

# Body Mechanix Therapeutic Massage

creating health and well-being



www.bodymechanixmassage.com

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## Good Calories, Bad Calories

I would like to recommend this book because it does an excellent job of explaining the nutrition and non-nutrition in the foods we eat.

August 31, 2015

## Greetings!

Seriously??? Tomorrow is September. Amazing how fast this summer has gone. It seems like we were just complaining about the cold weather and here we are about ready for winter again.

100% grass fed butter/meat/milk is the topic this month. It sounds so simple, but it's really very complicated because of all the sneaky little things that happen before these items reach the stores.

## MASSAGE PACKAGE

**Purchase six hours for the price of five for \$300.00. This makes each hour cost only \$50.00.**

**Or purchase three hours for \$160.00. This makes each hour cost \$53.33.**

*The package has no expiration date. It can be shared and/or gifted, or completely transferred to another person. However, they are non-refundable.*

**To purchase a package simply text me at 317-716-4646 and I'll get back with you or call 317-539-4652 (office) or go online by [clicking here](#).**

## Wellness Series

### Understanding Nutrition

So here we are on the eighth newsletter dealing with nutrition. If

## My Recommendations

[Chiropractor](#)  
[Top Shelf Supplements](#)  
[Dog Grooming](#)  
[Organization to donate to](#)  
[Natural Hormones](#)  
[Get Fit at Home](#)  
[Life Coach](#)

## Business Hours

## [Schedule Appointment](#)

## Melody's Hours

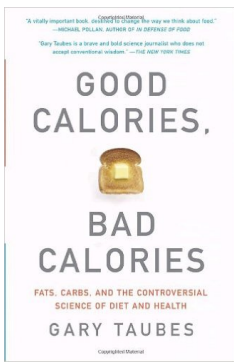
Monday - 10:00 - 6:00

Tuesday - 1:00 - 7:00

Wednesday - (Every other week) 2:00 - 8:00. The opposite week I work from

home for the clients in the Danville area.

Thursday - 10:00 - 7:00



For decades we have been taught that fat is bad for us, carbohydrates better, and that the key to a healthy weight is eating less and exercising more. Yet despite this advice, we have seen unprecedented epidemics of obesity and diabetes. Taubes argues that the problem lies in refined carbohydrates, like white flour, easily digested starches, and sugars, and that the key to good health is the kind of calories we take in, not the number. In this groundbreaking book, award-winning science writer Gary Taubes shows us that almost everything we believe about the nature of a healthy diet is wrong.

To purchase on Amazon [click here.](#)

## Text Alerts

Top three reasons to sign up for text alerts:

1. Be the first to know about last minute openings.
2. Receive discounts that no one else will get.
3. Receive a \$10.00 credit to your account as soon as you sign up.

you would like access to any of the past months I have added them to my website. You can find them by [clicking here.](#)

As with everything I write about, the learning started with me, so the only way I know to do this is tell my own story and then go from there. Each of these topics I have written about have been completely life changing for me and have come in just the right order in just the right time.

I hope some of this clicks with you and makes your life and your health better.

### Real Butter Like Grandma Made...Really?

When I was a kid I can remember going out to my grandpa's barn and he would be sitting on his one legged stool milking the cows. I would take my little metal mug and stick it under the cow's udder while he was milking. What came out was warm and frothy and oh so fresh. And I would stand right there and drink it. And guess what? I lived through it. Back then it was just milk. Now it's raw or unpasteurized milk. Growing up that was the only milk I knew existed.



All the milk would go into a big refrigerated vat in the milk room. After letting the cream rise, my grandma would scrape it off and take it in the house to make butter. Again, that was the only butter I knew there was. Every week she would make homemade bread. I would go over while it was still warm and slather the butter on it. Just writing about it made my mouth water and brought back such good memories of my grandparents.

So what makes milk raw? All that means is that it's straight out of the cow and has not been pasteurized. I am including a link to a website about [Real Milk](#). This includes everything you could ever want to know about it. I am also including the [Real Milk Finder](#) to help you find farmers in Indiana with raw milk and butter.

