

Body Mechanix Therapeutic Massage

creating health and well-being

www.bodymechanixmassage.com

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Beyond Training

I love this book! The guy who wrote it has done several Iron Man Triathlons and he talks about the "smart" way to

train and take care of your body.

Greetings!

Here we are on the 10th of a series of newsletters started back in January. I went back to read each one and even though it seems not much has changed, it made me realize how there are constant little changes that add up over time. Since January, we have added new therapists and new services. We have increased our available hours. And many other small changes have taken place.

Just two weeks ago I put new flooring in both massage rooms and gave the artwork and the woodwork a much needed facelift.

Here is a picture of my room with nothing else in the room.



And here is a picture of the other room with the room set up.



October 28, 2015

My

Recommendations

[Chiropractor](#)

[Top Shelf Supplements](#)

[Dog Grooming](#)

[Organization to donate to](#)

[Natural Hormones](#)

[Get Fit at Home](#)

[Life Coach](#)

[Yoga](#)

Business Hours

[Schedule Appointment](#)

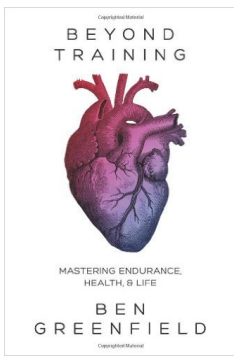
Melody's Hours

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.

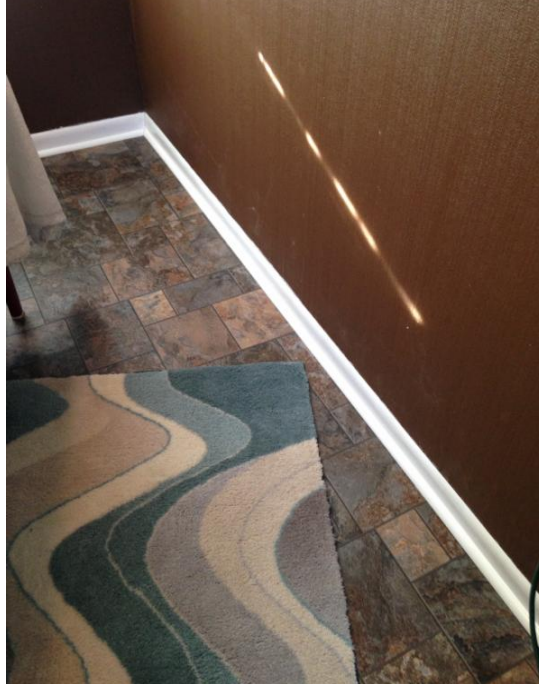


What Problems Does Beyond Training Solve?

Ironically, many people who appear to be fit and healthy on the outside struggle with health and lifestyle issues like insomnia, gas, bloating, low libido, aging too fast, injuries, performance plateaus, brain fog, and a basic lack of time for career, family, and friends. So this book supplies a step-by-step, done-for-you guide to eliminating all these issues, helping you get the most out of life while still achieving amazing feats of physical performance.

Who Is Beyond Training for?

Beyond Training is for men and women who have made it out of couch potato mode and are ready to take things to the next level, whether that means shedding those last few extra pounds, finishing a 5K, or even crossing the finish line of an Ironman triathlon. Everyone from the casual exerciser to the weightlifter, CrossFitter, obstacle racer, marathoner, mountaineer, triathlete, swimmer,



This month I'm going to focus on exercise. What to do and what not to do...

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 tenth 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](#).

So what does exercise have to do with nutrition. Well, in my opinion they totally go together. I couldn't accomplish the exercise without the good nutrition and the good nutrition encourages me to exercise because of how good I feel.

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.

Danville area.

Thursday - 10:00 - 7:00

Friday - 10:00 - 5:00

[Schedule Appointment](#)

Donna Franklin's Hours

Monday - 10:00 - 6:00

Wednesday - 10:00 - 2:00

[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.

Monday - 10:00 - 6:00

Tuesday - 1:00 - 7:00

Wednesday - Varies

Thursday - 10:00 - 7:00

Friday - 10:00 - 5:00

[To schedule click here](#)

cyclist, runner, and biohacker will glean tons of knowledge and life-changing advice from this book.

What Will Beyond Training Do for You?

Beyond Training educates and entertains with underground training, nutrition, and lifestyle tactics that mean no guesswork, less confusion about what to eat, and elimination of workout frustrations so that you can have more time and make more money, experience fewer frustrating health issues, have complete confidence that you are training the right way, and rid yourself of notorious body trouble spots, nagging injuries, and stubborn body fat.

