

## Odd Bit

"Even on the road to hell, flowers can make you smile."

Deng Ming Dao



"If there's anything more important than my ego around, I want it caught and shot now."  
Hitchhikers Guide.

... and now for some Japanese Sayings

Due to the presence of fools wise people stand out.

Feed a dog for three days and it is grateful for three years. Feed a cat for three years and it forgets after three days.



... finally, a Spanish Proverb

Life without a friend is death without a witness. ...oooooh I like that!! :-)



## Southern Cross & Remedial Massage

Southern Cross Medical Care Society has over 830,000 health insurance members. Around 65,000 of these members have a "Wellbeing" health insurance policy. Members who have "Wellbeing" policies also have the option of paying for "Wellbeing Modules". These are add-ons to a policy to give a member the flexibility to plan more tailored health cover.

One of these add-on modules is the "Body Care" Module. This covers preventative, allied and natural healthcare services.

From 1 July 2008 this Module now includes claiming for up to \$400.00 per year for Remedial Massage Therapy. This is massage deemed medically necessary and undertaken by a certified RMT.

We respect your privacy at Good Massage so if you no longer wish to receive this newsletter please let us know by emailing

[jason@goodmassage.co.nz](mailto:jason@goodmassage.co.nz) and we will happily remove you from the mailing list. Or if you would prefer this News Letter in email form please email us.



# Prize



Woohhoooo...here it is !! YAY!!

1. Divide 30 by 1/2 and add 10, what is the answer?
2. How many two cent stamps are in a dozen?
3. Some months have 31, how many have 28?
4. Can a California man legally marry his widow's sister?

First person to email the correct answers to [jason@goodmassage.co.nz](mailto:jason@goodmassage.co.nz) wins



A bottle of Mumm Cordon Rouge and a half hour gift voucher from

Good Massage



## Feedback:

Well hey!! Here ends yet another incredible installment & literary giant...the Good Massage News Letter. I hope you have all enjoyed this issue. Thank you so much for choosing Good Massage to play even a small part in your life. Great to see you throughout the year, take care and every success over Christmas and the New Year, remember we are back on deck from the 12th of January and of course working right up until Christmas eve. I'm sure there has been feedback...it's just I've forgotten what it was due to it being so long well :-)



since I last wrote...oh Well I'm off. All the best and happy everything, see you soon

Jason



July / August / September 2008

~~November !!~~

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## Clinic hours

Mon. Tues. Thurs.	8:30am—6:30pm
Wednesday	8:30am—5pm
Friday	8:30am—3pm

## Contact

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## Hello & Welcome

Well hello!! :) Gee it's been a while, I bet you missed me. Well get ready... 'cos it's time for another "party in your mailbox" yes it's the one and only ... Good Massage Newsletter!! A genuine legend in it's own lunchtime... practically an ocean liner in it's own bathtub!

So what have we got, what's been happening?

We now have our very own tower crane parked right next door as work continues on the new Les Mills gym, so come on down and have a look... and hey...why not book in for a massage while you're here!! We're easier to spot now with a brand new foot path sign...ah life in the fast lane :-0 Good Massage will soon have a brand new upgraded website to complete the picture too. Oh yes!! Saved the best till...the middle... We have launched **GM Workplace Massage** and welcome massage therapist Caroline Acker to Good Massage to head this up. Soo... if you work with lots of people and think 15 minutes of blissful neck, shoulder and back rub could boost your productivity and reduce stress for your staff and co-workers... then give us a call...now!! :-)

**Congrats** Judi, Susan, Madeleine, Hamish, Pippa, Sia, John and many more for doing so very well in their pursuits over the last few months. Everything from squash, multisport and adventure racing to sim-

ply running a very, very long way or taking your band to the top. Well done all of you, it's great to have played even a small part in your success. :-)

**Concession cards** are selling very well proving a great way of making massage an affordable and regular part of your healthy lifestyle. Just ask at your next appointment or pick up a brochure from reception. We have a range of Aurora waxes available at extremely good prices. These include Anti-inflammatory and Hot Rub as well as a variety of massage balms in 50g to 500g pots. Finally on the sales front, with **Christmas** looming **Good Massage Gift Vouchers** make an ideal way to include massage in someone else's life :-)

These can be purchased from reception and are available on all sessions and concessions. Well that's about it for this one, hope you enjoy the diversion. There's a bottle of **French champagne** up for grabs on the back cover, a great desert recipe, the breakfast quiz and this month's article is on Plantar Fasciitis...mmmm bet you can't wait.

