

Rejuvenations News

September 2005

Schedule of Upcoming Events

September 10— Yang style Short (24) Form for Health and QiGong classes with Marcia Carr, Certified Instructor of Tai Chi, 9:00am—10:00am. Single classes are \$12 each, or sign up for 8 weeks for \$80. Please call Marsha to reserve your space at (603) 659-3594, or email at taichi4health@comcast.net

September 17—Chair massage at Newmarket Heritage Festival, 10:00am—10:00pm. For more information, call Rejuvenations at (603) 775-7855, or go to www.heritage-festival.org.

September 22—Weight Management for Life classes start with Susan Engle, Nutrition Therapist, Registered Dietitian, 6:30pm—8:00pm. Runs through October 27. Space is limited. Please call Susan at (603) 661-0640 to reserve your space, or email her at susanengle@comcast.net

Inside this issue:

| | |
|---|---|
| Meet Anne | 2 |
| Summer Events | 2 |
| Students Are Back | 2 |
| Winter Special | 2 |
| The Many Benefits of Tai Chi and QiGong | 3 |
| Word Search | 3 |

Get Your Vitamin D Now, While You Can



Medical professionals and nutrition scientists used to agree that vitamin D was easy to get by going outside now and then. New research is questioning the validity of that assumption, especially in light of the recommendation to use sunscreen before any sun exposure. New research presented recently at the American Cancer Society's annual meeting reveals that the number of people deficient in vitamin D, especially in New England, is higher than expected and cancer experts are rethinking their sunscreen advice.

Vitamin D, also known as the "Sunshine Vitamin" can be made buy our skin when exposed to ultraviolet light from the sun. It only takes 15 minutes 2 or 3 days per week to meet the body's need. However, sunscreens do block this process. Milk is fortified with vitamin D, but there are few other good food sources for vitamin D. Salmon, mackerel, tuna, sardines and fish oils as well as puddings prepared with milk or cereals and juices fortified with vitamin D is almost the complete list.

Who needs to be concerned about vitamin D? You do, if you live in New Hampshire or elsewhere in New England. Not only does sunscreen block the production

of vitamin D in the skin, but because of the angle of the sun during the colder months, people who live in New Hampshire can't make any vitamin D from Nov. through Feb.

What does vitamin D do for the body? It is best known for helping to keep our bones strong and preventing osteoporosis. There is increasing evidence that it may also help protect against several types of cancer, including skin cancer. Low levels have been linked with type 1 diabetes, high blood pressure and heart disease. There are even cases of overall body aches and pains caused by vitamin D deficiency being misdiagnosed as Fibromyalgia.

What should you do? If you drink milk fortified with vitamin D, great! Continue to do so. If you don't and you don't eat fatty fish or get vitamin D from supplements (or if you do and you are over 50) you may want to consider asking your doctor to check your blood levels of vitamin D to ensure you have adequate stores. And let yourself get very modest amounts of sunshine (not more than 15 minutes at a time) without sunscreen during these next few weeks while your skin can make the vitamin D you need.

Rejuvenations Rocks!

The Rejuvenations team has recently been given the opportunity to massage backstage for some fairly well known bands.

Karen was at the Backstreet Boys concert in Portland, ME, while Anne attended the Journey concert at Meadowbrook in Gilford, NH, Hall and Oats and Clay Aiken at both the Bank of America Pavilion in Boston and at Meadowbrook in Gilford. Se will also be at the American Idol Tour at Cumberland County Civic Center in Portland.

Dr. Pam Rzepa, from Rzepa Family Chiropractics in North Hampton, connected Karen with the Fabulous Fatigue Fighters out of New York City who coordinate massage and chiropractic services for area concerts. The band members, roadies and virtually anyone backstage are welcome to a massage or chiropractic adjustment.

Though they will not be able to discuss who they massaged due to confidentiality purposes, the team enjoys sharing their experiences. "It was really cool to meet the band members in person before the concert and then watch them on stage." Karen aid.

So, who will be next? "BB King would be awesome," John says. We'll have to wait and see!

Meet Anne

Rejuvenations was pleased to welcome Anne Bickford, LMT to the Rejuvenations team in April of this year.

Anne's life has always been greatly influenced by massage. While growing up, her mother often said, "Annie, I'll pay you 50 cents to lomi lomi my shoulders." (Lomi lomi is a Hawaiian word for massage.)

Her entire family often requested Anne to give them massages. They knew from an early age that Anne has a natural talent for massage. Many of her clients today agree that Anne's hands have a knack for finding "the right spot."

Anne has spent the past 11 years working with developmentally disabled adults. Her experiences in that field have taught her to be light hearted and compassionate while addressing individual's needs.

"The thing that I like best about massage," Anne says, "is that I get the opportunity to help someone in a very tangible way."

Anne is accepting new clients, and is available Tuesday 9:00 am— 1:00 pm, Wednesday 12:00— 4:00 pm, Friday 4:00 pm—8:00 pm and alternating Saturday mornings.



Summer Events

Summer was exciting for the Rejuvenations team! We'd like to share with you the many fun events we participated in.

Karen and Candie attended the Richie McFarland Annual Golf Tournament at the Ledges in Maine on June 2. Karen gave complimentary massages while Candie answered questions and handed out coupons. The golfers raised money for the Richie McFarland Children's Center, which provides developmental and support services for children with special needs, assistance to their families and assistance in the use of community and health resources.

