



Caring Palms Massage and Reiki Newsletter

June 2014

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Greetings!

Welcome to this month's Caring Palms Massage and Reiki newsletter. This month, we have some important news, class schedule changes and additions, and a couple articles.

I hope you enjoy what we have here.

People Pleasing

Folks say that by doing the healing work we do here at Caring Palms, we are in the people pleasing business. In a way that is true. We are trying to please our clients, to make them feel better, to help them through problems. And in that sense, we are trying to be people pleasing. But while we try to please our clients, the people we are trying to please the most is ourselves, and we are our toughest critics. Our dedication to our work and to the quality of that work is our highest concern. Did we do the best work possible? Are we happy with what we did? Was it effective? Did it help? These are the questions we ask ourselves after every session. And even if the client is pleased with the work, if we feel we could have done one little thing better, we are not pleased. And to continue to do the work we do, we have to be satisfied with that work. So yes, we are in the people pleasing business, but the goal is to please ourselves. And if we can do that, then we will please you.



Reiki Share

Caring Palms has a Reiki Share the first Wednesday of each month. A Share is where Reiki practitioners get together to work on

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Forward This Newsletter

Did you know that Caring Palms offers a Referral Bonus? Forward this newsletter to people you know, and if they come in for a session and give your name, you will get \$5 off your next purchase. And the beauty of this is that it is cumulative. If two people come in, you get \$10 off your next purchase, three people, \$15 off, and so forth. So if you know people that could benefit from any of the services we offer (and everyone can), forward this newsletter to them. If they come in, you will benefit as well.

each other. Group Reiki work is done where each person gets time on the table and worked on by several therapists at once. Any practitioner is invited no matter what lineage they have.

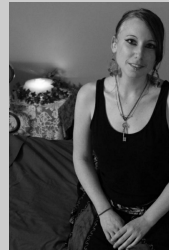
This Share has been opened up to include non-practitioners and has been featured on MeetUp.

The next Reiki share is on **Wednesday, June 4th from 7pm to 9pm.**

Please let us know if you will be coming.

Whitney Has Increased Availability

Beginning June 1st, Whitney Salvador is now more available for massage or Reiki sessions. She is available for sessions all day on Tuesdays, Wednesdays and Thursdays. If you prefer a female therapist, book a session with her. You can also book her for a Tarot reading.



Medical Herbalism Class to be Hosted at Caring Palms

Energy Solutions

Saturday, June 7, 2014, 10:00am - 3:00pm
(with a break for lunch)

Location: The Caring Palms Studio

Cost: \$60 (includes all materials for three remedies)

This is the same as the advertised March class, but the date and cost have changed.

Are you struggling to have enough focus and energy to get through your day? Learn the time tested herbs that can help you get more out of life. More energy to get things done. More focus and concentration. Even herbs that can balance and calm the emotions. Let Master Herbalist, Cindy Whitley introduce you to these herbs and even teach you how to prepare your own herbal remedies with them. In this workshop, each participant will make **3** herbal remedies to take home. You won't want to miss this! For more information, go to Cindy's website, [Natural Healing Workshops](#).

To sign up for this class, go to the Natural Healing Workshops website by the link above, or the [Caring Palms Events Page](#).

Note: This class will be held at the Caring Palms studio, and is recommended by Caring Palms, but is not a Caring Palms class. This class must be paid for in advance, and if you have any questions, please contact Cindy directly.

Caring Palms Is Now a National Continuing Education

As of May 9th, Brian was approved as a continuing education provider by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB). This means that Brian is considered an approved instructor on a national level. It also means that he can teach continuing education to massage therapists in Georgia as well as many other states. As of this writing, Caring Palms Reiki 1 class has been approved on a national level. Reiki 2 and Reiki 3 have been submitted, and we are awaiting the results which might be available shortly after this newsletter has been released. (Check the Caring Palms Facebook page for instant updates.) Brian hopes to get his Body Mechanics class submitted soon, but it will take some rewording to pass their level of advanced training. But Caring Palms is now a national education provider.

