



## Quotes... and some that aren't!

“There is only one difference between a madman and me. I am not mad”

Salvador Dali

When you want to test the depths of a stream, don't use both feet.

Chinese Proverb

A Snotty Gobble is an Australian plant...**WoW**

It's always darkest before the dawn...So if your going to steal your neighbours newspaper, that's the time to do it.

### On the side of a can of fresh-up

“This can is no match for you. Crush it. Crush it like the cowardly aluminium leaf that it is.”

Weird!?

### English proverb:

A smooth sea never made a skilled mariner.



"Just because you're paranoid doesn't mean there's no-one out to get you..."

## June Special Offer

Refer a new client, encourage a friend, pester a loved one or just drag someone off the street for an appointment during June and receive a free 15min

therapeutic foot massage...oh...ok...both feet...and we'll keep them toasty warm with a nice heat pack.



## Lactic acid build-up:



During anaerobic exercise (short fast exertion not requiring oxygen such as a 100m sprint) the compound Pyruvic acid is

converted to Lactic acid. This causes the bloods pH level to fall, which enables easier transfer of oxygen to the muscles allowing them to cope with the increased energy demands for short bursts. Once the exertion is over Lactic acid is reconverted back to Pyruvic acid or taken care of by the kidneys all within an hour or two. Lactic acid provides the “burn” felt during exercise but does not contribute to muscle soreness as once thought.



## Feedback: Way hey, here

ends another fab edition, hope you all enjoyed it. Well done to Stan who won the last quiz prize and donated his bubbly to our deserving receptionist and his free half hour to an equally deserving client of Good Massage. We have had a little price increase which will be the last for this year and probably next which makes our concession cards even better value and don't forget our gift vouchers are always available from reception. No Quiz prize this time because I forgot!! Feed back on the cold water treatment is very positive...maybe just a swim over the winter? Lot's of people enjoying the recipe bit or the quiz and it appears many of you find the muscle section a revelation and message session to release age old aches. Great stuff!! Catch you all soon...If you have any Feedback or...no, hold my tongue, wash no longer wish to newsletter... easy, just send an email to [Jason.goodmassage@gmail.com](mailto:Jason.goodmassage@gmail.com).



Jason



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### Clinic hours

Mon. Tues. Thurs.	8:30am—7pm
Wednesday	8:30am—5pm
Friday	8:30am—3pm

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### Hello & Welcome

Well Heeellooo there...gee it's been a while, this was supposed to come out every two months...my hasn't the year just flown by :-)



Hope it's all going really well for you all!! Well so much has been happening over the last few months. Les Mills have moved to a temporary gym just around the corner at 164 Hereford St while the old building is being knocked down. A brand new 4 story gym is being built in it's place and should be opening towards the end of next year. If you fancy a coffee break after your massage, Devine has opened right across the street from Good massage and for those on the run The Coffee Smiths make a mighty brew just down Cashel, before Manchester. And if that wasn't enough...there are also two... count them... two Japanese restaurants...one more sushi and the other more sit down, and a dairy! God it's so **Good** out there...you won't need to go home between massages!! Anyway...where were we? Oh yes, I



had a great time doing Le Race in March and followed that up with a new bike and a ride in the Around Lake Brunner Race. Thoroughly recommended, as is the Graperide by several of my clients. For those of you contemplating something over winter, there are duathlon series in both Ashburton and Christchurch as well as the Christchurch Marathon (1/2 and full), the Captain Cook 25k and in September, The Abel Tasman Run. So lots to keep training for over the winter months. Of course regular **massage** is going to make your training so much more effective...ok! And to help you out even more we now have eftpos and credit card facilities.



So, in this scintillating issue you will find the low down on how your muscles get sore, a simply mind blowing quiz, right next to yet another culinary masterpiece—Baked Jam Rolls...YUM!!! And we finish off with our special, some thoughts and funnies and feed back...hope you all find something to make you smile and enjoy the wee read as much as I have in putting it together.

Jason

# The Interesting Part:

What's it all about?

## Muscles: Why they can become tight and sore.

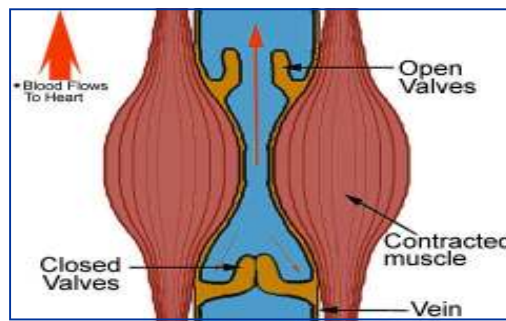
**DOMS** (delayed onset muscle soreness)

This is a consequence of vigorous exercise where muscle soreness sets in eight hours to two days after the exercise. Research shows this soreness is caused by micro-tears in the muscle fibres. This produces swelling, as fluid, nutrients, white blood cells and natural anti-inflammatories flood the area to repair the damaged tissue. The swelling and inflammation can build up for days after exercise and that's why muscle soreness may be worse two, three, or four days after a workout.

