

Publication of The Pacific Wellness Institute • info@pacificwellness.ca • www.pacificwellness.ca

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Get in Shape for Summer with UltraMeal Special

Buy 4 containers of UltraMeal and get 2 complimentary Body Composition Tests (worth \$39)!

“Do It Yourself 8-Week Body Shaping Program” will energize you and help you shed off those extra few pounds! It is easy as 1, 2, 3:

1. Buy 4 containers of UltraMeal
2. Book your 2 free Body Composition Tests: one at the beginning and one at the end of the program
3. Follow the guideline booklet provided with UltraMeal



Or sign up for our complete weight management program:

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Irritable Bowel Syndrome

Join

To receive this newsletter and other information by email, please send a message with your name and email address to info@pacificwellness.ca



Irritable Bowel Syndrome (IBS) is a chronic, functional gastrointestinal disorder characterized by recurrent abdominal pain, cramping, excessive bloating, constipation, and/or diarrhea. As many as 20 percent of the adult population, or one in five Americans, have symptoms of IBS, making it one of the most common disorders diagnosed by doctors.

Information on IBS and acupuncture treatment has been uploaded on AcupunctureMoxibustion.com

www.acupuncturemoxibustion.com/conditions/irritable-bowel-syndrome-ibs/

PACIFIC WELLNESS QUARTERLY promotes health and wellness by providing the latest health and nutrition news, healthy cooking recipes and important updates on insurance and office information. Please pass this newsletter along to your friends and associates so that they can enjoy the information on good health as well.

This newsletter is not to be used as a substitute for medical advice.

Massage Therapy and Gestalt Therapy: Similarities and Differences

by *Rahel Kay, RMT, CR, CYI*

"Hello John"

"Hi Rahel"

John looks different today. He's walking slowly as we head into the clinic space. I walk behind him to check for any altered Gait. I also happened to notice when we said hello that his face looks strained. He's holding in pain, I've seen pain many times before and I can recognize it.

We enter the treatment room, and face each other.

"How are you feeling? You look like you're struggling today? That's a change from our last appointment... what happened?"

"Yeah, just yesterday, I threw my back out. I can hardly move. I'm desperate."

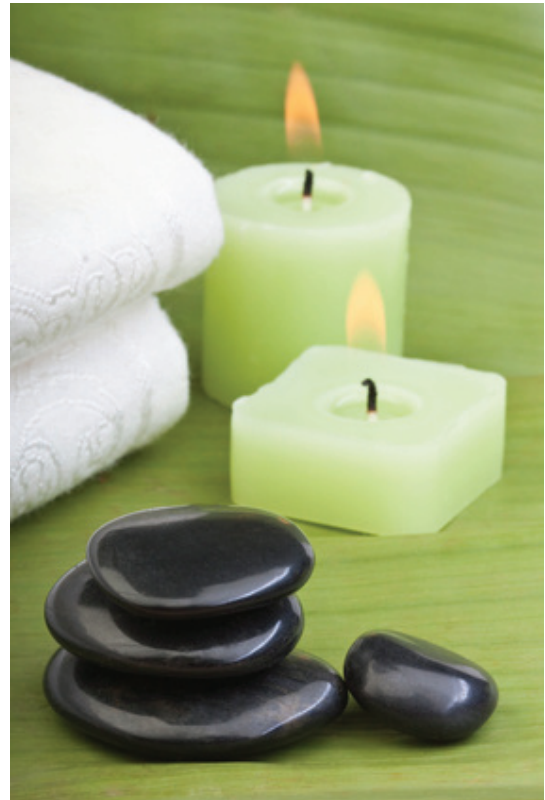
"How did this come to be?"

"Well, you know me. Always lifting boxes, I never pay attention and I don't bend from the knees like you said I should. I guess my Back finally gave up on me."

I want to say, you gave up on yourself. Actually I want to pit his resignation and effort against each other in a two-chair cage match and my top dog wants to bet \$100 on effort. On a less I-it note I want the two to come together and hug it out. I wonder if my client's physical suffering might be better suited to such a treatment, instead of a massage. Who's to know? I can't go there. Not in this role. Not at the risk of toppling the CMTO (college of massage therapists), a fragile house of cards...and the regulatory body of my profession. But, excuse me for I digress (it's a primary interjector thing).

With some further assessment I inform John of my goals regarding treatment and how I intend to reach them. Though I'm almost sure by the glazed look on his face that some of my treatment plan sounds like, garbled gook, he unquestioningly nods yes. This makes me feel uncomfortable.

I leave momentarily so he can undress and get on the table, face down.



One of my favourite things about the job, a small thing, is the variation in response I get upon re-entering the treatment space:

"Come in"

"Yes?"

