mechanism has kicked in and you feel thirsty, your body is already dehydrated.

From a Massage Therapy perspective, when you are dehydrated, your tissue – muscle, fascia, etc - can become adhered, limiting your muscle function and range of motion or flexibility. This makes it more difficult to reduce tension and sometimes more painful when you receive treatment.

Water is the best source of fluids to drink, but you can count all liquids in your 8 cup total. Recent research even indicates that a moderate 1-2 cups of coffee each day is acceptable as your body adjusts to your intake of fluids. It's still recommended to limit caffeine and high sugar drinks such as pop and many types of juice.

You are advised to gradually build up from your current intake each day to the 2 litres/day over a few days so that your body adjusts to this volume rather than suddenly ingesting a large amount of fluids and visiting the washroom frequently. Drinking small amounts (1/4 to ½ a cup at a time) more often also helps you to adjust rather than drinking a large amount at once.

Hopefully this information will help make your next visit for treatment a more pleasant experience.

Off the Table

I'm pleased to announce that I have been selected to represent Canada at the World 100K Championships in Winschoten, The Netherlands on September 8th. It's been a goal of mine for many years to make the national team and it's exciting to be going.

Office Hours

Office hours will remain the same through August and due to the trip to Europe this September **I will be away from September 1-16 inclusive**.

Monday	11:00a.m. – 7:00p.m.
Tuesday	8:00a.m. – 2:00p.m.
Wednesday	11:00a.m. – 5:00p.m.
Thursday	8:00a.m. – 2:00p.m.
Friday	11:00a.m. – 6:00p.m.

About

Balance and Motion Massage Therapy provides massage and Active Release Techniques . Clients include athletes and weekend warriors, people with poor posture, headache suffers or those with acute or chronic injuries.

Contact

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