We held a Health and Beauty Fair on June 4 outside the Millbrook Office Park. There were complimentary massages by Karen, John and Anne, free up-does offered by Hair Excitement of Stratham, nutrition makeovers by Susan Engle, and Tai Chi demonstrations by Marsha Carr. It was a day full of information, relaxation and fun.

On June 22, a photographer from Associated Bodywork & Massage Professionals (ABMP) came to Rejuvenations to take pictures of Karen. She has been asked to be one of six representatives of their 2006 "I am ABMP" national marketing campaign. ABMP has more than 54,000 members, and Karen was recognized for her extraordinary efforts of owning and operating a successful wellness clinic.



The American Cancer Society's annual Relay for Life of Exeter was held June 24-25, and Rejuvenations was once again there. Karen, John and Anne massaged the walkers and donated the proceeds. Karen and her daughter even walked the memorial lap at midnight. The walk raised approximately \$80,000, which is used to support the American Cancer Society's programs of cancer research, education, advocacy and patient services.

Did you see the tent in the Stratham Fashion Bug parking lot? If so, you may have seen Karen, Anne and John giving chair massages. They were there on July 14 and 15, massaging on the sidewalk in front of Hair Excitement.

Look for Karen, John and Anne at the Newmarket Heritage Festival on September 17. The festival runs from 10 am until 10 pm in the historic town center, and celebrates the historic, cultural and natural resources of early and contemporary Newmarket. For a list of entertainment and events for children and adults, visit their website at www.heritage-festival.org.

Students Are Back

Rejuvenations is pleased to once again offer student massage.

Through our affiliation with McIntosh College, the students are able to work at Rejuvenations to learn general operations and management of a massage therapy clinic, as well as perform massages.

Student services are offered at a discounted price. 30 minutes is \$15.00, one hour is \$30.00, and one and a half hours is \$50.00. Call today to make an appointment.



Winter Special

Receive a
20% discount
on all gift cards
purchased from
November 28
through
December 31.

For more information
call Rejuvenations at
(603) 775-7855

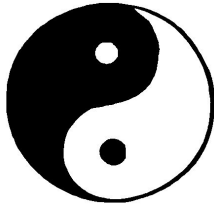
or email us:

contact@RejuvenationsPT.com



The Many Benefits of Tai Chi and QiGong

When a problem arises, asking, "What are we going to DO about it?" may be untimely when everyone involved has not been properly heard and given a say in the matter. The Tai Chi and QiGong way is to balance the Being (Yin) with the Doing (Yang) principles first before looking for a creative solution. The wisest way to find a solution may come about after learning how to be with the situation as it is. Then you consult the experts and understand it clearly for what it is before doing anything about it.



Tai Chi and QiGong exercises can reinforce the creative human potential. There is a sense of freedom as you trust in nature's effortless way of transforming tensions into harmonious situations. If you try too hard to do the exercises, it is like trying to force a solution upon a problem. Relax

and allow the body to learn through cognitive perception.

Tai Chi and QiGong exercises have also been found helpful for people with a variety of physical situations. It is beneficial for people who want to improve their sense of equilibrium, achieve a better appetite, and find a more centered and confident approach to life. It balances the hormonal system, releases toxins, strengthens the immune system, and aids the healing processes in the kidneys, liver and heart. Tai Chi and QiGong exercises have also been found helpful for people with breathing difficulties, arthritic conditions, depression, mild nervous disorders, high blood pressure, impotence, headaches, and lower back problems.

Valuable research in China since 1958 has confirmed the benefits of Tai Chi and QiGong practices. The Medical Academies of Shanghai and Tang Shan documented remarkable successes in the use of Tai Chi and

QiGong to help patients with disorders of the stomach, intestines, respiratory and nervous systems.

A report in March 1996 in the Journal of the American Geriatric Society indicates the positive findings of a three year research project showing that Tai Chi exercises have helped to reduce risks of falls of senior citizens.

Tai Chi and QiGong exercises can be practiced by people of all ages from 17 years old upwards. Many of the breathing and meditative postures can be done seated, lying down or standing still. The most suitable period for beginners is generally in the early morning and late in the evening when it is fairly quiet.

Even after more than 6,000 years, the study and practice of chi energy exercises continues to help people with health problems. Truly the ancient Chinese teachers were right; there is a timeless value to the teachings of Tai Chi and QiGong.

Word Search

E N I H S N U S M R A S

V T S A H G E S A E D T

E M A S S A G E L J N R

N E W T V J N I U U I V

T E A N I A O D T V M T

A N R S L T Q B A L I R

I M O L I M O L A R V A

C E W O T O N E D H E P

H R N F Y U H O T L E Y

I N T E R N S T O N E R

Word List

| | | |
|--------------|-----------|-----------|
| Massage | Interns | QiGong |
| Hot | Nutrition | Rejuve |
| Stone | Sunshine | Therapy |
| Health | Relaxing | Vitality |
| Rehabilitate | Lomi Lomi | Vitamin D |
| Hands | Tai chi | Events |
| Oil | Water | |

Use the leftover letters to find the hidden message:
