

Mule Bar

Are you a part-time
Astronaut or everyday
person??

Then these bars are for ...
YOU!

**100% Natural, full of the
good stuff. High energy
action food so you can tackle
menacing Martians or leap
small children in several
bounds!**

**The Bees Knees for your
event or an energizing snack
for everyday astronauts.**

**As a special offer to
Good Massage clients we've
organised a 10% Discount on
the taster pack. Simply visit
the links page at
www.goodmassage.co.nz and
click on the Mule Bar offer...**

Fantastic!!

Go on... Go!!



Quotes:

Here are some pearls from my favourite
Sportsman turned commentator
Murray Mexted

"Andy Ellis - the 21-year-old, who turned
22 a few weeks ago."

"He scored that try after only 22 seconds -
totally against the run of play."

"I would not say he [Rico Gear] is the best
left winger in the Super 14, but there are
none better."

"Strangely, in slow-motion replay, the ball
seemed to hang in the air for even longer."



Well hey! Here we are at
the end of yet another
simply amaz-
ing news-
letter ex-
perience. If you have any

feed back or a recipe to die for, by all means
drop me an
email.

Watch out
for the Good
Massage:
Sports logo



at your next event and around the net. And
I'll look forward to seeing you in the clinic
soon :-) Till then, keep smiling, ooh and by
the way, Good Massage now has it's very
own 8x8m Marquee!! I know! Too Good! :-)
We'll be using it at sports events but it is
also available for hire, so give me a call
it could be just the ticket!

MARQUEE For Hire
Great for parties, functions or any outdoor event.
Canvas 8m x 8m \$200
Phone: 021 214 5777

The Good Massage Newsletter



September 2009

Inside this issue

Hello & Welcome....	1
Massage and Headaches...	2
Breakfast Quiz...	3
Yummy Recipe...	3
Special... Mule Bar Offer	4
Quotes...	4
Feedback...	4

Clinic hours

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

Contact

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Phone: 365 5665

www.goodmassage.co.nz

Hello & Welcome

Weelll Heelooo...we're back!! :) Did you miss us!
Life in the letter box just hasn't been the
same...so here we are, same size! Same font!!
Disco in your mail box!! All righty, lots to say, so
lets go :-)

It's been so long, we even managed to move to
another building and sneak back without you
even noticing!! Tricky!

Good Massage has a new and improved website
and banner, check that out! While you're there,
you'll see we have added two more friends to
our links page. Complete Performance will help
you achieve your goals if you want to get serious
about your event, and Mule Bar for some really
tasty energy snacks, see the special offer on the
back page.

A few other changes around the clinic, we now
use sheets!! Towels are gone, gone, gone !!
Staff: Greer has left to have a baby and Leanne
has joined Amy and Sarah to continue our
fantastic reception team. Next door, Les mills
are just four weeks away from completion,
opening on 5th October! A big welcome to
Amicus Group and the Crown Plaza our newest
Good Massage: Corporate clients. Oooh that
reminds me, we are trialing three new divisions
Good Massage: Clinic: Corporate & Sports.

Good Massage:Sports, will be providing
recovery massage for the "Around Brunner"
cycle and two new events, the "Mudhouse
Mudride" and "Braziers Girls on Bikes" over the
summer with more events to be added, so look
out for us at your event!

In other news, we are hoping to start weekend
hours to coincide with Les Mills opening,
feedback on whether this would interest you
would be fabulous...so... we are searching for a
new therapist!!! More on that in the next
newsletter ;)

I managed to trim half an hour off my Le Race
time this year then for got to exercise for all of
winter...back into it again now... no really!! It's
great to see so many of you out there challenging
yourselves with Good Massage clients
competing in or training for Masters Games,
Masters Squash, Spring Challenge, Abel Tasman,
Coast to Coast, Iron Man, Kepler, Brass
Monkey, Graperide... so glad to have played
even a small part in helping you all to achieve
your goals. Best of luck to you all !! :-)

Hope you enjoy this edition, inside you'll
find the usuals: recipe, quiz, quotes and
an article on headaches. Have fun till
next time, remember to make Good
Massage a part of your healthy lifestyle!!

jason

The Interesting Part: Headaches

Headaches are the most common medical condition. In fact there are 150 different types of headaches that fall into two categories: **Primary** and **secondary**.

A primary headache is a headache that has no other cause. A secondary headache is the symptom of another problem.

As a massage therapist I treat headaches caused by stress, posture, injury such as whiplash, neck/shoulder tension and dehydration. There are many, many causes for headaches.

If you have chronic headaches, you should consult your doctor to make sure they aren't a symptom of something more serious.

Three most common types of headaches are migraines, tension headaches and cluster headaches.

Migraines

Most migraine sufferers are women. Migraines are vascular headaches. They're caused when the blood vessels in the head become dilated or inflamed. . Migraine sufferers are sensitive to noise and light when the headache is occurring. They usually want to lay down in a dark room undisturbed for the period of the attack. Migraine attacks can last from 1 to 72 hours.

