

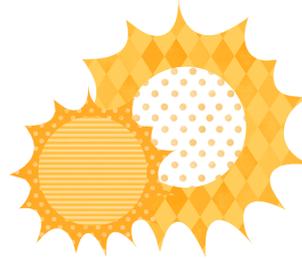


ouch

Newsletter

709

2896-A W. Walnut, Rogers September 2020



SEPTEMBER SPECIAL

\$ 5 off Ear Candling

Ear candling is a method of cleaning deep wax from ears by vacuum/heat from a wax-dipped linen candle mold inserted into the ear canal. Normally \$30 for 2 candles; this month \$25.

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REDUCE GUT PROBLEMS

You need to keep your gut healthy and properly digesting food. Part of our problems nowadays causing acid reflux and digestion issues is our propensity for having cold drinks (even ice water) with our meals.

Having iced drinks paralyzes your stomach to some extent, and dilutes stomach acid, digestive enzymes and bile salts. So stop drinking cold drinks 15 minutes before a meal and at least an hour after, to give your stomach a chance to properly digest your food. The Chinese had it more right when they served hot tea during a meal. If you MUST have liquid during a meal, try room temperature water or the hot tea option. Otherwise food can lay there in stomach and ferment rather than digest. Ick.

Most people have their digestion damaged by our nutrient-poor diet of over -processed foods. You can also supplement at meals with digestive enzymes. Doctor's Best is a good source, from www.iherb.com.

current medical “cures” and recommending natural alternatives. He is frank about why doctors and the FDA are pill pushers and suppress healthy and less dangerous alternatives (MONEY!) , and gives other protocols and remedies that are cheap (or free) and less harmful with few (or no) massive lists of side effects you hear on commercials for new pills.

NATURAL PAIN REMEDIES TO TRY

Green Tea Contains polyphenols, an antioxidant that reduces inflammation and may slow cartilage deterioration. Drink 2-3 cups or take 100-750 mg green tea extract per day. Ask your doctor first if you have heart, kidney, or liver problems.

Bromelain An enzyme in pineapples, it can reduce prostaglandins, which contribute to inflammation. Take 250-1000 mg twice a day. Avoid if you have high blood pressure or are pregnant.

Stinging Nettles This plant contains irritating chemicals that, when applied topically, can reduce pain and inflammation. Rub leaves on the skin around the painful area (avoid open sores) for 30 seconds twice a day. Tea, extract, capsule or cream forms may help. Avoid if pregnant.

Tart Cherries Anthocyanins in tart cherries have strong antioxidant and anti-inflammatory properties. Drink 8 ounces of tart cherry juice twice a day or take a capsule containing 100 mg of anthocyanins once a day. Very helpful for arthritis. Ask your doctor first if you have diabetes.

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“BAT WING” MOVE RELAXES SHOULDERS

This was from a book called The Secrets of Underground Medicine by Dr. Richard Gerhauser, MD, a fascinating book that is outspoken about

computer barnacles, or crafters hunched over a table or sewing for long periods.

Stand with your back to a wall, with the heels just 2 inches away from it.

Bend your elbows so that they (not your back) are touching the wall.

Push your chest out.

Hold for a count of 5, rest a few seconds, and repeat. I suggest a rep of 10 throughout the day.

This is shorter and less forceful than the shoulder exercises I give at the office.

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AROMATHERAPY

Remember I carry over 20 essential and fragrance oils. Just ask for the list and you will be treated to a soothing aromatherapy scent while you get your massage. Spas charge extra for this extravagance; it is free for you. Take the cotton ball home to enjoy.

MEXICAN VELVEETA CHICKEN

2 boneless breasts with rib meat, cubed and cooked (or leftover rotisserie chicken)

Lightly brown 1/2 chopped onion

Combine in pan and add 1/2 carton of Velveeta with jalapenos (cubed for easier melting), a scant 1/4 cup chopped green onion, 1/2 cup salsa (your choice how hot) and 1/3-1/2 cup milk.

Makes enough sauce for 4-5 servings. Very rich.

Serve over fettuccine or spaghetti noodles. Add more milk if you need to stretch it.

Option: add a green pepper, or a jar of roasted peppers/pimentos. I used green pepper.

Easy peasy and very quick (around 15 minutes) dinner, if you chop while chicken is frying (or use rotisserie chicken) and noodles cooking. Serve with salad and/or veggies to offset richness.

As always, feel free to forward, or email me back with comments, suggestions, or unsubscribe. I

Also called the Scapular Wall Hold, this move can open up your shoulders by working the lower part of the trapezius muscle, which extends from the upper neck to the middle spine, where it widens out in a diamond pattern shape. Helpful for desk or

MENU

Half Hour Massage	\$45
Forty Five Minute Massage	\$55
Hour Massage	\$65

Raindrop Therapy	\$75
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Massage/Raindrop	\$130
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(one hour and forty five minutes)

Bowen Therapy for Pain Relief	\$45
Couples in same room, 1 hour	\$140
Pregnancy/Prenatal Massage (rates are as above)	

SPA OPTIONS

Facelift Massage	\$90
Honeylift Massage for Face	\$25

Paraffin Dips for Hands or Feet*	\$5-10
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Clay Mask & Face Massage	\$25
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Bubbling Rejuvenating Foot Soak	\$25
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Foot Massage (10 minutes)*	\$10
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Ear Candling	\$30
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Ionic Foot Bath	\$30
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Cranial Release Technique Stretch	\$10
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* Must be added to another service

**Mon-Thurs 10-6 Fri 10 -4 Sat. 10-2
By Appointment Only**

(479) 366-7709

welcome comments or suggestions on recipe choices or topics too! Thanks for reading. Lynn

Lynn Crotser



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