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## In This Issue

[Wine, Cheese, and Botox](#)

[Keto Clarity](#)

[Text Alerts](#)

[Wellness Series](#)

[Understanding Nutrition](#)

[What is Ketosis?](#)

[My Recommendations](#)

[Business Hours](#)

[Who Works Here](#)

## Wine, Cheese, and Botox

Joanna Boyer will be available at Body Mechanix on Friday, January 30, 2015 beginning at 6:00 p.m.

You can receive botox for \$10.00 a unit. The prices will be going up after this, so get it while you can.

Along with this, we will be demonstrating an amazing skin care product called Nerium. Just applying this

January, 25 2015

## Dear Melody,

I hope you are having a great 2015. So far it has been absolutely fabulous for me! I'm even getting the February newsletter out ahead of schedule. Go figure.

If you want a massage tomorrow (Monday 1/26) I had a cancellation at 1:30. There are 90 minutes available.

Donna Franklin has openings tomorrow as well. She not only does an awesome massage but she also does the **Total Wellness Detox**. What better way to start the year off than getting your lymphatic system flowing so you can begin eliminating all those nasty toxins.

If you would like to schedule with either of us you can [click here](#) or text or call me at 317-716-4646.

We look forward to seeing you.

## 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.

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

## My

## Recommendation

[Chiropractor](#)

[Top Shelf Supplement](#)

[Dog Grooming](#)

[Organization to donate](#)

[Natural Hormones](#)

[Get Fit at Home](#)

(Choose me as a coach)

## Business Hours

For 2015, I am continuing my holiday hours. I have managed to fill those hours and at this time it would be hard to go backward.

## [Schedule Appointment](#)

## Melody's Hours

Monday - 10:00 - 7:00

Tuesday - 1:00 - 7:00

Wednesday - (Every other week) 2:00 - 8:00. The

product every night before bed can reduce fine lines and wrinkles, reduce pore size, smooth out skin texture, reverse laxity, and make your skin glow. To find out more about it, or to test it at home, just let me know you will be there.

Since we are doing this on a Friday evening we thought we would provide wine and cheese. So stop in and see us.

To schedule botox or find out more about Nerium, call or text 317-716-4646.

### Keto Clarity

Your Definitive Guide to the Benefits of a Low-Carb, High-Fat Diet

Author Jimmy Moore with Eric C. Westman, MD

Do you think of a low-carb diet simply as a way to lose weight? What if you learned that a purposefully designed diet that combines low-carb and high-fat eating produces a powerful one-two therapeutic punch on a wide variety of health conditions?

Keto Clarity brings you the information you need to understand what a ketogenic diet is all about and why it may be the missing element in your pursuit of optimal health. This book includes exclusive insight from twenty-two of the world's foremost authorities on nutrition and medicine with deep experience in using this nutritional approach. Moore and Westman clearly explain why ketosis is normal and how it is being used therapeutically by many medical professionals, and they provide a step-by-step guide to help your body produce more ketones -- the secret behind experiencing all the health benefits of ketosis.

something is not right.

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

## Wellness Series

### Understanding Nutrition

So here we go with the next piece of the puzzle for me in my journey to health.

For any of you who really know me this should really come as no surprise to you.

I was doing one of my days up north and I needed to kill some time. I went to Books-A-Million just to have something to do. I really don't buy books anymore but I still love the smell of them and being in a book store just makes me feel good. So, I'm walking down one of the aisles, and there is no one else in the store except the two girls working at the register. All the sudden a book falls off the shelf above me and instinctively I caught it.

The book was called Keto Clarity. I read the cover of it and decided that if it was going to jump into my hands I might as well take it home with me. And wow! I am so glad I did.

### What is Ketosis?

Before we define it, let me say, people seriously think I'm crazy. I am not doing what is acceptable in the mainstream and I do get quite a bit of flack for it. But, on the other side of that, I have the numbers to prove that what I am doing works for me. And following the food pyramid does not work for me. How the food pyramid came to be is a whole story on its own but let me just say that there was big money involved.

And, later on I am going to share those numbers. It even goes beyond that though. My skin is better, my nails are growing faster and harder, my hair is growing faster, my eyesight is improving, I have more energy. Running has never been easier, which is a huge thing for me.

So here goes...

This comes straight out of the book Keto Clarity.

Ketosis (pronounced KEY-TOE-SIS) is a metabolic state that happens when you consume a very low-carb, moderate-protein, high-fat diet that causes your body to switch from using glucose as its primary source of fuel to running on ketones. Ketones themselves are produced when the body burns fat, and they're primarily used as an alternative fuel source when glucose isn't available. In other words, your body changes from a sugar-burner to a fat-burner.

