

Body Mechanix Therapeutic Massage

creating health and well-being



www.bodymechanixmassage.com

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The Vitamin D Cure

This is a good book only because it does a really good job of explaining why Vitamin D is so important for the body and the best ways to get it. It's not as simple as being in the sun a little each day.

August 31, 2015

Greetings!

Happy September. I hope it's been a good month for you.

Each month since January I have been talking about things I have discovered in my journey to good health.

This month will be a little different. I think it is equally important to talk about what not to do. So as much as I would like to think I'm "perfect", yeah right, I'm far from it and this story is not one of my finer moments in my quest for health. So I hope you laugh along with me and not at me.

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

My Recommendations

- [Chiropractor](#)
- [Top Shelf Supplements](#)
- [Dog Grooming](#)
- [Organization to donate to](#)
- [Natural Hormones](#)
- [Get Fit at Home](#)
- [Life Coach](#)

Business Hours

[Schedule Appointment](#)

Melody's Hours

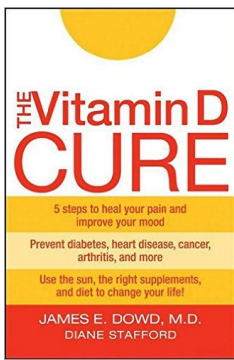
Monday - 10:00 - 6:00

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.

Thursday - 10:00 - 7:00



Now updated with the latest research - the breakthrough way to lose weight, stop pain, and prevent disease

Completely updated with the latest research, The Vitamin D Cure tells you all you need to know about this miraculous natural substance - today's best way to heal pain, prevent disease, and improve your mood. We now know that adding vitamin D to your daily regimen can net you unbelievable benefits, from reducing your chances of having certain kinds of cancer to gaining flexibility and youthful exuberance well into your seventies and beyond. And no, a dose of daily sunshine doesn't give you enough! Groundbreaking research reveals the healing power of this simple, readily available supplement.

Physicians, researchers, and vitamin D users point to mounting evidence that the simple act of increasing the amount of vitamin D in your body can cure or help treat a remarkable number of diseases and ailments, including unwanted pounds, high blood pressure, back pain,

muscle cramps, obesity, cancer, and diabetes.

Leading rheumatologist and researcher Dr. James Dowd reveals the causes of vitamin D deficiency and offers a simple five-step

So here we are on the ninth 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.

Cayenne (Capsicum)...A little is a good thing!

During some of my massive research (and I do a lot), I found that cayenne peppers have a multitude of health benefits. As I read I got more and more excited. How had I never heard all this before? The health benefits are so many!

My dad always wore shirts with a front pocket. Even his t-shirts had a front pocket. This was a very convenient place for him to carry his hot peppers. Every time we would sit down to eat whether it was at home or at a restaurant, he would pull out a hot pepper and eat it with his meal. And I'm not talking about cutting it up in his food, no, he would eat it like I would eat celery. Of course, I thought he was a nut, but little did I know of all the health benefits he was getting from eating these hot peppers.



So here we go...I'm googling different things and happen upon a site talking about cayenne pepper. As I'm reading I click link after link and get more and more engrossed. Really? Something this simple is good for weight loss, naturally thins the blood, reduces blood pressure immediately, improves digestion, relieves joint pain, relieves migraines, improves lymphatic flow, helps break up blood clots, helps relieve allergies, relieves muscle cramps, helps relieve symptoms of a cold, eases toothaches, and way more. Here are a few places to read about all the benefits. [Cayenne benefits](#), [more Cayenne benefits](#), and [yet more Cayenne benefits](#).

So after reading all this I rushed as fast as my little car could take me to the Vitamin Shoppe. Once there I learned there were many different options and strengths. Well, of course, I went with the strongest one I could get. And here is how the next two weeks went.

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.

Works Monday thru Friday

Donna Franklin

*Certified Massage
Therapist*



program that can prevent or alleviate a host of health troubles in a matter of weeks. Incorporating the latest diet and lifestyle advice, the program helps you harness the power of the "sunshine vitamin" to transform your life.

Whether you struggle with arthritis or chronic pain from an old injury or you simply want to lose weight and get back to a body image that reflects your best self, The Vitamin D Cure can be your key to a better, more vibrant you.

- All-new recipes and meal plans
- Up-to-date information on how vitamin D helps prevent disease and reduce pain
- New diet and supplement breakthroughs
- New information from scientific studies, a wealth of clinical data, and case stories

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

Saturday - Purchased extra-hot Cayenne at 100,000 heat-unit. Instructions said 2 a day. I took 4.

Sunday - Took 3 in the morning and 3 at night. I'm not feeling any different. Maybe I should take more????

Monday - Took 4 in the morning and 4 at night. Still not feeling anything.

Tuesday - Took 5 in the morning. A couple of times during the day my lips felt numb and I started seeing black dots. Hmmm. That's weird but didn't think much about it. I also realized I had not eaten at all. The thought of eating was rather repulsive so I decided not to. Took 5 more at night.

Wednesday - Took 5 in the morning on a very empty stomach. Still had no desire to eat. Actually feeling pretty good except for the numb lips and black spots I keep seeing. I'm busy so I just brush it off. Took 5 more at night.

Thursday - Took 5 in the morning. Still not eating. I've decided this is a good time to do a fast which helps clean the body out. I'm already a couple of days in so I might as well go with it. Took 5 more at night.