This is a very controversial subject and there are those who would want us to believe we will all die if we consume the real stuff. I grew up with unpasteurized milk and I've been using it for the past

18 months and not only am I still alive but I am thriving.

So now that we have all that out of the way I want to talk about the benefits of using 100% grass-fed, organic raw butter.

### Vitamins ...

Butter is a rich source of easily absorbed vitamin A, needed for a

Thursday - 10:00 - 7:00

Friday - 10:00 - 5:00

### [Schedule Appointment](#)

#### Donna Franklin's Hours

Monday - 10:00 - 6:00

### [Schedule Appointment](#)

#### Laura Rutter's Hours

Tuesday - 1:00 - 8:00

Wednesday - 1:00 - 8:00

Thursday - 10:00 - 5:00

Friday - 10:00 - 5:00

Saturday - (Every other week) 10:00 - 2:00

#### Who Works Here

##### Melody Herrin

*Owner*

*Certified Massage*

*Therapist*

*Certified Cupping*

*Therapist*

*Reiki Master*



Specializes in chronic pain using deep tissue, trigger point, cupping, guasha (scraping), stretching and anything else that works.

Works Monday thru Friday

##### Donna Franklin

*Certified Massage*

*Therapist*



To sign up text BODYRELAX to 24587. Be careful, your auto correct will try to change it to two words. Tell your phone you know better.

Upon sending the text, you should immediately receive a text back telling you of your \$10.00 credit. If you do not receive this text then something is not right.

If you have any problems feel free to text me at 317-716-4646.

## New Service

I am thrilled to announce that Laura Rutter is certified in MPS Pain Therapy which stands for Microcurrent Point Stimulation.



MPS applies brief, concentrated DC microcurrent to specific treatment points (acupuncture & trigger) for the purpose of relaxing muscles, calming the

wide range of functions, from maintaining good vision to keeping the endocrine system in top shape.

Butter also contains all the other fat-soluble vitamins (D, E and K2), which are often lacking in the modern industrial diet.

### Minerals ...

Butter is rich in important trace minerals, including manganese, chromium, zinc, copper and selenium (a powerful antioxidant). Butter provides more selenium per gram than wheat germ or herring. Butter is also an excellent source of iodine. (Maybe the reason I was able to get off my thyroid meds was because of the high levels of iodine?)

### Fatty Acids ...

Butter provides appreciable amounts of short- and medium-chain fatty acids, which support immune function, boost metabolism and have anti-microbial properties; that is, they fight against pathogenic microorganisms in the intestinal tract.

Butter also provides the perfect balance of omega-3 and omega-6 fats. Arachidonic acid in butter is important for brain function, skin health and prostaglandin balance.

### Conjugated Linoleic Acid (CLA) ...

When butter comes from cows eating green grass, it contains high levels of conjugated linoleic acid (CLA), a compound that gives excellent protection against cancer and also helps your body build muscle rather than store fat.

### Glycosphingolipids ...

These are a special category of fatty acids that protect against gastrointestinal infections, especially in the very young and the elderly. Children given reduced-fat milks have higher rates of diarrhea than those who drink whole milk.

### Cholesterol ...

Despite all of the misinformation you may have heard, cholesterol is needed to maintain intestinal health and for brain and nervous system development in the young.

### Wulzen Factor ...

A hormone-like substance that prevents arthritis and joint stiffness, ensuring that calcium in your body is put into your bones rather than your joints and other tissues. The Wulzen factor is present only in raw butter and cream; it is destroyed by pasteurization.

So how can Real Butter help with your health?

1. **Heart Disease** - Butter contains many nutrients that protect against heart disease including vitamins A, D, K2, and E, lecithin, iodine and selenium. A Medical Research Council survey showed that men eating butter ran half the risk of developing heart disease as those using margarine (Nutrition Week 3/22/91, 21:12).
2. **Cancer** - The short- and medium-chain fatty acids in butter have strong anti-tumor effects. Conjugated linoleic acid (CLA) in butter from grass-fed cows also gives excellent protection against cancer.
3. **Arthritis** - The Wulzen or "anti-stiffness" factor in raw



Specializes in chronic pain using deep tissue, cupping, stretching, and essential oils.

