



Caring Palms Massage and Reiki Newsletter

May 2008

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Greetings!

Welcome to the May issue of the Caring Palms newsletter. This month, we have a larger than normal amount of articles that include an announcement, an updated Reiki class schedule and a couple articles for you.

I hope you like what we have here.

Caring Palms Welcomes Melissa Speerly

Caring Palms is pleased to welcome Melissa Speerly to the practice. Melissa has been a Massage Therapist for two years and specializes in Swedish and Deep Tissue massage, but also offers prenatal and geriatric massage and reflexology. She is a certified Level 2 Reiki Practitioner and has been involved with alternative healing practices for over seven years. She graduated from Everest University for Massage Therapy with a 720 hour Massage Therapy Diploma and is NCBTMB nationally certified, with certifications in HIPPA and CPR. Melissa is currently attending school at The Heritage Institute for Occupational Associates degree in Esthetics and will be graduating from that program next year.



Melissa is available at the Caring Palms studio Tuesdays and Thursdays from 10:00am until 4:30pm (last session must start by 3:15pm). She is also available on weekends by appointment only.

Mother's Day

Mother's day is right around the corner. What can you get Mom to show her that you love her? How about a nice relaxing massage from Caring Palms? Each massage is crafted to the needs of the client and can be soft and relaxing, or deep work. Show Mom that you care. Purchase her a gift certificate for either a one-hour or 90-minute massage. Or have us craft a mother-daughter couple's massage. Either way, she will appreciate it.

Reiki

Although Reiki is not massage (as the muscles of the body are not manipulated), it is a very relaxing yet powerful method of healing. In the simplest form, Reiki is the laying on of hands. It is guided, positive energy brought in from the universe by someone that knows how to 'tap into' it, and passed into someone in need of healing.

All problems in the body, whether they be illnesses or injuries, are centered around negative energy. Reiki overcomes the negative energies with positive energy, in most cases making the person feel better, and in some cases removing the problem completely. Reiki has been known to reduce and alleviate pain, discomfort, or disease of any kind, and has been used on all major diseases. Reiki is hands-on healing and a nice pleasant experience.

[read more](#)

Trust

by **Brian Dean**

We had a new client one day in April. She was a referral from another client. She made an interesting comment after Brian had been working on her for a few minutes. She said that she felt totally at ease and secure trusting her body to his hands.

This was one of the nicest comments we have ever had, and we've had quite a few. But when you think about it, we hope all of our clients feel that way. We hope that they feel secure and safe.

As massage therapists and healers, the greatest compliment that someone can give is their trust, trust that we will help them, trust that we will treat them properly, and trust that we will be professional and ethical. By simply getting on a massage table, they are giving that trust. As professionals, we do everything we can to prove that the trust a client puts in us is well founded. We like to think that this is called doing the job properly with the proper intent and attitude. We also like to think that this is what happens with every client that gets on the table.

Trust is a part of informed consent. We hopefully set the client's expectations then live up to or exceed those expectations. Being able to do that, builds our client's confidence in us as well as our own confidence in ourselves and our abilities. The confidence our clients have in us and the confidence we have in ourselves builds trust. That confidence shows up in the first few minutes of every session. Trust is built from there.

Trust is earned. We at Caring Palms hope that we continue to earn that trust, and we will do our best with every session to do so.

Caring Palms Will Be Closed Four Days in May

Caring Palms will be closed from Thursday May 15th through Sunday May 18th so Brian can attend classes in Esalen Massage. Esalen is similar to Swedish, but differs in that it looks at the body as a whole rather than parts. Its purpose is to connect with the inner self.

Caring Palms will open Monday May 19th at the usual hours. After that, come try a session of Esalen Massage.

Maybe Low Fat and Cholesterol are Not the Way to Go

by Melissa Speerly

One of the biggest myths in the diet world is that everything needs to be low fat. Now you might be asking yourself what fat actually does for you, because fat does more than just accumulate and make you look overweight. Fats come from both animal and vegetable sources and provide energy in your diet. They also provide the building blocks for cell membranes, for hormones and prostaglandins. The cell membrane is not only the outer boundary of a cell, but also controls what goes in and out of the cell, making them extremely important in preventing disease. Prostaglandins are hormone-like, fat-soluble, regulatory molecules made from fatty acids that participate in a wide range of activities in the body.

One of the biggest things that make us want to cut fats out of our diets are the evil villains of the diet world and they are cholesterol and saturated fat. There is a theory that you might have heard of, and that theory is that saturated fat has a part in coronary heart disease and certain types of cancer. This theory was proposed by a researcher named Ancel Key's in the late 1950's. While many studies have questioned his data, his articles received far more publicity than the ones against him. The vegetable oil industry, being the main supporters of the saturated fat/heart disease connection, fully supported and began promoting research to support his theories. The main ingredient in most of the processed foods that are on the market today are indeed vegetable oils and especially the hydrogenated kind.

[read more](#)

Reiki Class Schedule

The following is a list of currently scheduled Reiki Classes. Each class (unless otherwise marked) currently has a status of 'Scheduled'. This means that a date has been set, but no one has signed up for it yet. Once a deposit has been received for a class, the status will be 'Confirmed'. The current schedule is as follows:

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Reiki 1

- May 10 (Saturday) 11am - 5pm
- June 14 (Saturday) 11am - 5pm

Reiki 3

- May 24, 2008 (Saturday) 11am - 5pm

All classes are open to anyone wanting to learn this unique method of hands-on healing. The cost for each class is \$100 no matter what level of Reiki the class is for. A 50% deposit (\$50) is required a minimum of seven (7) days prior to the class date (or permission of the instructor) to reserve a space in the class. Classes with no deposits received by the deposit date will be cancelled. All class statuses may be viewed on the Reiki side of the web site under 'Class Scheduling and Schedule of Classes'.

Note: More classes will be scheduled by next month's newsletter. To see what is available sooner, please check the web site.

Caing Palms Gives Talk at Heritage Institute

Brian gave a talk to massage therapy students at Heritage Institute in April. He talked about energy, showing the students the energy field that surrounds each of us. He had each student feeling energies and seeing what one could tell from them. After that, he talked about energy healing modalities, specifically Reiki, Polarity, and Therapeutic Touch followed by a Reiki demonstration. The students, and their teacher enjoyed the interactive session.

Can We Answer Your Questions?

You have Questions? Maybe we have answers.

Each month, we write articles on a variety of subjects. Is there something that you would like to see us write about? Do you have questions that you 'd like answered? Do you have questions on massage? On Reiki? On energy work in general? Submit your questions or requests to Brian@CaringPalms.com and we will try to see if we can answer them for you.

May light continue to illuminate your path. Take care.

Sincerely,

Brian
Caring Palms Massage and Reiki

