

Dear Mike,

Here is your July message newsletter. I hope to see you soon.

Jim

The Tranquility Times

The Month of July:

- ✚ July 19 - 25 is Everybody Deserves a Massage Week! I offer discounts this week to Police, Firefighters, and Military personnel
- ✚ July 1 is Canada Day, July 14 is Bastille Day, and July 4 is... well, the 4th of July. Have a happy, safe 4th!
- ✚ The Maldives, Peru, and Argentina also celebrate Independence Day in July.
- ✚ July 5 - 11 is National Nude Recreation Week. Celebrate with a massage! ☺
- ✚ Celebrity birthdays this month: Franz Kafka, O.J. Simpson, Ann Landers, Mick Jagger, Benito Mussolini, Ginger Rogers, and Bugs Bunny.



July Specials:

- ✚ July's money-saving coupons are at Coupons.TranquilityTime.com. New this month:
 - Everybody Deserves a Massage Week: \$20 off for police, firefighters, and military personnel between July 19 and 25.
- ✚ And back by popular demand:
 - \$20 Off Couple's massage! You don't have to be a couple; just schedule two consecutive massages to save \$10 on each, \$20 total.
 - \$15 Off on Massage Classes. I will offer two massage classes in July: Anatomy in Clay, and Infant Massage. (More about all that



below!) The Massage for Couples class has been cancelled because the large instruction room is no longer available.

- \$10 off for new clients. But none of you are new clients, so you get \$10 off if a new client drops your name. Tell 'em to say “Mike sent me!” and I’ll make a note in your file.

Classes:

I am a Texas pre-approved continuing education provider. (License numbers MI2067 and CE1293.) Licensed massage therapists may take these courses for CEU credits. However, these courses are also appropriate for those outside the massage field.

All of these courses are available as gift certificates.

- **Infant Massage.**
July 25, 1:00 pm - 5:00 pm.
4 CEU Credits
\$60 for my clients.
\$70 for others.
\$90 for couples.



This class is appropriate for and geared to parents, grandparents, and other infant caregivers. Massage therapists can receive CEU credits for the class as well.

Although it’s fun and rewarding to massage other people’s babies, the purpose of this class is to teach parents how to bond with, communicate with, calm, and soothe their own babies. The relationship between a parent and baby is enhanced and strengthened through the nurturing touch of infant massage. Parents often find that their baby sleeps better, fusses less, and gains more weight, when massaged regularly.

A baby’s world is all about touch, and this course is intended to help you share your child’s world more effectively. It’s fun for you; it’s fun for your baby!

Sorry! We will not be using real babies in this course, so leave your little ones with grandma.

- **Massage for Couples**

July 30, 6:30 pm - 10:30 pm

Sorry! **This class has been cancelled** because the room where I planned to set up massage tables is no longer available. I will reschedule it when I have found another space.

- **Anatomy in Clay 1: The Axial Skeleton**

July 14, 9:00 am - 4:00 pm.

6 CEU Credits

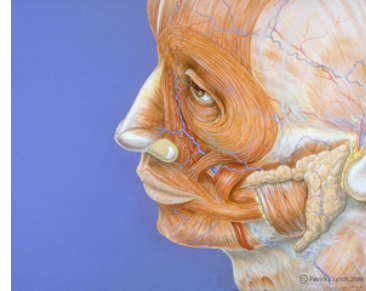
\$80.00 with \$30 skeleton deposit.

- **Anatomy in Clay 2: The Appendicular Skeleton**

July 15, 9:00 am - 4:00 pm.

6 CEU Credits

\$80.00 with \$30 skeleton deposit.



These classes are appropriate for massage therapists, artists, nurses, physical therapists, or anyone who wishes to brush up on their anatomy.