Good Massage helps decrease the frequency of migraine and helps migraine sufferers get a better night's sleep by raising serotonin levels. Serotonin is a pain reducing hormone. Many migraine sufferers have low serotonin levels.

Reflexology, shiatsu, cranioscaral therapy and neuromuscular therapy are especially effective in providing headache relief.

Tension Headaches

Tension headaches are the most common type of headache. They were once believed to come from tension in the muscles in the head, neck, shoulders and face, but recent studies have discredited that theory. Tests on tension headache sufferers show that they have less muscle tension during a headache than migraine sufferers.

Researchers now believe that they have a chemical trigger. Migraines and tension headaches are more closely related than previously thought. They have similar chemical triggers.

The name of this headache describes how it feels. It feels like a pressure on your head. It has been described as feeling like wearing a tight swimming cap or having a tight elastic band wrapped around your head. These headaches, though painful, usually aren't

debilitating. Sufferers aren't sensitive to light and noise like migraine sufferers.

Good Massage can provide headache relief and decrease the length of time your tension headache lasts. A little deep tissue massage to the base of the skull, neck and shoulders and drinking plenty of water can be enough to prevent a tension headache developing if administered when you first start feeling the warning signs. Self-massaging these areas can be a very effective relief or make an appointment to see us

Cluster Headaches

Cluster headaches are among the most painful type of headache. They usually occur on one side of the head behind the eyes and are described as a sharp, burning pain. These headaches come in groups, hence the name cluster headaches.

Each individual headache can last 45 to 90 minutes. Some people have them multiple times a day, but most have them at the same time everyday for weeks or even months. This is followed by a remission period that could last months or even years, but some people do have chronic cluster headaches with no period of remission.

The pain from cluster headaches can be quite debilitating. Often cluster headaches will be accompanied by congestion, a teary eye and droopy eyelid on the side experiencing the headache.

These headaches have several causes. Increased sensitivity in the trigeminal nerve located behind the eye can cause cluster headaches. When this nerve is irritated it responds with pain to the dilation of blood vessels. It also triggers the path of autonomic nerves at the base of the brain. This causes the congestion, teary eye and drooping eyelid.

Cluster headaches are also caused by dysfunction in the hypothalamus or the body's biological clock. This explains why the headaches occur in a predictable cycle. People who experience cluster headaches usually have a slightly larger hypothalamus than most other people.

These headaches occur mainly in men. Smoking and drinking alcohol put you at a higher risk of getting them.

Good Massage, shiatsu, craniosacral therapy, reflexology and deep tissue massage all help provide headache relief for cluster headache sufferers.

I hope this has been helpful and look forward to seeing you soon.

A regular „Good Massage to release tension in your neck and shoulders is good preventative care and simply makes better health sense than waiting until you have a debilitating headache!!

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

1. Which superhero is known as the caped crusader?

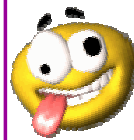


2. How did French Queen Marie Antoinette die?



3. Which city hosted the 1972 Summer Olympics?

4. 'Johnny B Goode' was a hit for which rock 'n' roller?



5. Hubris, denotes excessive what?

6. What is the first book of the Bible?

7. Which animal has the breed 'Manx'?

8. Ted Turner founded which TV media giant?

9. Osteology is the study of which part of the body?

10. Which of these is a dated term for a man?

A: Bay, B: Gulf,
C: Cove, D: Bight



ANSWERS

1 Batman 2. Guiltligned 3. Munich
4. Chuck Berry 5. Pride 6. Genesis 7. Cat
8. CNN 9. Bones 10. C: Cove

The Yummy Recipe Bit



Italian Apple Breakfast Cake

by Paula Hawkes

Italians generally do not eat heavy breakfasts, but

enjoy instead a light pastry or a slice of a simple cake such as this moist apple cake with their morning coffee. Yoghurt is added to this recipe, which along with the chopped apples creates a really light and moist cake.

As this cake is not too sweet, it is also perfect with a cappuccino for a mid-morning or afternoon coffee break. *Serves 10 to 12*

2/3 Cup Sugar
1/2 Cup Softened Unsalted Butter (1 Stick)
2 Large Eggs
1 Teaspoon Vanilla
2 1/4 Cups All-purpose Flour
1 Teaspoon Baking Powder
1 Teaspoon Baking Soda
1 Teaspoon Cinnamon
1 (8 Ounce) Container Plain or Vanilla Yoghurt
2 Cups Peeled And Chopped Apples

Preheat oven to 350 degrees F. Grease and flour a 12 inch pan. Beat together the butter and sugar until light and fluffy. Add eggs and vanilla and mix until smooth.

In a separate bowl, mix together the flour, baking powder, baking soda, and cinnamon. Add this dry mixture 1/3 at a time, alternating with yoghurt. Mix after each addition just until combined. Fold in the apples and pour into the prepared pan. Bake for about 35 to 40 minutes or until a skewer comes out clean.

Cool, and if desired, sift a little powdered sugar on top before serving