Attitude Is Important

by Brian Dean

Attitude IS important. We've all heard that before. But do we really know what it means, or how it affects us? That is the tricky part, and it relates to energy. I know I have said many time that whatever we put the most energy into is what we draw to us. If we fear a lot, then we make what we fear come true. But if we put our energy into envisioning good outcomes, instead of worrying about problems, then we draw those good outcomes to us.

But that aside, how we face situations is more important than what we do. Our attitude will drive us to the best or worst action depending on what that attitude is. We can face a problem with a world-ending attitude, or with one of solving a new challenge. And while it may seem overly simplified to look at it that way, we know that most problems are not simple. In fact, they can be life altering. But even then, how we face things changes how we perceive them, and changes how we handle them, and changes how we feel.

We have all heard the expression where some hero in some fictional story 'laughs in the face of danger'. That does not mean that one does not prepare. That does not mean that one is not afraid to a point. It means that even with all the adversities and possible outcomes, we still accept the challenge and move head on to confront it.

I am sure that we have all seen stories where the teenage girl breaks up with her boyfriend and declares "My life is over!" And we all know that this girl will eventually move on, and her life won't be over. Just as when someone gets a cold or some such illness, and feels miserable, they may feel like the end of the world. Yet, they will get over their illness and be better about it. The key is that they can sit around and feel miserable, or they can realize that it will be over soon and put a positive spin on getting better.

But there are real situations where someone can contract some

illness that is going to kill them, like cancer. (And while there are various treatments ranging from conventional to holistic, and there are many success stories with various types of cancer, we are not going to talk about them in this article.) When one finds out that they have this illness, they can sit down and be miserable because they are going to die, or they can face it head on with a positive attitude, laughing in the face of danger if you will.

We recently had a client that has stage 4 colon cancer. He had exhausted all conventional medical treatment except chemotherapy. He was told that this process would only extend his life, not save it. He decided that he did not want to spend what time he had left sitting in a chair and drooling, so he is looking into holistic treatments.

One of the things he said to me was that he heard that there is more oxygen in the mornings, which is why birds sing in the morning. Because of this, he has been getting up early and watching the sunrise each morning, and feeling good about it. Now, is there more oxygen in the mornings, and do birds sing then because of it? I doubt it. But the fact that this makes him feel good about himself is magic in itself. His attitude makes him feel better, therefore he is better, and whatever chances he has, have increased.

We have all heard about the placebo effect, a known medical phenomena. If one truly believes in a certain pill curing what they have, then taking this pill will get rid of the problem whether it be a headache, or pain, or a number of other things. The fact that this pill is nothing but sugar has nothing to do with it. In the reverse, one can block the effects of real medications by disbelieving in them. So by taking a positive attitude, and putting energy out there of getting better, can this client we had survive cancer? Who knows? Anything is possible.

And this attitude thing is important for everything. If someone sits around saying that they hate their job, then they will be miserable. If they accept it and deal with it knowing they will survive that job, then it will be easier.

How you work with things, how you look at them, how you adjust your attitude is more important than what you do. In fact, that attitude will direct you in what to do. If your attitude is negative, then you will bring on the problems harder and quicker. If you have a positive attitude, those things will appear easier and the good times will last longer.

So, what does your attitude say about you?

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'. Any class marked as 'Closed' has filled up. (Note: In some cases, one may be able to enter a class marked 'Closed' with permission of the instructor.)



Reiki 1

- June 14 (Saturday) 10am - 5pm
- July 12 (Saturday) 10am - 5pm
- August 9 (Saturday) 10am - 5pm
- September 13 (Saturday) 10am - 5pm
- October 11 (Saturday) 10am - 5pm
- November 8 (Saturday) 10am - 5pm

Reiki 2

- July 28 (Saturday) 10am - 5pm
- October 25 (Saturday) 10am - 5pm

Reiki 3

- August 26 (Saturday) 10am - 5pm
- November 22 (Saturday) 10am - 5pm

All classes are open to anyone wanting to learn this unique method of hands-on healing. The cost for each class is \$125 no matter what level of Reiki the class is for. A \$50 deposit 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 cut off date will be canceled. All class statuses may be viewed under Reiki, Reiki Class Information, and Class Schedule. You can also sign up for classes there. (Check the website for the location.)