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.

Have you read the text...

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

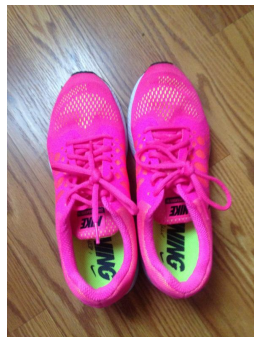
To run or not to run...that is the question

As some of you know I just started running in 2011. And I love it! It is my meditation, my recharge time, my runners high. When I finish a run I feel like I could conquer the world. There is absolutely nothing like it!

That is until I started having problems with my right hip, and then my right IT band, and then my right knee and then my right foot. Yes, there is a theme there. I kept on running after the initial pain started and the pain just kept spreading. Who is more stubborn? Me or the pain...in the end it was the pain. I had to rethink everything.

So back in January, my running partner and friend Darla said she wanted to do the Washington DC half marathon in March. Actually the middle of March. I had barely been running, I mean it was winter time after all. That only gave me 2 1/2 months to be ready to run 13.1 miles. And I hit it with everything I had. I took the training schedule I had used in the past and doubled each workout. So if I was supposed to do every other day, I did every day. If I was supposed to do one workout in a day I did two.

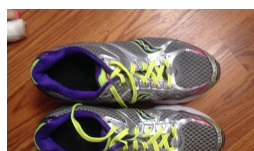
And I committed the cardinal sin! I bought my tennis shoes not because they were the perfect fit but because they were the perfect color. They were too tight and I knew it when I bought them but hey! They were beautiful.



First pair of running shoes.

Too tight but pretty!

I did OK with these shoes until I hit the big miles. When I got to the point at the end of February that I was doing 10 mile runs I started noticing that my toes and the balls of my feet were going completely numb. So off I went to a different running store (one I had never been to) and got fitted for my next pair. They told me I didn't need any support and even though all the years in the past I had extra support I believed them. I thought to myself, "Wow, I must be getting so strong that I don't pronate anymore." Ha Ha Ha! The second pair were not nearly as pretty but at least my feet weren't going numb.



Donna Franklin

Certified Massage Therapist



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.

Monday - 10:00 - 6:00
Wednesday - 10:00 - 2:00

[To schedule click here](#)

Laura Rutter

Certified Massage Therapist
Certified MPS Pain Therapist



Certified in MPS Pain Therapy. (Microcurrent Point Stimulation)

It's a safer, faster, and

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.

Laura's Specialty 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 nervous system and releasing endorphins, the body's natural painkillers. The Dolphin MPS device is engineered to detect and treat these active points



2nd pair of running shoes. Not pretty, but feet no longer going to sleep. Also no support.

These are the shoes I trained in for the two weeks in March leading up to the half and I wore these in the half. I remember the morning my flight for DC was leaving I had a friend working on my right leg because it was a disaster. After I got to DC I kept ice on it almost constantly because the muscles in my upper thigh were so tight and knotted.

The next morning we got up to run the half. It was 38 degrees and raining a steady rain. There were wind gusts up to 30 miles per hour. It stayed this way during the entire race. About the time we hit mile 10, the outside of my knee hurt so bad I felt like it was going to just rip right off my leg. But I kept running. When it was over and we had to stand outside in line for over an hour to get back on the metro, it got to the point that I could barely walk. I certainly couldn't bend my knee.

And the very next day, while I was icing my still inflamed and aching knee, we were planning our next half in Chicago in the middle of July. It seemed so far away at the time.

When I got back home I took an entire two weeks off from running. I also went to the shoe store I should have gone to in the first place and where I had always gone before. Blue Mile. And here I found out that yes, I do pronate, and yes, I do need extra support so in comes my third pair of running shoes. And amazingly these are pretty and a perfect fit.



3rd pair of running shoes. Pretty and perfect fit!

So three pairs of shoes and \$600.00 later I'm good to go. Right? One would think so...but not the case. Unfortunately, the damage had been done all the way back in January and February and it's going to take way more than the right shoes to get me back to where I need to be.

I did run the half marathon in July with my new shoes. This time my knee and my hip both did ok, but my foot started hurting to the point that every time I took a step it felt like I was stepping on a jagged rock. This has been the injury that has finally stopped me

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.

Tuesday - 1:00 - 8:00
Wednesday - 1:00 - 8:00
Thursday - 10:00 - 5:00
Friday - 10:00 - 5:00
Saturday - 10:00 - 2:00 (every other)

[To schedule click here](#)

Purchase Gift Cards

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)

Testimonials

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.