### The originator of **The Total Wellness Detox.**

She uses a combination of reflexology, essential oils, and detox to open up the lymphatic system and pull toxins out of the body. A clogged lymphatic system can make you very sick.

Works Monday

### Laura Rutter

Certified Massage Therapist  
Certified MPS Pain Therapist



Certified in MPS Pain Therapy. (Microcurrent Point Stimulation)

It's a safer, faster, and non-invasive alternative to acupuncture or trigger point needling.

Also specializes in chronic pain using deep tissue and trigger point.

Whether you have a pain you need worked out or

you want to relax Laura does a tremendous massage.

[\*\*Purchase Gift Cards\*\*](#)

nervous system and releasing endorphins, the body's natural painkillers. The Dolphin MPS device is engineered to detect and treat these active points with great scientific precision & potency, providing stimulation of all three systems at once - nervous, muscular and endocrine.

I will be sending out an email in a couple of days with a lot more detail about this device and the treatment. This is a very exciting service to bring for all of you.

You will find it on the schedule as:

MPS Pain Therapy. It is a 30 minute service. If you want a massage after treatment it will need to be scheduled separately.

butter and also Vitamin K2 in grass-fed butter, protect against calcification of the joints as well as hardening of the arteries, cataracts and calcification of the pineal gland. Calves fed pasteurized milk or skim milk develop joint stiffness and do not thrive.

4. **Osteoporosis** - Vitamins A, D and K2 in butter are essential for the proper absorption of calcium and phosphorus and hence necessary for strong bones and teeth.
5. **Thyroid Health** - Butter is a good source of iodine, in a highly absorbable form. Butter consumption prevents goiter in mountainous areas where seafood is not available. In addition, vitamin A in butter is essential for proper functioning of the thyroid gland.
6. **Digestion** - Glycosphingolipids in butterfat protect against gastrointestinal infection, especially in the very young and the elderly.
7. **Growth & Development** - Many factors in the butter ensure optimal growth of children, especially iodine and vitamins A, D and K2. Low-fat diets have been linked to failure to thrive in children -- yet low-fat diets are often recommended for youngsters!
8. **Asthma** - Saturated fats in butter are critical to lung function and protect against asthma.
9. **Overweight** - CLA and short- and medium-chain fatty acids in butter help control weight gain.
10. **Fertility** - Many nutrients contained in butter are needed for fertility and normal reproduction.

I want to add the fact that much of the same benefits listed above also come from milk, cream, cheese, meat, fat, and bones from 100% grass fed organic cows. I have completely converted and that is all I am willing to eat at this point.

When I went to Chicago last month, I was not able to eat all this good food. I did the best I could, only going to organic restaurants and even found a Whole Foods grocery store but it just wasn't the same. By the time I got home I was not feeling good at all. The first thing I did was fix some burgers with my good meat, in my good butter, with the good cheese on them. As I started eating them I could literally feel the energy going into my body.

When you eat food this full of nutrients you feel like you are starving when you eat less nutritious foods.

So give it a try. You may feel really good!

[Here is the link that a lot of these facts came from.](#)

As always, if you have any questions on this subject just shoot me a text at 317-716-4646 or reply to this email.

I absolutely love getting feedback from all of you. A lot of times, the responses I receive help me formulate the next newsletter or helps me improve the newsletters of the future. So, please do not hesitate to give me your response.

## Massage Packages

Purchase 6 hours  
for the price of 5  
hours  
\$300.00  
(\$50.00 an hour)

Purchase 3 hours  
for \$160.00  
(\$53.33 an hour)

Sincerely,

Melody Herrin

Owner

317-716-4646 - cell

317-539-4652 - office

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

bodymechanixmassage@yahoo.com

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Text | [Link](#)

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