

Body Mechanix Therapeutic Massage

creating health and well-being



www.bodymechanixmassage.com

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The Good Gut Taking Control of Your Weight, Your Mood, and Your Long-Term Health

This is a book I couldn't stop listening to. It was fascinating and even though it's not a steamy romance or a great adventure it definitely captured my attention.

June 28, 2015

Greetings!

Well. Here we go. Another month almost gone. I hope your July has gone well.

It's hard to believe the kids are already back in school. It seems like summer just started. When I was in school August was my favorite part of the summer!

This month I'm writing about bacteria. It is not a conversation most people want to have but I've got to tell you...it is one of the most important conversations you could possibly have.

So here goes. We are tackling the topic of the good and bad bacteria living inside of us and the effect the approximate seven pounds of the stuff can have on our health.

As always, I had to have the experience and then make the mistakes to figure it out. So, hopefully, you can learn from what I have gone through to improve your health and your life.

BACK TO SCHOOL SPECIAL

We are going retro. For the week of August 3 - August 8, 2015 we are rolling back to the rates I began with in 2006.

30 minutes - \$30.00

60 minutes - \$50.00

90 minutes - \$70.00

This is only for one week so schedule now! [Click here to schedule.](#)

My Recommendations

[Chiropractor](#)

[Top Shelf Supplements](#)

[Dog Grooming](#)

[Organization to donate to](#)

[Natural Hormones](#)

[Get Fit at Home](#)

[Life 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.

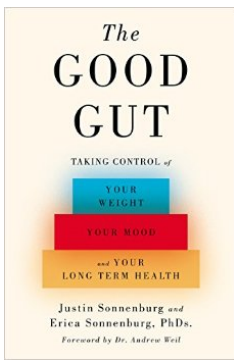
[Schedule Appointment](#)

Melody's Hours

Monday - 10:00 - 7:00

Tuesday - 1:00 - 7:00

Wednesday - (Every other
day) 9:00 - 9:00. Thu



Stanford University's Justin and Erica Sonnenburg are pioneers in the most exciting and potentially transformative field in the entire realm of human health and wellness, the study of the relationship between our bodies and the trillions of organisms representing thousands of species to which our bodies play host, the microbes that we collectively call the microbiota. The microbiota interacts with our bodies in a number of powerful ways; the Sonnenburgs argue that it determines in no small part whether we're sick or healthy, fit or obese, sunny or moody. The microbiota has always been with us, and in fact has coevolved with humans, entwining its functions with ours so deeply, the Sonnenburgs show us, humans are really composite organisms having both microbial and

This is only for massage services and does not include pricing for any other services.

This special cannot be combined with any other specials, discounts, gift cards, memberships, or packages. Not valid for outcalls. Expires August 8, 2015.

Wellness Series

Understanding Nutrition

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

The Good and Bad Bacteria

So...just when you think you have it all figured out...you don't! Here is the latest in the saga of my journey into health.

I have been doing so well. For the past several months I have been losing weight (mostly fat), have tons of energy, my nutrition is like a science, and I work out twice a day (running in the morning and P90X3 in the evening).

Here I am just zooming along, extremely happy with myself and the way this is all going and then it happens. I get on the scale and I'm up a pound. Then a couple of days later I'm up another pound. At the end of two weeks I've gained five pounds. In my head I'm screaming NOOOOOO! How can I possibly do this any better? Am I just destined to a life of going up and down in weight no matter what I do? Saying I was panicked is putting it mildly. And then I became my own worst critic. If I talked to a friend the way I was talking to myself, I wouldn't have that friend anymore. I felt like a piece of crap and I was totally blaming myself for this unexplained five pound gain. I mean was I eating in my sleep or what?

Three weeks ago I went to see the chiropractor, Dr. Mangas. During our conversation, I mentioned that I was feeling bloated again for the first time in eons. He asked me if I was still taking probiotics. My mouth dropped open. I told him I ran out three weeks earlier and had forgotten I had run out. Usually I keep the empty bottle to remind myself to buy it but this time I had thrown it away. I bought a super strong probiotic from him that day. Now, this is where it starts really getting interesting.

Yes. I lost that five pounds in a matter of four days. But beyond that I started noticing other things. I had been feeling fuzzy headed in the mornings when first waking up and that went away. The bloating went away almost immediately. My mood improved

week) 2:00 - 8:00. I'm 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 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

human parts. But now, they argue, because of changes to diet, antibiotic over-use, and over-sterilization, our gut microbiota is facing a "mass extinction event," which is causing our bodies to go haywire, and may be behind the mysterious spike in some of our most troubling modern afflictions, from food allergies to autism, cancer to depression. It doesn't have to be this way.