Friday - Took 5 in the morning. The fast is going well. I have absolutely no desire to eat. The numbness in the lips continues but I'm chalking this up to not eating. Took 5 more at night.

Saturday - Took 5 in the morning. Had a very busy day. Went for a pretty long run but I was getting low on energy. Took 5 more at night.

Sunday - Took 5 in the morning. Worked outside all day. Holy cow! My body temp must be rising. It was a beautiful cool day but I would sweat just standing still. And here's what is really weird. The sweat was burning my skin. Yikes! And being my stubborn self I was still not putting any of this with the cayenne. Took 5 more at night.

Monday - Took 5 in the morning. Still not eating. I've lost 5 1/2 pounds. Woo Hoo! My stomach is starting to feel a little burnt. Woke up with a little bit of a heart burn. Huh! That's weird. I haven't had a heart burn for years. Wait! This is supposed to be a 45 day supply of these things and I only have two left. After work I make a trip to the Vitamin Shoppe to buy some more. Take 5 more at night.

Tuesday - Took 5 in the morning. I noticed my pee was super hot



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
Certified MPS Pain
Therapist



Certified in MPS Pain Therapy. (Microcurrent Point Stimulation)
It's a safer, faster, and 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.

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

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.

New 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

this morning. It actually burnt. I wonder if I've got a bladder infection? Went for a run. I'm starting to really run out of energy but I still have no desire to eat. The sweat is really making my skin burn and I noticed the sweat running in my eyes is really burning. It felt like someone sprayed pepper spray at me. Now wait a minute...I wonder if that cayenne could have anything to do with it? Took 5 more at night.

Wednesday - Took 5 in the morning. Still not eating. I'm starting to feel sick to my stomach. I bought a car sick bracelet that puts pressure on the wrist that helps with nausea. It really did help. I've got to tell you, I'm feeling kind of strange. Pretty light headed, numb lips, upset stomach. But...I'm loosing weight like crazy. This is pretty cool. I go to Donna to get the Total Wellness Detox just like I do every week. About half way through I had to have her stop. As I jump off the table with the sheet wrapped around me and dash for the restroom I know I'm going to be sick. Not much came up because there was nothing in there but what did come up was HOT! It felt like a volcano was erupting. I swear my throat was sore for days after that. But I felt way better. I did however cancel the appointments I had later that day. And finally I thought, I wonder if all this could be from taking Cayenne. So back to google I go. And since I love to self-diagnose, here is what I came up with.

My blood pressure is normally about 100/60, which is pretty low. Always has been. So if Cayenne lowers blood pressure I bet mine was super low. Probably why the dizziness and numb lips. It aids in weight loss by reducing hunger and cravings which is why I suppose I wasn't hungry. Since I was taking 8 more a day than recommended it totally killed my appetite. And then since I wasn't eating there was nothing in there except hot pepper. I actually wonder if I burnt holes in my stomach. It's a natural blood thinner which I suppose could have contributed to the light headed feeling. And as I should have been able to figure out much quicker, what you eat affects the whole body so I had 100,000, extra hot, boiling cayenne making its way out every cell of my body. The inside of my nose was burning, my eyes, my tongue, my skin. If it had feeling, it was on fire!

I did NOT take cayenne that night!

Thursday - Did not take any cayenne. Still not hungry but forcing myself to eat a little. The first time I ate it came back up but after that I was able to keep it down. Without getting too graphic here, let me just say that every time I went to the restroom left me burning for hours. I would put it off as long as I possibly could. And heaven forbid I should sweat. Of course my body temp was through the roof so it was hard not to sweat! Did not take any Cayenne at night.

Friday - Did not take any cayenne. Feeling a little better. The numbness and light headedness is going away but still having a hard time eating. Still have to wear the car sick bracelet constantly, even while doing massages, and even while I sleep. Every time I do eat it feels like an inferno is going off in my gut. But

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)

engineered to detect and treat these active points 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.

I'm better. No cayenne in the evening.

Saturday - Took 2 in the morning. OK. So I'm feeling much better. I have greatly reduced the dose so this should be good. Or maybe not. Within minutes my stomach is on fire again! What the heck? So I am unable to eat again. I had a really busy day running around and went out that night. I had to really fake that I was feeling good. I was not! Did not take any in the evening.

Sunday - No cayenne for me. I'm feeling pretty good. Eating is still a little iffy, but I'm able to run again without burning my skin up. By the way, when I say it burned, not only did I feel it but I got burns (literally) that had to heal.

Monday - I'm feeling human again. I can eat. I still have to wear the car sick bracelet 24/7 but at least when I eat it doesn't feel like an inferno. I'm now back to running in the morning and doing weights at night and the sweat is not burning. The numbness and light headedness are pretty much gone. My stomach isn't constantly churning and threatening to erupt. And I lost 9 pounds. I wouldn't suggest doing this to lose weight but since I did I'll take it.

So I am now a week later and I am taking it again. I'm taking 2 in the morning and 2 at night. So far so good. I still don't have a huge appetite but that's ok. I can eat without getting sick. I'm able to do all my workouts, I'm not numb or light headed. I think this is a good dose for me but as I learned before, it does build up in there.

So the moral of this story is if one is good, five is not necessarily better. If weird things start happening to your body, you should probably pay attention. Don't just plow ahead because you are stubborn!

I would still recommend looking into cayenne but maybe follow the instructions and the results should be much different than mine.

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
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had-melody-massage.com

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