First and foremost. When I say fat, I am talking about healthy fats which in my life consists of whole cream, raw cheese, grass fed butter, rib-eye steaks, nitrite free bacon, coconut oil, and of course bone broth.

Everyone is different and requires different things but here is the formula that works for me.

Under 20 grams of carbs  
Under 80 grams of protein  
120-130 grams of healthy fats

opposite week I work from home for the clients in the Danville area.

Thursday - 10:00 - 7:00

Friday - 10:00 - 5:00

[Schedule Appointment](#)

**Donna Franklin's Hou**

Monday - 10:00 - 3:30

Thursday - 10:00 - 3:30

[Schedule Appointment](#)

**Laura Rutter's Hours**

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

[Schedule Appointment](#)

**Suzanne Warner's Ho**

Aesthetician

Friday - 10:00 - 5:00

**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.

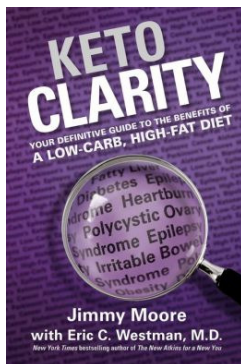
Works Monday thru Friday

**Donna Franklin**  
Certified Massage Therapist

Studies show that a ketogenic diet can be therapeutic for many of today's widespread chronic health problems, including:

- epilepsy
- type 2 diabetes
- obesity
- cardiovascular disease
- metabolic syndrome
- polycystic ovary syndrome (PCOS)
- irritable bowel syndrome (IBS)
- heartburn (GERD)
- Alzheimer's disease
- mental illness
- depression
- ...and so much more

[On Amazon](#)



To figure my starting ratios I used this website. I say starting because it took some tweaking because I am so seriously carb sensitive.

<http://keto-calculator.ankerl.com/>

Please do not confuse ketosis with ketoacidosis. Ketoacidosis is a serious condition associated with diabetes and is in no way healthy. In ketoacidosis you are burning fat but also your blood sugar is high. In ketosis you are burning fat but blood sugar is normal. Big difference there.

So, this morning as I fixed my amazingly good breakfast, it just felt right. I pulled out my grandma's cast iron skillet and added 4 strips of nitrite free bacon. The smell is intoxicating! Then I cracked three eggs into the bacon grease and scrambled them up.

It's crazy how good I feel when I eat this way. I have energy like never before. For the first time since I was a teenager my stomach is completely flat. No visceral fat left. And, when I eat a breakfast like that I'm not hungry again until evening.

When you are in fat burning mode it is a slow steady burn. You don't have the ups and downs of burning glucose, which in turn means no cravings.

Keto Clarity is not a diet book, it's an explanation of what it is and how to get and stay in ketosis.

OK. Here are the numbers I promised you. One year ago my hormone doctor ran a blood test and then I had one about one month ago. Even a year ago I was running and thought I was healthy, but in my case I think it was getting the carbs out of my diet that caused these big changes.

Blood sugar from 104 down to 78.  
 LDL Cholesterol 123 down to 99.  
 HDL Cholesterol 77 up to 98.  
 Triglycerides 204 down to 148.  
 Weight down 26 pounds.

The only medication I take is for my thyroid. He had to cut both thyroid meds in half. My hope is to get off them completely.

When I started living in Keto Land, the book said that it would improve cognitive brain function. I took an online test through a university 1 1/2 months ago and scored 59, which meant I was in the 59th percentile. The results said I was normal. I retook it last weekend and scored 67. That is substantial. Don't worry. It's not the type of test that can be memorized. Trust me.

So, hopefully this hits home with someone that is having all the same struggles I was going through.

Always, if you have any questions, text or call 317-716-4646.

Sincerely,

Melody Herrin  
 Owner  
 317-716-4646 - cell  
 317-539-4652 - office  
[www.bodymechanixmassage.com](http://www.bodymechanixmassage.com)  
[bodymechanixmassage@yahoo.com](mailto:bodymechanixmassage@yahoo.com)



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 get toxins out of the body. A clogged lymphatic system can make you very sick.

Works Monday and Thursday

**Laura Rutter**  
 Certified Massage Therapist



Specializes in chronic pain using deep tissue and trigger point.

Works Saturday

**Suzanne Warner**  
 Licensed Aesthetician

Does a variety of facial and waxing services.

Works Friday

**Purchase G  
 Cards**

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Clayton, IN 46118

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