Oh that's it...really, enjoy, see you soon, I'm off tramping and picture taking... Oh yes... We are closed from **Christmas Day through to 12th January 09.**

Jason

## The Interesting Part Plantar fasciitis

### What is the Plantar Fascia ?

Your plantar fascia is a thick flat tendonous band of connective tissue that runs between the front of your heel (calcaneus) and the ball of your foot, connecting to the bones of your toes. It contributes to arch support and assists your foot in load carrying. The plantar fascia also plays an important functional role during walking by elongating and contracting, acting like a spring to maintain tension and assist propulsion.



**Plantar Fasciitis**... is the inflammation of the plantar fascia at its attachment around the heel (calcaneus) It can be a sharp pain and/or deep and achy, often worse stepping out of bed first thing in the morning. It can be felt more keenly by pointing the toes up towards the face there-by stretching the plantar fascia.

### Some common causes...

Over-training, constant contact with hard or irregular surfaces, structural/bio-mechanical abnormalities, repeated stress to the foot, improper footwear, and obesity can all cause plantar fasciitis.

One of the most common causes is tight calf muscles and the Achilles tendon. Although plantar fasciitis may have had a sudden onset it is often due to a long term bio-mechanical fault which needs to be addressed for a long term solution. This can include muscles of the hip, glutes, hamstrings and both anterior and posterior lower leg muscles.



### How can Good Massage help...?

This condition responds very well to the direct pressure of deep tissue massage and the healing properties of ice massage. A Good Massage Therapist will work the entire foot and any underlying issues, such as muscle tightness in the calves or glutes to thoroughly target any causes. This will ease the tension and stretch out the plantar fascia, speed recovery and aid healing for long term resolution.

Massage therapy to the plantar fascia can be painful, however this pain is always within your individual tolerance level and is short-lived.

Good Massage recommends an appointment with a Podiatrist and a Physiotherapist in conjunction with your massage therapist to achieve the best possible long term results in the treatment of plantar fasciitis.

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



- 1 Sport.** In a game of Poker, when a Joker is not used, what is the highest possible hand?
- 2 Geography.** The Matakaitaki, Mangles and Matiri rivers are tributaries of which major South Island River?
- 3 Music.** Born in Seattle in 1942 and dying in London in 1970, he played the Monterey Pop Festival and headlined the Woodstock Festival. He Played a Fender Stratocaster. Who was he?
- 4 Literature.** What are the 'Two Cities' in Charles Dickens' 1859 novel 'A Tale Of Two Cities'?
- 5 Kiwiana.** In 1973 Don Wilson and Stefan Brown released the single 'Big Norm' about Prime Minister Norman Kirk. What was the name of their band?
- 6 General Knowledge.** The psychological response 'Stockholm Syndrome' refers to who showing what for whom?
- 7 Current Affairs.** To which US state did Barak Obama recently travel to be with his ailing mother?
- 8 Art.** Salvadore Dali, Henri Rousseau and Max Ernst all painted in which artistic style?
- 9 Religion.** Born in Northern India in 560BC Gautama Sakyamuni is better known as who?
- 10 Politics.** The 'Knesset' is the parliament of which country?
- 11 History.** The Battle of Trafalgar was fought off the coast of Spain between which combatants?

**ANSWERS** 1. Royal Flush. 2. The Buller River. 3. Jimi Hendrix 4. London & Paris 5. Ebony 6. Hostage shows loyalty to Captors. 7. Ha-waii 8. Surrealism 9. Buddha 10. Israel 11. England, France and Spain.

## The Yummy Recipe Bit

### Tart Tatin.

By Kay Stratford  
6 dessert apples or pears,  
juice of half a lemon  
120gms butter,  
200gms sugar,  
puff pastry



Utensil: Ovenproof Pan



### Method

Peel, core & halve fruit,  
Rub with lemon juice  
Evenly spread pan with butter then sprinkle on sugar and arrange fruit on bottom and sides of pan. (Pan must be ovenproof)

Roll the pastry so that you have 2cm excess all the way around the outside & rest in fridge for 15 minutes.

Place the pan on the heat & boil the butter & sugar to a light caramel, then remove from heat. Carefully put on the puff pastry & push the sides down with a small knife.

Continue to cook to a deep amber colour. Then cook in oven at 200 C for approximately 20 minutes, until pastry is golden.

Remove from oven taking care not to burn yourself, rest for 5 minutes, then invert quickly onto a plate & serve with whipped cream & caramel sauce.

