

## The Implications of Bodywork

### Human Touch Has Powerful Results

Cathy Ulrich

Whether in giving or receiving, touch is as essential to human survival as is food. Infants deprived of touch, even when they are getting adequate nutrition, will fail to thrive. Elders isolated by loss of partners and friends become depressed not only because of the absence of social interaction, but also because of the simple loss of physical contact.

We calm our pets by stroking them, we greet each other with a hug or a handshake, and we soothe our children by holding them. No other form of connection is as powerful and universal as touch. Taking a look at how this sensation is connected to the brain provides insight into the significance of bodywork.

because of our skin. Our skin tells us about our environment and ourselves. When we touch something with our fingers, we're not only sensing the object, we're also feeling our own skin, our own boundaries.

In the first few days of an embryo's life, the cells that eventually become a fully formed baby divide into three layers. The brain and skin come from the same layer, and they develop together, not only before birth, but well into the first year of life. When a baby is held, cuddled, and breast-fed, she's getting crucial stimulation to build neural connections between her skin and her brain that will ultimately last her entire lifetime.

*It's not what  
you look at  
that matters;  
it's what you  
see.*

-Henry Thoreau



No matter the age, human touch plays a significant role in mental and physical health.

### Skin and the Brain

The adult human lives inside an envelope of about 18 square feet of skin. Every inch houses thousands of nerve endings and various kinds of sensory receptors, all working to tell the brain about its surroundings. The cold of an ice cube, the softness of a cat's fur, a warm breeze, the caress of a loved one--all of these feelings are possible

Study after study has shown that touch is not only important for development, but is crucial to survival. James H.M. Knox of Johns Hopkins Hospital reported in 1915 that babies left in orphanages and given proper nutrition died at a rate of about 90 percent. Other studies of the same era confirmed

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#### Office Hours and Contact

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these findings and showed that those babies who did survive were often mentally handicapped and stunted in their growth. These valuable studies helped institutions understand the importance of touch. When staff was added to provide enough time for each child to be held, handled, and touched, mortality rates dropped dramatically.

## Massage for Children

Those early statistical studies showed how vital touch is to developing infants. Researchers are also finding that giving massage to premature infants can improve their growth and overall health. A study conducted by the Touch Research Institute (TRI) at the University of Miami found that when stable premature babies were given five, one-minute massages a day, they gained 47 percent more weight than their counterparts who didn't get massage.

A 2001 study conducted by TRI showed that when mothers gave their infants a 15-minute massage before bedtime, these sleep-challenged kids went to sleep more quickly and were more alert during daytime hours.

Conversely, clinical research and sociological studies link touch deprivation with aggression. A 2002 study reported that adolescents with a history of aggressive behavior showed less aggression and were less anxious after receiving a 20-minute massage twice a week for five weeks.

Massage also reduces the symptoms of Attention Deficit Hyperactivity Disorder so kids can concentrate better, and it's even been found that the right kind of touch can help kids with autism relate better to teachers and family members.

## Massage for Adults

Ongoing research by the Touch Research Institute continues to prove that massage is an important therapy for many conditions. After a massage, levels of the stress hormone cortisol drop in saliva tests, examinations show an improvement in alertness and relaxation, depression scores decrease, and mental focus improves.

The exponential growth of the bodywork field is a testament to the value of safe, therapeutic touch. Of course bodywork

can play an essential role in the healing of specific chronic or acute orthopedic conditions, but it also serves as a powerful aide in improving the quality of life for adults.

Stan, a former client, was going through a nasty divorce. He had friends to support him emotionally, but it seemed that the thing he missed most was the nurturing touch of his partner. He credits weekly massage appointments, along with seeing a counselor, to his emotional recovery. Massage can be a healthy way to get that much-needed human contact.

## Massage for Elders

People confined to nursing homes rarely get more than daily hygienic care in terms of touch. Yet elders need touch as much as infants; studies show that when they receive regular massage, the elderly have less depression and anxiety,

experience better physical coordination, and show a decrease of stress hormone in their saliva.

Geriatric massage is a growing field requiring specialized training, and many massage therapists offer it in their practices. Some nursing homes now provide massage to their residents. Elders appear to respond as well to bodywork as, if not better than, their younger counterparts.

## Contact for All Ages

Before babies learn about their hands and feet, they need the touch of loved ones and caregivers. We retain that need our entire lives. Remember to savor touch the next time you're lying on a massage table. Your therapist is not only working out tight muscles, she's contacting your entire nervous system, calming you through pathways that were put in place before you were born.



