

Suzy's Massage*Pep4Life* LLC

Spring/Summer

Member, Associated Bodywork & Massage Professionals

Enchanting Aromas

Angela England and Linda Bertaut

Nature heals in many ways. Most of us have felt the sense of renewal that comes from walking through a garden filled with fragrant flowers, or sitting under a massive tree, shaded from the burning rays of the sun. Indigenous peoples worldwide believe that each plant has a spirit we can communicate with, to ask for their help in healing.

You can tap into "plant spirit" by keeping aromatic plants around your home or wherever you spend time. Whether fresh or dried, herbs and plants can delight the senses and offer varied health benefits.

aids digestion, and improves appetite. Good for circulation to the surface of the skin. Induces perspiration. Good as an overall tonic.

Jasmine: Magical--Helps menopause symptoms. Antibacterial, antioxidant, and aphrodisiac. May lower bad cholesterol when used in teas.

Lavender: Healing--Calming and sedative. Relieves anxiety, depression, and exhaustion. Helps with digestion, headaches, and skin problems. Antiseptic, antibiotic, and a natural detoxifier.

Lemon Balm: Joyful--A member of the mint family, it was used for centuries to

Health is like money, we never have a true idea of its value until we lose it.

--Josh Billings



Enhance any area with aromatic plants.

Choosing Favorites

Here are some popular herbs, as well as their purported health benefits. When choosing your favorites, take a few minutes to breathe in the scents and try to identify what the aroma does for you. Caution: If you have plant allergies, some herbs may cause a reaction.

Chamomile: Euphoric--Soothes nerves,

treat melancholy. Soothes the nerves and helps with indigestion. May be used topically to reduce redness and swelling.

Peppermint: Uplifting--Calms the stomach and helps with digestion. Increases secretion of bile. Antifungal, highly nutritive, and can alleviate

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Reviews are welcome
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symptoms of allergies and asthma.

Red Clover: Cleansing--Blood purifier, sedative, and good for the nerves. May be used topically to help acne, psoriasis, and skin sores.

Rose Hips: Fortitude--High in vitamin C and bioflavonoids. Antioxidant. Also contains vitamins A and B, essential fatty acids, and lycopene.

Rose Petals: Beautiful--Antibacterial, antidepressant, and aphrodisiac. Rose water is beneficial to the skin.

Rosemary: Awakening--Highly nutritive, with vitamins A, C, and B complex. Boosts the immune system. Antifungal, anti-inflammatory, antioxidant, and antiseptic.

Sage: Wisdom--Grounding. Antibacterial and astringent. Helps with digestion; good as a gargle for sore throats; relieves sore gums; helps reduce hot flashes. Can be used as a rinse to darken grey hair.

Growing Your Own Herbs

In addition to having these wonderful herbs surround you, there can be an additional cost-saving benefit with growing them yourself. Fresh basil can cost more than \$4 for a small sprig, while a \$1 packet of seeds will provide fresh basil for the summer months, as well as enough basil to dry and use in the autumn and winter. Plus, you can find varieties of basil via seed you simply can't purchase otherwise (think lemon and even chocolate basil), creating a one-of-a-kind experience for pennies on the dollar.

Other herbs that grow easily from seed include chamomile, lemon balm, sage, and thyme. Some herbs, however, do not grow well from seeds, including lavender, lemon verbena, and mint. Lavender, though, is an economical plant in another way--it is a perennial plant that will come back year after year, such as rose, sage, and thyme. Here are some growing tips that are especially helpful if you're working with a small space:

Choose containers carefully

Plants that enjoy quick-draining soil,

like lavender and chamomile, grow well in traditional containers. Plants like basil, roses, and strawberries that need more consistent watering will benefit from a self-watering container.

Grow up!

Use plant stands, ladders, or shelves to elevate containers to different levels if you don't have a lot of space for your garden. Trellises or fences can be used to grow climbing plants vertically as well. Cucumbers and climbing roses grow vertically and can become useful and beautiful backdrops in otherwise wasted spaces.