"Ready"

"Come on In"

Some people use different inflection. Some don't say a thing. I project that it has to do with how a client owns the space, and owns their treatment.

John says "I think I'm ready" he's the type to wait for things to happen to him (resignation?) maybe.

I turn the lights down, increase the soothing sound, and approach John. I always like to start by introducing

my hands to a client's body which is also a method of assessment. I sheer my hands over the entire body and feel for any discrepancies, any where that is not integrated.

I can tell when something is not integrated from varying factors. The tone of the tissue, its temperature, the texture of the tissue, its responsiveness to my touch or to guided movement, and if any of these things together or apart are appropriate within the context of their location. These factors can be sensed through my hands, sometimes my eyes, even the sounds the client makes, or the sound of cracking etc.

Then there's something else. There's something intuitive. Though all the above indicators dictate the areas I am to work on, it is my intuition that determines how I do that work.

It is essential to working in the "here and now" because a person such as John might come in with usual areas of tension, but needing different pressure or styles of technique from time to time.

And speaking of John...

After my hands-intro/assessment, I decide to start from the neck and work down. His neck is stiff like a group of full water hoses. This leads into his shoulders, down the middle of his back along the sides of his spine, and into a mass of hard tension that forms a constrictive band across his low back. I imagine a giant has John in the palm of its grasp and is squeezing fiercely. I imagine that wouldn't be very comfortable, and almost a total loss of control (or a giving up of control? hehe sorry I can't help myself...maybe I'm a primary projector?..hmm)

When I begin firmly kneading John's neck the first thing I notice is resistance from the tissue to my pressure (Quel surprise/eye roll, Gee something about other people's resistance really makes me smug...)

This means as is usually the case, that I cannot just dive in, I must softly enter from the side, getting deeper as the tissue warms to me. That's cool. We'll get nowhere if I am attached to my version of what John needs and I don't involve him.

In fact this is the only way I can truly be creative. My creativity is indelibly connected to all the techniques I am capable of and aware that I have, as well as the needs that call them. So the tool box is open, the state of John's tissue in each moment, and my sense of what's needed dictate how the techniques and which tools I use, flow from my hands to/with him. We create a symbiotic fulfillment. A harmony or balance where both our needs

are met all the while our integrity is maintained. To do my job, I must afford this commitment to all the client's I work with. I always pull out all the stops. No matter who the client is, I am committed to balance and integration. Worst case scenario, I refuse to treat someone.

Slowly, on a moment to moment basis, the path to balance is revealed. The sounds John makes have become warmer and softer, and flow like his oxygenated, lively tissue. His breathing is deeper, and rhythmical. His body reminds me of the environment in which it lays. As it turns out, we have dealt a large focus to his upper back, neck and shoulders. His Low back received attention of course, but by the time we got there, it had relaxed itself. Sometimes this will happen if I focus on compensatory structures first. Curious is it not?

Though there is still some residual tension, we stop for now.

The hour has just about finished. Enough time remains for John to change, and for him and me to address his current state of being.

I leave the room and let him do so.

Shortly after this, he opens the door fully dressed, a relaxed expression. He says "wow" and thanks me. I am split between joy and discomfort. Joy at his obvious harmony, discomfort at his obvious gratitude. We did it together...

I enter the room and close the door for this last piece of work. I explain what was discovered, and he tells me he is no longer in pain. I recommend a treatment next week for the residual tension, and advise him not to overdo it. Then I give him some homework to accentuate the treatment, and I escort him back out to the foyer.

In Massage Therapy, as in Gestalt, the role of contact is dynamic. There is opportunity for freshness around each turn. What I love about being a Therapist in all forms and variations is the opportunity to work with Universal manifestations of stuckness, so as to co-create wholeness. I'm pretty good at massaging through all the knots.

Rahel Kay, RMT, CR, CYI is a Registered Massage Therapist, Certified Reflexologist and Yoga Instructor. She has been studying Gestalt Therapy at the Gestalt Institute of Toronto to expand learning and add depth to her practice. She is available for Swedish massage, deep tissue massage, trigger point, lymphatic drainage and reflexology treatments at The Pacific Wellness Institute. To arrange your session with Rahel call us at 416-929-6958..

Seasonal Recipe

Natural Peanut Butter Cookies for Your Summer Picnic

By Melissa Lee HBSc., ND (Cand.)



Melissa Lee, HBSc, ND (Cand.) is currently a third year student at the Canadian College of Naturopathic Medicine.

Ingredients:

- Love
- 1 Cup Natural Peanut Butter
- ½ Cup Honey
- 1½ tablespoon Vanilla
- 1 egg
- ¾ Cup Oats
- ¾ Cup Spelt Flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- Chocolate Chips

Method:

1. Preheat the oven to 350° Fahrenheit.
2. Line a baking sheet with parchment paper.
3. Mix the oats, flour, baking soda and salt in a bowl and set aside.
4. Mix the peanut butter, honey and vanilla together. Add one beaten egg to the mixture and stir altogether.
5. Pour the dry ingredients into the wet ingredients and stir.
6. Add your chocolate chips according to taste.
7. Use a teaspoon to spoon out round chunks onto a cookie sheet
8. Bake for 350 degrees Fahrenheit for 12-15 minutes. Let it cool on the baking sheet and enjoy with a tea or with a glass of milk (dairy, soy, almond or rice milk!)

* **Warning: this delicious cookie contains peanuts.**

Benefits of Spelt Flour

Spelt flour, from the *Triticum spelta* plant, has been cultivated for over 5000 years and its popularity is increasing once again. With a higher protein content compared to wheat, rich source of B vitamins (niacin, thiamine, B6, folate, and pantothenic acid), rich source of minerals (iron, magnesium and phosphorus), and high fibre content, it is a “no brainer” that this grain is full of vitality. With its nutty flavour this ancient grain is a great substitute for wheat in the baking world.

However, keep in mind some baking tips:

- Spelt is a heavier flour, so when baking with it you will need to increase the leavening agent you are using.
- Spelt also has less gluten so you don't need to stir or knead (bread baking) you mixture as much or else it will break down.
- Keep this flour stored in the refrigerator.



FAQ – Do you have other locations?

This is one of the most frequent inquiries, mainly from our clients who would like their out of town friends and relatives to experience the same kind of relief and success they obtained at the Pacific Wellness.

We believe that in order to maintain the highest quality service, it is important to stay focused on only one - we have only one location at Bay and Bloor.

For over twenty years, we have been privileged to serve our local community. However, many of our patients are not only from our neighborhood, but come from very far. We would like to take this opportunity to specially thank many of you who have been commuting extra miles to receive our services. We have been also very honoured to serve many out of town and international guests over the years.

Whatever the reason, if it is difficult for your friends

or relatives to come to our clinic in Toronto, they can utilize the following resources and tips to find a practitioner in their area:

For Massage Therapist:

www.therapeuticmassagetoronto.com/resources/how-to-find-a-massage-therapist/

For Shiatsu Therapist:

www.therapeuticmassagetoronto.com/resources/how-to-find-a-shiatsu-therapist

For Reflexologist:

www.therapeuticmassagetoronto.com/resources/how-to-find-a-reflexologist

For Acupuncturist:

www.acupuncture-treatment.com/find_acupunturist.html

*Dr. Tanaka Presented his Paper at
The ICMART 2011 World Congress on Medical Acupuncture:
The State of the Art of Acupuncture in Integrative Medicine*

The congress was held on May 13-15, in Hague, Netherlands. This was his second presentation in Hague since the fall of last year, when he participated in The 7th World Congress of Chinese Medicine.

*Thank You
for Your Comments*

Here are some of the comments we received recently from our clients. We would like to express our thanks for their positive feedback and their kind publishing permission.

*Great massage! The staff is professional and courteous.
The environment is clean and tranquil.*

~ N.D.

Nicole has done an excellent job on my back. She has magic hands. I've been having bad back pain (shoulder/neck) for a long time, but it's been worse for 2 weeks. So, Nicole has been making my back feel great. She puts just the right amount of pressure and she pays extra care and attention. Thank you Nicole!

~ M.R.

The treatment session was very good. At the end I felt very light and relaxed. Body movements improved.

~ Babuji (Therapist: Monica)

It's a great, soothing experience from when you walk in the door, and the massage is second to none.

~ Jordan Schwager

I enjoyed a great session with Tony.

~ Jocelyne

My reason for taking up shiatsu again is wellness-based and I like the holistic aspect of the treatment. I felt like a newborn baby being cared for in trust ! It was a lovely experience and I felt perfectly comfortable: Emily is alert and gentle in persona and highly effective in practice. The location is perfect for me, the room and environment subtle and comforting. Thank you for a positive and harmonious experience in every aspect.

~ Lisbeth Paisley-Smith, M.Ed.

My first experience at Pacific Wellness was amazing. Nicole was my RMT and she was wonderful. I have already started referring people to her. I will definitely be returning. Extremely satisfied

~ Michelle

I enjoyed my time and felt completely relaxed. Nicole did an amazing job of listening to my needs and used that to focus on the areas of my body that needed attention.

Thank you,

~ Amanda Y.