Each Reiki class is six (6) CEUs for Florida massage therapists.

The Marvels of Magnesium

By Whitney Salvador

What is it?

Magnesium is an alkaline based essential mineral for our functionality. It is also naturally produced in the chlorophyll molecule of plants, both edible and non-edible. More often than not, magnesium is overlooked when it comes to dietary regimen.

Why do we need it?

Bones baby, bones: Magnesium is one of the most powerful and

necessary for the architecture and longevity of synthesizing calcium into our skeletal system. Bone density determines the health of our skeleton, so when magnesium reaches critically low points, the body ensures it receives the amount it needs by pulling calcium from our bones. Yikes! When this happens, it leads to osteoporosis, the weakening of the bones.

Blood sugar levels: Magnesium aids in controlling the amount of sugar digested and stored as glucose. This is very necessary, as too much or too little glucose in the cells can be lethal.

Inflammation reduction: Ever have sore, achy muscles and lackluster energy? Once again, magnesium is your friend. It helps reduce inflammatory triggers when our muscular tissue is overworked. This even includes *migraines!*

Synthesizing: Believe it or not, magnesium aids in the synthesis of RNA, DNA and glutathione which is important in tissue oxidations and in the activation of some enzymes.

Blood pressure:

Helps in maintaining equilibrium with your heart's rhythms.

How is it used?

It is a crucial building block to the production of energy in our bodies. There is a required orientation of chemical reactions to occur in order for cells to produce energy. Magnesium, as it stands, is a necessary co-enzyme for active transportation of your other vital nutrients like protein, calcium and potassium to the membranes of cells.

Magnesium also has a direct correspondence with parathyroid hormones. When the parathyroid hormone drops, the absorption capabilities of magnesium (with its counterpart calcium) is severely impaired. As a result, there may be excessive loss of both minerals in the urine.

Magnesium is crucial for so many things, a long term deficiency could even contribute to a diagnosis of depression! It ties in directly with our NMDA (N-methyl d-Aspartate, the neurological portion of the brain which is affected by recreational drugs and pain killers).

"Magnesium plays a key role in the activity of our NMDA receptors. Research studies have shown that when magnesium in our diet is low, we have increased risk of depression, and this increased risk is likely related to problems with our NMDA receptors. A long history of published evidence demonstrating that treatment with magnesium can have anti-depressant effect-this was first published in 1921- suggests that low magnesium can actually cause depression."

How do I lose it?

Processed foods is the most common reason. When food is processed, most of the natural nutrients have been removed from

the compound or substance only to be replaced in lower quantities. Often, any nutrition that could have been derived is lost in the process of adding preservatives, flavoring, etc. Magnesium can also be urinated or defecated out regularly. No, no, don't hold your water or stop drinking it for that matter, just keep in mind that you are not always receiving the adequate amount for your body, and very frequent voiding or defecation can contribute to that. There is DRA (daily recommended allowance standards), but everyone's biochemistry is very different, and thus may require much more.

How do I determine if I have enough?

The best method to look into your magnesium levels is by consulting your nutritionist who can run a blood panel. More often than not, people in this day and age are not adequately absorbing enough of this vital mineral into their bodies.

Heads up!

Please do be aware that like most things, too much of it is a bad thing. Also, magnesium does interfere with the following;

- * Antibiotics
- * Diuretics
- * Proton Pump Inhibitors
- * Bisphosphonates (medication for osteoporosis)

Where can I find it?

Magnesium is found in most of your cruciferous vegetables, natural sprouted whole grains, legumes, nuts and seeds. Supplements may be found in many pharmacies, and health food stores. It comes in the form of oxide, citrate, and chloride. A word of caution for vegetarians, vegans, and otherwise; if you are taking a gelatin capsule, the gelatin base may and often is made of ground animal bones. Look for the solid magnesium supplements, or even a powder base formula if this is of concern. The brand Calm is a animal free, inexpensive and easy to find source. (PLEASE NOTE: I am not a certified or licensed nutritionist or dietician, I am only sharing information on common knowledge and opportunities to improve health. Talk with your primary care, nutritionist, and so forth before making any hefty decisions.)