Do double duty

Most businesses or homes have landscaping already. It is easy to replace existing ornamental-only plants with those that will serve a double duty. Rosemary is a semi-evergreen shrub that can take the place of dwarf conifers in

some landscapes and climates. Alpine strawberry can replace other small, flowering plants like coreopsis, phlox, or vinca. Thyme and mint make great ground covers and can serve as a living mulch, while fragrant roses in place of other large, ornamental shrubs provide additional plant material for you to use.

Angela England is the author of Backyard Farming on an Acre (More or Less) and founder of www.untrainedhousewife.com, she stays busy empowering others to live more intentionally.

Linda Bertaut is an author, esthetician, Reiki Master, and award-winning beauty expert. She founded Bertaut Beauty and Chakralicious to help professionals add wellness therapies to their menu of services.



Explore the health benefits of herbs and plants.

Relief for Computer Users

Mary Betts Sinclair

According to the American Optometric Association, 46 percent of Americans spend at least five hours a day on a computer or smartphone. When looking at a screen, many people hold their head forward of center and slouch, which puts many upper-body muscles in a shortened position.

HERE ARE SOME WAYS TO AVOID PAIN AND STRAIN:

Computer users tend to blink very little and stare straight ahead, not using their peripheral vision. Be sure to keep blinking, which washes your eyes in naturally therapeutic tears and breaks up your stare.

Take frequent rest breaks using the 20-20 Rule: every 20 minutes, spend 20 seconds looking at something far away, preferably gazing out a window. Also, stand up and move as much as possible. This is a great time to do eye-muscle stretches and range-of-motion exercises for your back and neck. Use your fingertips to gently

massage around your eyes, temples, and forehead. Finally, rub your palms together and gently cup your closed eyes. Relax and breathe freely.

Make sure you have good light, and check that your monitor is the correct distance away from your eyes and at the right height. Also, adjust the screen settings to where they are comfortable in terms of resolution and flicker.

If you wear eyeglasses, have them checked. For example, in order for some people to see clearly with their heads held in an upright and balanced position, and without chronic tightness in the back of the neck, they may need to have a prescription for a longer focal length or larger bifocal inserts, or have an adjustment of their eyeglass frames if they are bent or twisted. Some people may need a stronger or weaker prescription. If your doctor has prescribed a pair of glasses specifically for seeing the computer screen, wear them.

Mary Betts Sinclair is an Oregon-based educator and bodyworker. Learn more about her at www.marybettsinclair.com.



Take frequent breaks to avoid eye strain.

Be Immune to Inactivity

The World Health Organization has called inactivity the second-leading risk factor for non-communicable diseases and the fourth-leading risk factor for global mortality.

In the United States, inactivity has helped contribute to the fact that 35.9 percent of adults age 20 years and over are obese, as well as 18 percent of adolescents and children ages 6-19.

With risk factors like high blood pressure, high cholesterol, coronary artery disease, stroke, type 2 diabetes, and more, it's important to make sure you get enough exercise and activity to stay healthy.

Here are some tips to help you keep moving.

Be Aerobic Every Day

The Centers for Disease Control (CDC) recommends getting 2.5 hours of moderate-intensity aerobic exercise each week. If you break it down, that's just over 20 minutes a day of activities like walking, water aerobics, riding a bike, or pushing a lawnmower.

Want to cut that down even further? If you bump the exercise up to vigorous intensity, you can cut the time in half. Vigorous-intensity activities include jogging or running, swimming laps, and playing basketball or tennis.

Add Muscle-Strengthening

Lifting weights, working with resistance bands, and doing body-weight resistance exercises, heavy yard work, or yoga are all considered by the CDC to be important muscle-strengthening

activities. The recommendation is to get this type of exercise at least twice a week to the point where your muscles are tired.

If you focus on setting realistic goals and getting just a bit of exercise each day, you'll be on your way to meeting the requirements in no time. Find exercises and activities that you enjoy doing, and it won't seem like such a burden. Plus, you'll feel great about reducing the risk factors associated with a sedentary lifestyle. So get a plan, get out there, and get moving!

*The best six
doctors
anywhere
And no one can
deny it
Are sunshine,
water, rest, and
air
Exercise and
diet.*

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Various different types of massage, ranging from relaxation
and de-stress techniques to injury focused treatment.

Spa Body dry room treatments are also offered.

-Wayne Fields

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