Infant massage has shown great benefits in calming babies and helping pre-term infants thrive.

# Prevent the Afternoon Slump

## Some Tips for P.M. Energy

*Jerry V. Teplitz*

If you're like most people, you've experienced the afternoon slump. You know the feeling -- it's only 2 p.m., yet you feel drained. Fortunately, you can employ methods to reduce the slump's frequency and shorten its duration.

### DRINK WATER.

Your body uses water even if you're not exercising. If you wait until you feel thirsty, you're already dehydrated. Keep a water bottle handy all day.

### AVOID SUGAR AND SIMPLE CARBOHYDRATES.

While a mid-afternoon candy bar may give you a quick rush, it actually worsens the slump. Instead, choose protein-rich foods and complex carbs.

### EAT SMALL MEALS.

Have six small meals over the course of the day instead of three large ones. Big meals cause the digestive process to divert blood from your brain to use in the digestive track.

### EVALUATE YOUR LIGHTING.

Most offices are lit with cool, white

fluorescent tubes, which have a terrible effect on how people feel and function at work. A better option is full-spectrum, fluorescent tubes.

### TAKE TIME FOR WALKS.

Walking gets your blood circulating, helps you breathe better, and stimulates your brain due to the increased blood flow. Take a 5- or 10-minute walk during the day.

### MEDITATE.

Meditation is great for rejuvenating your body. By meditating for 15 to 20 minutes twice a day, you're keeping your body continually energized and rested.

### TAKE TIME TO BREATHE AND STRETCH.

Deep breathing exercises give you an energy boost. Also, stand up and stretch to increase blood flow and stimulate the lymphatic system.

### HANDLE NEGATIVITY.

Negative people and images can have a draining effect on your energy. Make a conscious effort to stay positive.



**Avoid the drain office settings can bring on.**

# Probiotics for Skin Health

## Trust Your Gut on This One!

*Shelley Burns, N.D.*

Digestive health plays an important role in how skin appears on the surface. When digestion is not working optimally, it allows toxins to be reabsorbed in the body instead of being eliminated. The body then mounts a state of emergency as it's overwhelmed by toxins, some of them bad bacteria. These manifest directly on the surface for all the world to see, in the form of wrinkles, blotchiness, skin rashes, and acne.

This is where probiotics come into play. Probiotics contain potentially beneficial bacteria found in the digestive tract--what some call good gut bacteria. They help strengthen the digestive system but they also play an important role in skin health. Probiotics consist of

*Lactobacillus acidophilus*, *Lactobacillus bulgaricus*, and *Bifidobacterium bifidum*. They have anti-inflammatory, anti-pathogenic, and antiallergenic properties and can be used prophylactically and therapeutically.

There have been many studies showing benefits of probiotics to skin health. For example, there's a correlation between an imbalance of good and bad bacteria and the onset of acne. When bringing natural bacteria back into balance with a probiotic intervention, acne improves, in some studies, as much as 50 percent of the time.

There is no recommended daily intake for probiotics, but good food sources include buttermilk, kefir, miso,

tempeh, yogurt, and other fermented foods. Supplements are generally higher in potency and are used for therapeutic purposes in treating irritable bowel syndrome, Crohn's disease, colitis, and many other conditions.

While probiotics are essential for healthy skin and digestive health, there are many other appealing benefits to encourage their use, such as strengthening the immune system, replacing good bacteria after a course of antibiotics, and contributing to general health and well-being.

One note: Some probiotic supplements come from dairy sources and may not be suitable for individuals with dairy allergies or sensitivities.

*Go out into the world today and love the people you meet. Let your presence light new light in the hearts of people.*

-Mother Teresa

#### The Gratitude Walk

Begin your walk by selecting a nature trail or path that you especially enjoy.

Take a step on the path. Take in a deep breath and exhale.

Take a moment and reflect on a person, event, experience or object for which you are grateful. Allow yourself a union with this experience.

Take a few more steps, stop, take a deep relaxing breath and exhale. Again allow yourself to remember something or someone for which you are grateful.

Continue along this course of breathing, reflection and gratitude for your entire walk.

Remember to offer thoughts of gratitude for yourself and even persons or events that have been a source of aggravation.

The gratitude walk helps give perspective to life.

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