**Toxins.** A build-up of naturally occurring waste products such as carbonic acid, uric acid etc irritate nerves causing pain and soreness. Toxins can build-up when a muscle is over-used without a period of recovery such as sitting or standing for long durations in one position. This in turn will lead to the:

### Pain Spasm Cycle

Impulses to the brain from irritated nerves are perceived as pain. In response, the brain causes the muscle to spasm, immobilizing the irritated fibres or entire muscles in order to prevent further injury. In doing so however, the spasm also prevents normal muscle contraction around the veins. Veins, not being pumped by the heart



as arteries are, rely on muscle contraction to squeeze the toxin laden blood away for filtering and excretion via the Kidneys. This results in continued irritation of the nerves and the muscle remains locked in spasm. Eventually the brain, having received the same pain signal repeatedly, reprioritizes and ignores the signal, leaving the muscle locked and tight. Massage to the affected area uses the bodies own design to help. Veins are constructed with one way valves along their length so that when a muscle contracts around them blood squeezed out of the area cannot flow back. Veins, like the Lymph system rely on movement to work most effectively. Which is why prolonged periods of inactivity or little movement result in sore, stiff muscles. The more variety of movement the more effectively you will eliminate wastes and toxins from your muscles and the healthier you will be.

**Dehydration** or a lack of nutrients such as magnesium can also impair muscle contraction and therefore it's ability to eliminate harmful waste. Leading to a build-up of toxins and the pain spasm cycle.

Anyway, back to massage.

A **Good Massage** will work with your bodies systems by manually squeezing blood from the sore areas allowing new nutrient and oxygen rich blood to flow in and stop the pain spasm cycle. A **Good Massage** will also release your bodies natural pain-killers, endorphins which reduce pain and help the area heal.

A **Good Massage** every four to six weeks as part of a healthy lifestyle will keep your muscles in top condition. By improving circulation and removal of waste, increasing the supply of nutrients and oxygenated blood to your muscles and by preventing harmful toxins causing injury.



# Yes! It's the Incredible Breakfast Quiz!!

1: Literature: Published in 1929 and made into an Oscar winning film in 1930, Erich Maria Remarque's gripping tale of the harsh reality of war in the trenches of World War One from a German perspective was named what?

2: Geography: If you were standing on Groote Eylandt in the Gulf of Carpentaria, what country would you be in?



3: Nature: Caused by the solar wind interacting with Earth's atmospheric elements the Northern Lights or Aurora Borealis has a southern counterpart. What are the southern lights also known as?



4: Sport: Scott Dixon recently won which major US motor racing event?

5: Fashion: Born in Jura, France in 1821, I became *Layetteur* to Empress Eugenie of France. I taught myself the trade of *Malletier* and in 1854 opened my first store selling innovative luggage to the aristocracy. In 1896 I patented the distinctive two letter monogram that my luggage and accessories bear today. My products are the epitome of style and elegance. I even sponsor the elimination regatta for the Americas Cup. Who am I?



6: General: who would use a 'piton'?

7: Kiwiana: According to Fred Dagg, you'd be in purgatory if you didn't have your feet in what?

8: Science: Which is the colder, - 40 Celsius or - 40 Fahrenheit?

9: History: In 49 BC who crossed the river Rubicon to attack Rome uttering the words "the die is cast"?

10: Celebrity: Former super-model Carla Bruni recently married which world leader?

1: All Quiet On The Western Front. 2: Australia  
3: Aurora Australis. 4: Indianapolis 500  
5: Louis Vuitton 6: A mountaineer or climber.  
7: Your gumboots. 8: They are the same. 9: Julius  
Caesar 10: French President, Nicolas Sarkozy.

# The Yummy Recipe Bit

Here's a good one for those winter Sunday nights, great served with custard, ice-cream or whipped cream. I found this version by Allyson Gofton on ecook.co.nz

## Baked Jam Rolls

### INGREDIENTS

2 cups self raising flour  
125g softened butter  
milk  
1/2 cup apricot jam (roughly)



### SYRUP

1/2 cup sugar  
50g melted butter  
1/2 cup boiling water



### METHOD

Rub butter into flour until mixture resembles fine crumbs.

Add sufficient milk to make a soft dough.

Turn out onto a lightly floured board.

Roll out to a about 1cm thickness, Spread with jam leaving a 1cm edge all the way around free.

Roll up like a Swiss roll and place in a greased oven proof dish such as a casserole dish.

Make the syrup by stirring the sugar, butter and boiling water together.

Pour over the roll.

Bake at 180 degrees C for about 45 minutes or until the roll is golden and well risen.

Serve sliced with a little of the self saucing sauce, custard, cream or ice cream

**Variations:** Add chopped dried or fresh apricots to the jam Use one grated apple in place of the jam Make the syrup with half water and half lemon juice Make the roll with half wholemeal and half plain flour. Add grated lemon or orange rind to the syrup.

