

EXPANDING! NEW
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MASSAGE *for healing* advanced therapy techniques



Updates *spring*

HELPING YOUR BODY ATTAIN A PLACE OF RESTORATION
THROUGH ADVANCED MASSAGE & BODYWORK TECHNIQUES...

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To all my clients, thank you for your business! 2005 was a fantastic year for Massage for Healing and I am expanding my business to better serve you and new clients to come. Read on to learn more...

New Therapist

I'm very excited to introduce a new addition to Massage for Healing, therapist Jane Sarro. Jane brings 14 years experience working in chiropractic and athletic settings. She also brings with her a technique called Bowtech®, the original Bowen Therapy.

A Bowtech session consists of several series of gentle moves through light-weight clothing (or on skin). For more information, visit www.bowtech.com.

Jane's hours are Mon, Tues & Wed, 8:30AM to 1PM. Please call for more information or to schedule, 769-7147.

Tanya's Schedule

To help accommodate clients' schedules I have expanded my office hours.

Mon, Tues & Wed: 1:30 – 6:00 PM
Thursday: 9 AM – 5:30 PM
Friday: 9 AM – 5:00 PM

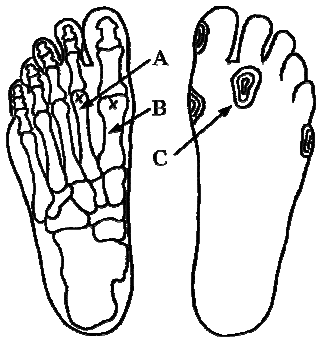
I recommend booking your sessions several months in advance to ensure the day and time that best suits your schedule.

Saturday scheduling coming soon...



CLIENT COMMENTS

Thank you all for your great feedback during and after your sessions. We would like to post your comments on our website. Often others become more comfortable calling for more information or making that first appointment after they have heard or read from another's experience. If you wish, we can post your comment anonymously. Please bring your written comments to your next session or email them to email@massageforhealing.com. Thank you!



Health Tip: Do your feet hurt?

It's almost time for sandals, flip-flops and running barefoot. Keep your feet healthy...

A Common Problem

Morton's foot can cause instability in the ankle that causes ankle weakness and frequent ankle sprains. The feet compensate by turning the toes outward, which turns the ankles inward and flattens the arch. Pain in the arch of the foot, back of the ankle, and bottom of the heel are common. Pain in the hips, back, knees and neck may also occur.

Letter C above shows positions of four unnaturally heavy calluses typically associated with Morton's Foot.

Do I have Morton's Foot?

Check your feet by pulling down on your toes with your thumb while pushing up underneath with your fingers to make the bones stand out under the skin. With enough pressure, two small white spots will form on the skin on the top of your foot. If your 2nd toe spot is higher, you may have Morton's foot.



What can I do?

The simplest way is to place a thin pad under the head of the first metatarsal, sometimes called the "ball of the foot." Cut a circle out of Dr. Scholl's Molefoam® Padding. You'll probably need a pad for each foot. Keep the pads in place by sticking them on the bottoms of a pair of foam rubber insoles. Take care that the pads don't extend under the second metatarsal.



EATING YOUR FRUITS AND VEGGIES?



To support wellness, you can never eat too many raw fruits and vegetables. To ensure adequate intake, I suggest Mannatech's Phyte-Aloe, raw dehydrated fruits and vegetables in pill form. The cost is around \$1.25 a day to get your daily intake!

Please give us a call for more information or to order.



151 N Sunrise Ave, Suite 819
Roseville CA 95661
(916) 769-7147