

HEALTHY HAPPENINGS



Christina Myers
INTEGRATED HEALTH & WELLNESS

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and spirit meet to heal.*

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Touch That Heals

by Christina Myers

Touching someone in a healing way sounds so fundamentally easy, doesn't it?

After all, as babies, touch is our first language. The "laying on of hands" is the foundation for modern medical practices.

Yet, maybe you have experienced some of the same things I have: the stylist who gives too vigorous a shampoo, the phlebotomist who pokes the needle too hard searching for a vein, The dentist who stretches your mouth open and vigorously pokes inside with tools, the X ray technician who whips my leg around after a painful kneecap dislocation.

Touch informs us and forms us. We are all born with an incredibly sophisticated neural network that helps us understand signals that come in through the largest organ of our bodies – our skin. We receive messages from the quality, depth, speed, and intentionality of someone's touch. That means your nervous system can register the agitation in the nervous system of the above technician and the intent of the movements of the above mentioned practitioners.

Touch is fundamental to healing. A touch that heals supports the body's innate wisdom to right itself and mobilizes the natural healing mechanisms of the body. Healing touch initiates the body's ability to unwind, soften, and let go. It increases the capacity for energy to flow and a deeper, embodied sense of awareness. A healing touch creates a dialogue between practitioner and recipient that informs the nature of a therapeutic intervention.

In my integrated, bodymind approach to health, healing happens through the body. A quiet nervous system that is NOT in fight or flight agitation is a prerequisite to all other potential interventions. Soft hands that listen without an agenda "to do" something, initiate the "quieting" process. Healing touch reflects the qualities of:

- | | |
|-------------|--------------------|
| Calm | Energetic vibrancy |
| Ease | Embodiment |
| Listening | Non-doing |
| Openness | Non-invasive |
| Receptivity | |

This means the practitioner must embody all these qualities within their own system.

Then you can discover what the body-self needs and the practitioner becomes a mirror for the client so they can feel themselves. This is especially important for people who are unaware of their bodies and for people who are already on sensory overload from stress, emotional overwhelm, injury of any kind, and pain.

When the body-self can inform the healing process in this way, many opportunities for health present themselves. Physical aches and pain are THEN (not before) addressed structurally. Awareness

grows about the connections between the body's physical complaints and one's emotions, thoughts, and life circumstances. Lifestyle interventions, such as diet, exercise, and sleep, happen within a holistic perspective.

Touch that heals AND eases, educates, and empowers!

Curious? Have more questions? Want to make an appointment? Call Christina Myers at 937-284-2190 and I am happy to answer your specific concerns.



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"The Power that made the body heals the body." –B.J. Palmer

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Managing Inflammation Naturally

by Moonflower

Emily Stock, an herbalist and founder of Sundial Medicinals, concluded her fall herbalism series at Moonflower Co-op with a class on natural inflammation management.

External inflammation from acute injuries to the skin, muscles, and tissues appears as redness, swelling, bruising, and pain. Preventing stagnation of the blood by using heat promotes healing, and topical herbs can alleviate the inflammation. Calendula, arnica, comfrey, and plantain provide relief from superficial wounds. If the inflammation causes persistent pain, try jamaican dogwood, california poppy, and/or kava for natural pain relief. Emily cautioned class participants about the use of painkillers such as ibuprofen, aspirin, and tylenol due to their damaging effects on the liver and gastrointestinal tract.

For much of the class, Emily focused on systemic inflammation caused by stress, food allergies and intolerances, sleep deprivation, systemic dryness, and toxic overload. General anti-inflammatory herbs include turmeric and marshmallow root. Adding licorice root to an herbal preparation mitigates the drying effects of turmeric.

Crucial nutrients such as vitamin D, vitamin E, magnesium, and omega-3s can often be deficient in individuals experiencing systemic inflammation. Seaweeds and bone broths can provide necessary minerals and trace minerals.

Hydration is another essential aspect of inflammation management. An individual's body weight divided by two can provide the daily amount of water needed in ounces. However, drinking even more water can be helpful. Emily suggested drinking a couple of glasses of hot water in the morning to flush the system and promote healthy digestion. Additionally, a combination of magnesium and psyllium husk is an excellent evening blend to facilitate digestion for the morning.

Sleep deprivation significantly contributes to systemic inflammation. Resetting the sleep cycle consists of sleeping for 12 hours per night for three nights in a row followed by maintaining 9 hours of actual sleep per night (not including

the time it takes to fall asleep). Some individuals may need a longer period of intensive rest to escape fatigue and inflammation caused by lack of sleep.



Food intolerances and allergies are often suppressed or tolerated by individuals who experience them. In order to test for these, try a six week elimination diet, during which you remove all foods you suspect may be causing inflammation. Pair the elimination diet with a gut healing regimen to repair the damage caused by these food intolerances and/or allergies. After six weeks, slowly reintroduce the targeted foods by eating them two to three times per day for a week. Typically, the symptoms of a food allergy, including sinus congestion, skin irritation, headaches, gas, and bloating, will present more clearly during this reintroduction. A daily food diary, accompanied with a journal of descriptions of mood, physical symptoms, and other health-related notes could help track which foods are causing inflammation.

Emily's inflammation management class provided a wealth of knowledge and tactics for addressing both injury-related and systemic inflammation. Visit Moonflower Co-op, browse our assortment of wellness products, and view our Facebook page for upcoming classes. www.facebook.com/moonflowercoop