We massage therapists are tactile people by nature. We like to touch. We learn by touching. And we all know that trying to learn the muscles from a flat two-dimensional textbook is a recipe for frustration with a side-order of confusion. This class combines the joy and discovery of your kindergarten years with a tactile, three-dimensional, highly technical learning experience. We will sculpt the major muscles in modeling clay, attach them to an 18" plastic skeleton and by doing so, learn their origins, insertions, actions, names, and more.

If you already know your anatomy, you're sure to have at least a few epiphanies and jaw-dropping moments. ("Oh! THAT'S how it works!") If anatomy is new to you, this is surely the easiest and most fun way to learn it.

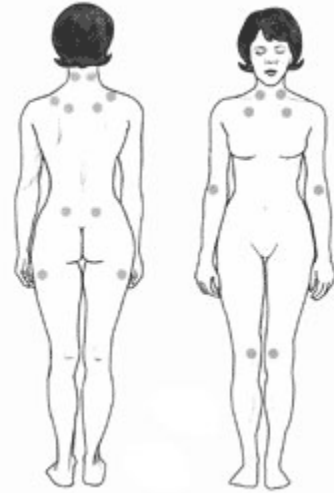
It is recommended that both classes be taken as a unit.

Massage and Fibromyalgia

Fibromyalgia (FM, or *Fibromyalgia Syndrome*, FMS) is characterized by chronic widespread pain and a heightened and painful response to gentle touch. The typical fibromyalgia patient is female, 40ish, insomniac, and under daily stress.

The FMS **symptoms** that seem to respond well to massage therapy are:

- Pain,
- Stiffness,
- Fatigue,
- Depression, and
- Sleep disturbances.



Tender Points vs. Trigger Points

A doctor would consider a diagnosis of fibromyalgia if you had a history of widespread body pain as well as at least 11 of the 18 mapped "tender points" (at right). These points cause pain when gently pressed. Although there is much controversy about the root cause of this pain, I think of it as a short circuit of the nervous system's pain receptors. It just hurts for no apparent reason.

On the other hand, **trigger points** are irritated knots of muscle fibers that may feel tender. Trigger point therapy involves pressing firmly on those knots, forcing blood out of the tissue, and forcing the muscle tissues to realign by stretching.

I don't recommend treating a tender point this way. It will just hurt. (A lot!)

However, the pain associated with tender points often causes trigger points to form in the same area, which make the pain even worse. If your massage therapist doesn't know you have fibromyalgia and tries to treat your trigger points... well, it can be unpleasant.

My Approach

There is a wide range in the amount of pressure that clients with FM can tolerate, so if you have FM, it is important to communicate with me during the massage. Most fibromyalgia clients know what works best for them and are not shy about filling me in.

If you are having a flare-up, I usually suggest a slow, gentle, relaxing [Esalen massage](#), with lots of stretching and range of motion (ROM) exercises, rather than a vigorous deep massage. We'll probably avoid trigger point massage altogether and keep the touch light and calming. We should not plan more than an hour session. You may wish to be positioned on your side, since many FM sufferers are uncomfortable face-down.

Later, when your pain has abated, we might try a longer session and some deeper work, but no more than you can easily tolerate.

Diagnosis

I'm just a massage therapist, so I can't make a diagnosis. There are other conditions that can mimic FM, and your doctor will know how to tell the difference. If I suspect that you have fibromyalgia and you are not aware of it (and it will probably take us a half hour of unexpected ouches to become suspicious), then I will recommend that you see your doctor.

Since massage therapy is good for pain management, I see a lot of clients with fibromyalgia. If you have FM or think you may have FM, please discuss it with me when you make your appointment. You are welcome to call me at **214-395-8000** with questions at any time.

For more information about fibromyalgia, see the [Tranquility Times article from January, 2008](#).

Video:

[How to Tie a Toga](#). Be prepared for your July pool parties! Starring yours truly, who is obviously not afraid to look ridiculous on camera. 😊

Thanks!

Thanks for being a loyal client. I hope to see you again soon.

Best wishes,

Jim

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