

# Body Mechanix Therapeutic Massage

creating health and well-being



www.bodymechanixmassage.com

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## The Dorito Effect

If you can't eat just one or ever wondered why you can't stop eating this book explains it better than I've ever seen before. It's very empowering to understand the "why".



## Greetings!

So we are going to call this the June newsletter even though June is almost over. I will admit, I started this newsletter several times during the month but just could not get the inspiration I normally do. I have been trying to do the main article about magnesium. And even though I believe this to be a most worthy subject, all my conversations this month have led me down a different path.

I started the newsletters on nutrition back in January and they have been well received. I have had tremendous feedback and I have totally enjoyed the many conversations this has brought to me. As always happens, I have learned much through these conversations. Then I feel my job is to condense all this and put it in a format to share with everyone else.

One of the themes of the last couple of months has been that I might have started in the middle of the story. Maybe I need to back up a little and start from the beginning? Well, I won't bore you with the very beginning, but the beginning of this new lifestyle I guess. So this month's article is about the "light bulb moments" that led to all this.

Also, let's please welcome Laura Rutter. Laura is going from working just Saturdays to working Tuesday - Saturday. We are adding a tremendous amount of hours to the schedule that now need to be filled. I am so excited to have her here full-time but if we want her to be able to stay we have to keep her schedule as full as we can. Her first day with this new schedule is Tuesday, June 30th. To help her get started I am running a special just for her.

**Schedule with Laura and take \$10.00 off the regular price of a massage**

June 28, 2015

## My

### Recommendations

[Chiropractor](#)

[Top Shelf Supplements](#)

[Dog Grooming](#)

[Organization to donate to](#)

[Natural Hormones](#)

[Get Fit at Home](#)

(Choose me as a coach)

[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.

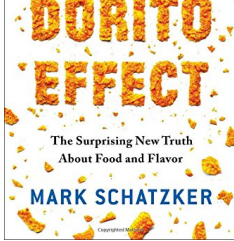
### [Schedule Appointment](#)

#### Melody's Hours

Monday - 10:00 - 7:00

Tuesday - 1:00 - 7:00

Wednesday - 5:00 - 7:00



A lively and important argument from an award-winning journalist proving that the key to reversing America's health crisis lies in the overlooked link between nutrition and flavor.

In *The Dorito Effect*, Mark Schatzker shows us how our approach to the nation's number one public health crisis has gotten it wrong. The epidemics of obesity, heart disease, and diabetes are not tied to the overabundance of fat or carbs or any other specific nutrient. Instead, we have been led astray by the growing divide between flavor—the tastes we crave—and the underlying nutrition.

Since the late 1940s, we have been slowly leeching flavor out of the food we grow. Those perfectly round, red tomatoes that grace our supermarket aisles today are mostly water, and the big breasted chickens on our dinner plates grow three times faster than they used to, leaving them dry and tasteless. Simultaneously, we have taken great leaps forward in technology, allowing us to produce in the lab the very flavors that are being

lost on the farm. Thanks to this largely invisible epidemic, seemingly healthy food is becoming more like junk food: highly craveable but nutritionally empty. We have

massage.

*This special is valid June 30 - July 3, 2015. This cannot be combined with any other specials, discounts, packages, memberships, or gift cards.*

Let's get her busy by [clicking here!](#)

## Wellness Series

### Understanding Nutrition

So here we are on the sixth 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.

### My Light Bulb Moments

So...where does this begin? Well, I would say probably around the time my dad and my stepmom both passed away and they both had cancer. I can remember the first stirrings of curiosity about "why" did they both end up with cancer and die within five weeks of each other. At the same time I was going through some pretty significant life changes and I feel like one day I just "woke up" to a new way of thinking.

Trust me. I have not always lived a healthy life. Believe it or not I started smoking at the age of 15 and would continue to smoke two packs a day for 23 years. It's hard to believe now that was me but yes it was. Oh, and I did like to drink. I can remember many times saying with pride, "I can drink any guy under the table." Ha! Maybe something not to be proud of? And what was my favorite food group? Raw cookie dough without a doubt! Oh wait...I guess that's not actually a food group. And I loved loved loved Arby's beef and cheddar and curly fries. I definitely did my part to help support that chain for a long time.

Now I could get by with all this in my 20's and even well into my 30's. Then one day I looked in the mirror and almost had a heart attack. This can't be me. This doesn't even look like the me I've always been. I had gained weight. Quite a bit actually. I didn't actually have lines in my face but the best way I can describe it? It looked like I had cellulite on my face. Ewwww gross!

So then it all began. If it was a diet I tried it. Little did I know I was only making things worse. Yes I would lose a little and then gain it all back and the cycle kept going for years. I am an impatient person and I wanted some "easy" pill I could just take and look like I used to.

