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Ways to De-Stress

Always have something to look forward to. I can remember at the lowest part of my life realizing I had absolutely nothing to look forward to and that was the most depressing thought I've ever had. I swore right then I would always have something planned to look forward to.

A hot bubble bath. Well bubble bath, epsom salt bath, or whatever. I take one almost every night. I light a candle, turn the light

March 8, 2015

Dear Melody,

This March newsletter is late. Not because I could not think of something to write about. No. It's because I have so much to write about it was hard to settle on one topic.

So as I sit here reflecting on this amazing weekend I just experienced and look forward to the week ahead and even next weekend in DC running the Rock n' Roll Half Marathon, I have finally settled on a subject.

I hope you enjoy it and that it in some way makes your life just a little better.

Donna Franklin has openings on Monday 3/9/15 beginning at 11:45. 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 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.

My

Recommendation

[Chiropractor](#)

[Top Shelf Supplement](#)

[Dog Grooming](#)

[Organization to donate](#)

[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

off, turn on The Beatles, close my eyes, and let myself go. When I finish I am relaxed and ready for bed.

Good Nutrition. We have talked about that already and will talk more about it, but nutrition is very important to stress levels.

Exercise. Anyone who has ever reached that runner's high will know exactly what I'm talking about and why it is so addicting. There is no drug you can take or food you can eat that will give you that feeling of freedom and power and euphoria. It chemically takes away stress.

Supplements. There are supplements you can take to help reduce stress and cortisol levels naturally. Need advice on that subject? I would suggest either The Real Food Shoppe in Plainfield and talk to Bob, or Nature's Market on 86th Street and talk to Jeff. They are both very knowledgeable about supplements.

Utilize a life coach or counselor. Meeting with my life coach once a month helps in a multitude of ways but I think the most important way for me is just knowing that I'm not alone in the craziness of my brain. I have someone I can safely talk to and be told that, "Nope, you're not crazy." It really does help.

Breathe. Are you at work and someone has your blood pressure rising and there is no escape? Just stop and take a few deep breaths. If you can close your eyes while doing it that will help too. That may help until you can get away.

Silence your phone. As great as smart phones are, and I do love mine, they can be a source of stress as well. When I'm doing my writing in my journal would

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.

Wellness Series

Understanding Nutrition

January was all about oxtail or bone broth and the benefits on the body. February was about ketosis and how to get in fat burning mode. Now here we are in March. I think this is a great time to talk about stress and the effects it has on the body. And let me mention that this is huge.

Stop and Smell the Coffee...

Yes. Stop and smell the coffee or whatever it is you love the smell of.

Most of my adult life has been pretty stressful. I have always been a single mom, mostly working two jobs and sometimes three. Or going to school and working. Or whatever....

We've all been there and some of us will always be there. As a business owner, sometimes the stress can be overwhelming. There are times I wonder how I can possibly get everything done and the more I worry about it the more daunting it seems.

So, with some really good advice from my life coach, my mornings have transformed into part meditation, part introspection, very relaxing, and simply amazing! The one hour I spend in the morning has completely transformed my life and the way I deal with EVERYTHING! Thanks Francine. I love to write. I always have. She suggested that I just get up in the morning and write about whatever. It was hard at first. Sometimes I would just sit there staring at the wall, but eventually it just started flowing so fast my hand wouldn't keep up.

I used to sleep until the very last minute so that I would be rushing to get ready and flying out the door, already completely stressed for the day. I felt sorry for whoever was my first client of the day because it would take me some time to settle in to the massage. Now, I make sure I have at least an hour to sit and write and just contemplate.

Waking up comes easier now because I look so forward to my morning ritual, which begins with, you guessed it, smelling the coffee. I love the smell of fresh ground coffee in the morning. I close my eyes and take a deep breath and begin relaxing. When my cup of bulletproof coffee (more about that in April) is finished, I sit down, pull out my journal and start writing. I'm not sure why, but my life has transformed. I suppose part of it is just putting my thoughts down on paper. And it is so relaxing that sometimes I feel that I'm not even in this world, which really keeps me in that place all day. When stress does come as it will, it just bounces off. I honestly don't get stressed anymore. And somehow, all those things just magically get done.

So what could all this relaxation stuff possibly have to do with nutrition? Well, quite a bit actually. Guess what happens when you are not stressed...you don't stress eat. Guess what else happens?