How does this come into play with massage?

Ah, our final key component. One of the benefits of magnesium as stated above is reduce chronic muscle contractions and soreness. When you are caring to the best of your ability for your neuromuscular health, this includes massage. The magnesium boost will enable us, the Caring Palms staff to better target those stubborn aches and pains versus the experience of severe pain from malnourished muscles. We aim to provide you not only with the means to manage discomfort with the appropriate body work, but also a simple way to empower yourself through shared knowledge

and encouraged bodily awareness.

Happy eating everyone!

Sources...

[The World's Healthiest Foods](#)

[National Institutes of Health](#)

Heritage Institute

On June 3rd, Brian will be going to Heritage Institute to be giving his annual talk to the massage classes there. He will be talking about the unique styles of massage he does at Caring Palms like Hawaiian Lomi Lomi and the Esalen-Inspired Freeform. He will also be spending a few minutes on advanced body mechanics which is what he feels all massage therapists (or massage therapists to be) need to hear. In the past, the talks have gone over real well with great interest and participation by the students. In fact, he usually hears that the class is still talking about him a month after he was there. He is looking forward to seeing the students and having fun doing his presentation.

Rooms For Rent

Caring Palms has two rooms for rent to a holistic arts practitioner. This person could be a practitioner of accupuncture, reflexology, hypnosis, massage or any similar modality. If you know anyone interested, please have them call Brian at Caring Palms.

Caring Palms Hosts Mediumship Classes

Every month, Caring Palms is host a mediumship class taught by Marilyn Jenquin of the International Foundation for Spiritual Knowledge. In this class, Marilyn teaches the British style of mediumship (this is similar to the style used by John Edward). Each class contains a lecture, a meditation, and class exercises. This is for all ranges of students from the beginner, to the long time student.

Mediumship is a method of communicating with people who are no longer in their physical body, but in the spirit world. The class teaches students to do evidential readings as exercises so they get comfortable developing a relationship with those in spirit. This class is for anyone wanting to work with spirit whether they intend to become professional mediums or simply to use it in their everyday lives.

Classes are usually scheduled the last Thursday of each month from 1pm to 3:30pm at the Caring Palms studio. For more information, go to the [IFSK website](#) where you can learn more about this, check class schedules and locations, and get contact information.

Looking To Hire

Caring Palms is looking to hire a part-time massage therapist for the new studio. This person would be working as an employee of Caring Palms and should be licensed in the state of Florida and have practitioner's insurance (or be willing to get it). Serious applicants will be expected to give a massage to be evaluated. They should also be willing to build a clientele rather than walk into one built by someone else.

We are looking for either one or more part time employees. If you know anyone interested, please have them call us.

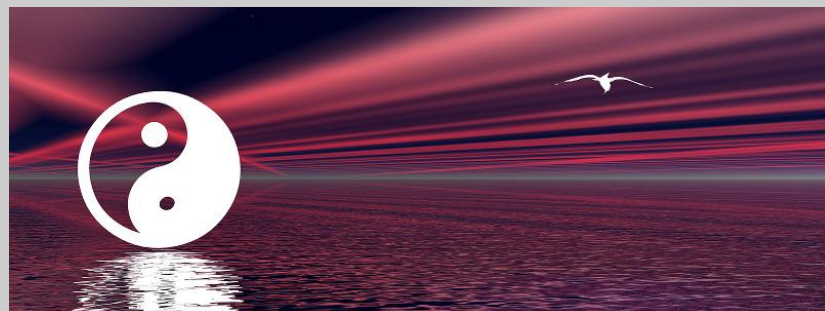
Modality of the Month

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](#)



Caring Palms Promise

At Caring Palms, we pledge to do the best work we can at every

session. We not only do this to continue to earn your business, but because we believe that you deserve the best care possible every time you are here. This is true whether it is massage, or energy work, or classes. This is our promise. This is what we will continue to do.

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
(904) 246-2206