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

Friday - 10:00 - 5:00

[Schedule Appointment](#)

### Donna Franklin's Hours

Monday - 10:00 - 4:30

[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*

unknowingly interfered with an ancient chemical language-flavor-that evolved to guide our nutrition, not destroy it.

With in-depth historical and scientific research, The Dorito Effect casts the food crisis in a fascinating new light, weaving an enthralling tale of how we got to this point and where we are headed. We've been telling ourselves that our addiction to flavor is the problem, but it is actually the solution. We are on the cusp of a new revolution in agriculture that will allow us to eat healthier and live longer by enjoying flavor the way nature intended.

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.

So my dad and stepmom died in 2005. I was not healthy at all!!!!

My first light bulb was when I became more concerned about my "health" on the inside than about my "looks" on the outside. I'm a knowledge junkie so the learning began.

I would say the first thing to fall into place had nothing to do with nutrition but was crucial to my overall health. I discovered the wonders of bio-identical hormones. Yes. I go every three months and get a reload of these wonderful little pellets. I call it my "hormone high". I absolutely love those days. I have been getting hormones since 2008. I really don't think I would have been able to be as successful with everything else without first getting my hormones balanced.

Right after that in 2009, I discovered a personal trainer that I would end up working with for over three years. He not only transformed my body but he changed the way I looked at and understood exercise. That is when "working out" became a daily part of my life. Now, it is hard to imagine my life without Tony Horton's P90X, or getting my butt out of bed every morning to go do my run! When I can't exercise for whatever reason, I feel yucky for the rest of the day. So not only do I get my hormone high every three months, I also get my runner's high every day.

The nutrition part took a while. It is sooooo confusing! I tried so many different things and it took what seems life forever to start figuring it out for me.

During the figuring out stage I happened upon a couple of diet plans that eliminated all carbs for a short time. One of these was the Fat Flush Plan, which is actually a short-term detox diet. And wow! Did I ever feel good and I lost a substantial amount of weight. But as soon as I went back to eating "normal" food all this good feeling went away. I have actually done this diet several times during the years and it always leaves me feeling great! I often wondered why I didn't just eat this way all the time. The other one I tried that eliminated carbs was the hCG diet which is pretty controversial because you only get 500 calories a day. But I've got to tell you...I had not felt that good in years. You are only supposed to do it for 30 days but I ended up doing it for 90 days and lost a ton of weight. But you guessed it, I went off it and the weight started slowly creeping back.

Light bulb moment. I woke up one morning feeling like crap. And somehow I knew it was carbs and sugar. I don't know where that came from but I just knew it. And it was. That day I started a new quest for knowledge which led me to Keto Clarity, referenced in a previous newsletter and The Bulletproof Diet referenced in another newsletter. And that is when the healing began. I did an entire newsletter about healing my liver, which in turn healed everything else. The one thing I forgot to mention in that newsletter was that I got off my thyroid meds and I was taking high doses of Synthroid (75 mcg) and Cytamel (50 mcg). The Cytamel dosage was so high the pharmacist would always question it. When I started having really high resting heart rates we started stepping down the dosages until I was completely off. I have had no ill side affects and no weight gain. I've now been off these drugs for over two months.



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.

Works Saturday

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

It 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.

Another important piece to all this was dealing with the psychological reasons behind all my "bad" habits. I think until that is dealt with, it is nearly impossible to make the permanent changes that must take place for the best health possible. So, in 2009 I started going to Francine Carter, the best life coach in the business. I still see her every month and I need her just as much as I need the hormones, the exercise, and the nutrition.

So, as you can see, it goes way way way beyond nutrition. So many things have to fall into place to achieve health from the inside out. I might add that when I switched my focus from the aspect of vanity and how I looked to being healthy on the inside, it did transform the way I look. A couple of weeks ago I found a picture of myself from 11 1/2 years ago and showed it to a friend. He could not believe that was the same person. I looked old enough to be my mother! It's crazy that I am 11 1/2 years older yet look 20 years younger. Who would have thought. Right?

P.S. Got my eyes examined yesterday. My distance vision improved from 20/15 to 20/20. Actually he said a little better than 20/20. Also, my astigmatism is almost gone. What???? Could this also be the nutrition and exercise? The eye doctor seemed to think so. I didn't "see" that one coming. Ha ha!

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  
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Clayton, IN 46118

Text | [Link](#)

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**Take Off**

**\$10.00**

**Schedule a massage with Laura Rutter**

Welcome her by scheduling with her this week.

*Offer Expires 07/03/2015. This offer not valid with any other special, discount, package, membership, or gift card. Not valid for outcalls.*