

# Portobello Massage Newsletter

April 2010

Hello there!

Hurrah! The clocks have changed and the days are getting longer. Welcome to the April edition of the Portobello Massage Newsletter.

I've just recovered from a rather nasty cold and cough. It's been over two years since I've been properly ill like that, an unusually long time for me, and it's a good reminder for me to note how much energy and sparkle illness can drain out of a person. I would like to thank the wonderful clients who accepted a postponement - you know who you are. Why am I telling you I had a cold? Three reasons: firstly, as a request to be gentle with yourself; secondly, to be kind to those around you who may be ill, and; thirdly, as a reminder to get in any medicines you think you may need over the upcoming long Easter weekend as many pharmacies and doctors' surgeries will be shut. I wish you much good health.

## New Training

As you may have noticed, I've been doing some more training lately (lower back and shoulder girdle courses so far this year) and this month I'll be taking a course on the leg, knee and foot - good for all those runners and cyclists out there and just in time for the better weather (it's bound to come!). I'll also be assisting with training and I'm really looking forward to helping other massage therapists learn new techniques. I have more training planned for the rest of this year and next as I study towards a new qualification, a Certificate in Advanced Clinical Massage.

A few days ago, however, I had a client who could only take a very light massage due to some medical restrictions and I found myself dusting off my foundational massage techniques, movements I hadn't used much in the last couple of years, but movements that were just right for that particular client. It was a good reminder for me that training is about getting more tools to help tailor a massage for a particular client.

## Connected

A few days ago a client said "It's so easy to forget it's all connected." I spend a lot of time trying to learn all the connections, especially around trigger points, but the comment reminded me of a bit by Dr Tom Smith in the *Doctor Doctor* section of Guardian's Saturday magazine (so it must be true!) from 27 February. I think it's useful to keep in mind so I'm going to quote it in full.

- Q. How true is it that your mental state - depression or anxiety, for instance - can make a difference to you physically? If true, in what ways do they do so? Or is the connection simply fanciful?
- A. Are you suggesting that so-called 'mental' problems have no physical basis, and that they are different from other illnesses? Well, they aren't. Altered mood is just as physical, biochemical and electrical an entity as so-called physical or bodily disorders. It can also produce effects on other systems such as stomach acid secretion, heart rate, blood pressure, gut muscle movements and contractions, to name only a few. This is why anxiety can give you palpitations, indigestion and diarrhoea, and why depression is linked to slow reactions, constipation, lassitude and tiredness, among other symptoms. Indeed, general practitioners can often diagnose depression and anxiety from the combination of symptoms with which our patients present themselves to us even if they haven't mentioned anything about their mood changes.

Of course, this doesn't just apply to depression or anxiety. Stress can play a role in many physical illnesses such as irritable bowel syndrome and psoriasis, for instance. So if today's weather is getting you down and you found it hard to get out of bed this morning, just remember, it's all connected.

## Reviews

Here are some of the comments client have said this month:

"I think that was the best massage I've ever had."  
"The pain in my lower back I came in with is now completely gone."  
"Oh! My arm doesn't hurt anymore. Hurrah!"

Please remember that [gift vouchers](#) are always a popular gift. I, for one, know of a lot of April birthdays...!

## Positive thoughts

The weather really does have to get better, so when it does here are a couple of quotes to help keep you motivated.

"Whenever I see an adult on a bicycle, I believe in the future of the human race." – H.G. Wells

"Perseverance is not a long race; it is many short races one after another." – Walter Elliott

## The joke:

A lot of people told me that they liked last month's joke so here's something in a similar vein.

### The Obedient Wife

There was a man, who had worked all his life, had saved all of his money, and was a real miser when it came to his money. Just before he died, he said to his wife, "When I die, I want you to take all my money and put it in the casket with me. I want to take my money to the afterlife with me."

And so he got his wife to promise him, with all of her heart, that when he died, she would put all of the money into the casket with him.

Well, he died.

He was stretched out in the casket, his wife was sitting there - dressed in black, and her friend was sitting next to her. When they finished the ceremony, and just before the undertakers got ready to close the casket, the wife said, "Wait just a moment!"

She had a small metal box with her; she came over with the box and put it in the casket. Then the undertakers locked the casket down and they rolled it away.

So her friend said, "Girl, I know you were not foolish enough to put all that money in there with your husband."

The loyal wife replied, "Listen, I'm a Christian; I cannot go back on my word. I promised him that I was going to put that money into the casket with him."

"You mean to tell me you put that money in the casket with him!?!?!?"

"I sure did," said the wife. "I got it all together, put it into my account, and wrote him a cheque ... If he can cash it, then he can spend it."

Please remember to [pass this newsletter on](#) to someone you know who might appreciate it. Maybe together we can help someone smile! Please note that past newsletters are now posted on the website under Contact.

I hope you've enjoyed this newsletter and look forward to seeing you soon for a massage.

Enjoy!

*Ann Milović*

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