The Good Gut offers a new plan for health that focuses on how to nourish your microbiota, including recipes and a menu plan. In this groundbreaking work, the Sonnenburgs show how we can keep our microbiota off the endangered species list and how we can strengthen the community that inhabits our gut and thereby improve our own health. The answer is unique for each of us, and it changes as you age.

In this important and timely investigation, the Sonnenburgs look at safe alternatives to antibiotics; dietary and lifestyle choices to encourage microbial health; the management of the aging microbiota; and the nourishment of

dramatically. Most of the joint achiness I had been feeling lately went away. Its kind of ironic because I didn't realize I had all that stuff going on until I DIDN'T have it going on.

In the three weeks I've been back on a probiotic I've not only lost the five pounds I gained but I've lost an additional four pounds. I had to tighten my belt another notch this morning. That got me dancing!

This lesson wasn't that painful to learn only because it was discovered quickly. I now know that the balance of the bacteria in our body can affect a zillion things in our body. Things you would never even think of.

Did you know? We have more bacteria on the palm of our hand than there are humans on earth?

Did you know? We have seven to ten pounds of bacteria as a part of our body at all times.

On the planet earth there are a million trillion trillion living bacteria. That translates to 1,000,000,000,000,000,000,000,000,000. I would say that is a whole lot of bacteria. They were here millions of years before we were and will probably be here millions of years after we are all gone.

So the moral is we can't live without them so we MUST learn to live with them. We mostly hear about the bad stuff. The one's that make us sick. But there are lots and lots of the good stuff and it is important that we have more good than bad.

The number of bacteria that makes up a human now is much different and less than even 50 years ago. Here are just some of the reasons for this:

- Hand sanitizers and anti-bacterial soaps. Yep. You heard me right. As massage therapists we are big users of all this but as we are killing off the bad bugs we are also doing away with the good ones.
- Change in diet. Processed foods add no beneficial bacteria to our bodies. This allows the bad stuff to get control.
- Antibiotics. Probably the biggest culprit for the massacre of all bacteria. Both good and bad. That's why taking antibiotics make you feel sick.
- C-sections. When a baby goes through the birth canal they are coated with a layer of good bacteria from the mother. When taken by c-section the baby does not start life with these beneficial bacteria.
- Bottle feeding. Again, when a baby is breast fed they

receive a multitude of beneficial bacteria from the breast milk. So far, the formula industry has not been able to duplicate this so the bottle fed baby misses out on the probiotics from breast milk.

There are a lot of other reasons and I won't bore you with it in this newsletter. If you want to go more in depth the book I recommended in the side panel is an excellent source for everything you could ever want to know about bacteria.

So what can happen when the bacteria in our body gets out of



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



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](#)

your own individual microbiome.

Caring for our gut microbes may be the most important health choice we can make.

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.

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.

whack?

- Digestive issues - Gas, bloating, heartburn, diarrhea, constipation, IBS, Crohn's
- Mental issues - Depression, anxiety, brain fog, OCD, autism
- Vitamin and mineral deficiencies - Vitamin D, K, B12, B7, and magnesium.
- Skin conditions - Acne, rosacea, psoriasis, eczema.
- Autoimmune diseases - Hashimoto's, Rheumatoid arthritis, inflammatory bowel disease.

Now, taking a probiotic is not like taking a magic pill. To get the most from it, the diet also needs to be cleaned up. This means no sugar. Sugar feeds yucky bad bacteria and helps it grow. So if you are taking a probiotic (and they are not cheap), and eating sugar, you are kind of canceling out the probiotic. I have translated this to mean anything that converts to sugar, but you probably don't need to go that far.

Another way to get probiotics naturally through food is to eat fermented foods. I now eat a tablespoon of fermented root vegetables every day. I will admit. At first it was nasty! I had to just gag it down. But, I've now developed a taste for it and I actually look forward to it. There are many versions of fermented vegetables. I have landed on one made with beets. The most famous of the fermented vegetables is sauerkraut. My dad loved it! I did not and still don't!

It is hard for me to convey in a typewritten newsletter how much better I felt when I got back on the probiotic. It was system wide, not just my gut. It is something pretty easy to incorporate and it can't hurt anything, it can only help.

When buying probiotics it is important to get high quality. The Vitamin Shoppe has some really good one's. You need to be sure to get the probiotics that are refrigerated. They are the highest quality.

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.

Sincerely,

Melody Herrin
Owner
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317-539-4652 - office
www.bodymechanixmassage.com
bodymechanixmassage@yahoo.com

Back to School Special

Just in case you didn't see it at the beginning of the newsletter I am saying it again! Going retro to my beginning prices next week only. From August 3 - August 8, 2015.

30 minutes - \$30.00
60 minutes - \$50.00
90 minutes - \$70.00

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To schedule [click here](#)

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<http://www.bodymechanixmassage.com>

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Text | [Link](#)

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