Donna's Specialty Service

"One of the most important systems of the body is a little known circulatory system called the lymphatic system. It is the body's primary waste elimination system. As such it contains over 600 "collection sites" called the lymph nodes and has a network of collecting vessels more extensive than the venous system. Your lymphatic system can be compared to a freeway. When congested, nothing

jagged foot! This has been the injury that has finally stopped me in my tracks. Each time I run, I pay for it for several days.

So what to do?

I have been going to the chiropractor (Dr. Mangas) regularly, which helps. I have been getting weekly massages (Laura and Donna), which helps. I have been doing strengthening exercises, which helps.

And then I found a new love! I tell clients all the time that they need to stretch. I even give stretching exercises to do. However, I usually don't practice what I preach when it comes to stretching. It's just too boring! That is until I went to my first yoga class. Yes yoga.

I'll be completely honest. Yoga has always been very intimidating to me. I always pictured these stick skinny women in leotards tying themselves up in pretzels. I am not stick skinny, you will never see me wearing leotards, and even as a kid I couldn't get twisted into pretzel like shapes. But I knew that was the missing link for me so I took the leap and decided to just do it and if I looked like an idiot then so be it.

I had heard there was a new yoga studio in Danville (a whole 4 blocks from my house). Before I could change my mind, I googled their website, clicked on schedule and was very surprised that they had the same scheduling software I use. I scheduled my first class which was beginning yoga.

All my preconceived ideas of what a yoga class would be like were so wrong. Everyone is shaped different, with different flexibility, and we are each focusing on the instructor so we are not watching each other.

I walked out of there feeling taller, stronger, and surprisingly I felt the same as when I had that runners high. It was a very euphoric walk home that day.

That same week on Friday evening at 6:30 I went to a class called Restorative Yoga and it was one of my favorite things I have ever done. It was part meditation, part yoga (very gentle and slow), and a perfect way to end the work week.

They, Peace Through Yoga, have not been in Danville very long. And I'm finding out that not very many know about them. We who live out here are always complaining that none of the good places are on the west side and we have to drive into Indianapolis. Well, now we have one of the good places! And I want them to stay.

I'm asking that we support them so that we can keep a yoga

I would like to add a section to my website for testimonials. When a new person visits the website trying to decide if they want to come here or not, testimonials would be invaluable, so please feel free to send me your testimonial so that I can add it to the website. You can do it by replying to this email or sending it to bodymechanixmassage@yahoo.com. And thank you for your help.

moves. The same thing can happen in your body. Your lymphatic system affects every organ and cell in your body.

When the lymph fails to function properly and the collecting terminals become blocked, it's like a bottleneck. The lymph starts backing up in the system creating a toxic oxygen-deprived environment conducive to degeneration and disorder. The clear lymph fluid becomes sluggish or even stagnant, changing from a condition like water to milk to yogurt to cottage cheese. Toxic lymph can be stored for a long time in the system. This is not a healthy condition. Thickened, gel-like stagnant lymph overloaded with toxic waste is the ideal environment for the onset of numerous illnesses, including cancer.

The process Donna uses to open the lymphatic system starts with reflexology. This helps open up the organs and helps Donna know which systems are the most compromised. She then uses a blend of essential oils in a certain direction to help move the lymph fluids. And to finish off, she uses several oils on the spine which helps pull the toxins out and keep the lymph fluids moving out of the body.

studio in Danville. They have several classes each week to choose from. The website is www.peacethroughyoga.com. Go to classes, then click on schedule, then click on Danville. They also have studios in Zionsville and Speedway.

I would absolutely love it if you would come do the Friday at 6:30 class with me. I can't stress what an amazing way it is to end the week and completely unwind.

So don't be intimidated. Come join in a class and get stretched out! It makes the massage last a lot longer and keeps your spine and your joints young.

Hope to see you in the studio!

I was fortunate enough to meet with the owner today. Mindy's main message is that yoga is a good fit for everyone and she has designed her studios to be a friendly and relaxed place for everyone. Her tagline? Real life yoga for people just like you.

So the moral of this story? DO NOT overtrain even if you do think you are Superwoman. No matter what exercise you choose try your hardest to stay well-rounded. Our body needs cardio, strength training, stretching, chiropractic, massage, and good nutrition. Doing all of this will give you energy and vitality every day, which gives you a much higher quality of life.

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
317-716-4646 - cell
317-539-4652 - office
www.bodymechanixmassage.com
bodymechanixmassage@yahoo.com

Text | [Link](#)