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 - 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 Hours

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

I be able to relax if I could hear my phone making noise every couple of minutes? Absolutely not. It is silenced and turned face down. Whoever or whatever it is can wait a few minutes. Today, Sunday, I have had it silenced for the entire day. Ahhhhh! Freedom! And my friend appreciated it because I wasn't constantly distracted.

Play music. Music can be relaxing. It can bring back happy memories. It can remind us of a loved one. There are so many benefits to receive from music. I have a playlist that is my go to when I'm starting to feel stressed or when I need to feel inspired.

Be silly. I spend a lot of time dancing around the house with my poor dog. He indulges me and lets me whirl him around and sing badly in his ear but the benefits I receive are amazing. Sometimes it makes me laugh so hard I have to lay down on the floor. Which brings up the next one.

Laughter. Find something to laugh about. It's really not that hard. I walk around with a smile on my face all the time these days so it's not a stretch to add a laugh to that. You can always find a video on-line, or go on Facebook, or something.

Call a good friend. Just last weekend I texted a friend and said I need to talk to you. She called me right back and on a Sunday evening we spent two hours talking. I got to unload, so did she and we both benefited from this impromptu phone call.

Do a craft. Do you like to knit, or draw, or write? If you are doing something you love, it will relax you. If you don't have a craft, try to find one. It takes your mind off all the mundane day-to-day tasks at least

Your body doesn't overload itself with cortisol and adrenaline.

Stress eating is pretty self explanatory and I'm not going to spend much time on it. There are actually physiological reasons why when you get stressed you feel the need to eat and eat and eat and eat.

Here is what happens when we are under stress step-by-step, so just imagine if you are under constant stress, all this never gets to shut down for you to recuperate.

1. You are faced with a stressor.
2. A complex hormonal cascade ensues, and the adrenals secrete cortisol.
3. Cortisol prepares the body for a fight-or-flight response by flooding it with glucose, supplying an immediate energy source to large muscles.
4. Cortisol inhibits insulin production in an attempt to prevent glucose from being stored, favoring its immediate use.
5. Cortisol narrows the arteries while the epinephrine increases heart rate, both of which force blood to pump harder and faster.
6. You address and resolve the situation.
7. Hormone levels return to normal.

So what's the problem with this? Well, there are times this process is imperative, like if you are being chased down the road by a bull. Yes. That happened to me and I was very glad my body took over and gave me more speed than I ever thought I would have. But, and here's the problem. If you are under stress every minute of the day, this process is going on constantly and can and will wreak havoc in a myriad of ways. Here are just some of those ways.

- Blood sugar imbalance and diabetes
- Weight gain and obesity
- Immune system suppression
- Gastrointestinal problems
- Cardiovascular disease
- Fertility problems
- Other issues such as chronic fatigue syndrome, thyroid disorders, dementia, depression, and other conditions.

Everyone is different with their own set of issues and demands. And everyone needs to figure out what is their best way to find total and absolute relaxation for just a bit.

By the time I finish my hour of writing in my journal and then running for an hour I have found my total and absolute relaxation and that feeling has now become a way of life for me. My wish is that everyone can find a way to get there.

Read the side panel for ways to de-stress and let the body rest from the cortisol dump!

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

Therapist



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

The originator of The True Wellness Detox. She uses a combination of reflexology, essential oils and detox to open up the lymphatic system and purge 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

for a little while. Even if its something as simple as grabbing a coloring book and coloring a picture. And you don't even have to stay in the lines.

Get a massage. That one is a no-brainer, but it really does release endorphins that help reduce stress levels for several hours or even days, plus it releases toxins from the muscle tissue and relaxes the muscles.

Tomahawk Walk/Run

The Tomahawk 8 Walk/Run is Saturday, March 2 at Blanton Woods Danville at 9:00 am. I have signed up for it and was hoping there could be a group of us. It would be lots of fun! It's for walkers and runners. It loops twice so some only do the loop once which makes it a 4k. Here is the link to register, you decide if you are doing it please let me know. Thanks. Let's have some fun and get fit.
[Website](#) to register

Body Mechanix Therapeutic Massage | 317-539-4652 | bodymechanixmassage@yahoo.com | <http://www.bodymechanixmassage.com>
114 E. Kentucky St.
Clayton, IN 46118

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