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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.

History of Massage



Almost every culture worldwide has practiced massage in some form as a healing technique. The Chinese have used massage (tuina) for therapeutic purposes for 4,000 years, and it is still a significant part of traditional Chinese medicine (TCM) today. Swedish massage appeared in the U.S. in the mid-19th century. The American medical establishment enthusiastically adopted the technique and practiced it for the next 50 years. Massage went out of vogue in the early 20th century as medical technology and pharmaceuticals began their ascent. Only a few practitioners continued to utilize massage—that is, until the 1970s, when it re-emerged on the public scene as part of the increasing interest in alternative medicine and treatments that utilized the mind-body connection. Massage continues to grow in popularity today, and the number of trained massage therapists is increasing rapidly to keep up with the field's growth.

“A physician must be experienced in many things but most assuredly in rubbing.”
Hippocrates

Shiatsu Tradition at Pacific Wellness

Shiatsu (“finger pressure”) is a hands-on therapy that originated in Japan. Similar to acupressure and other forms of Asian bodywork such as tuina, there are no needles involved in shiatsu. Shiatsu therapists use finger and palm pressure to stimulate pressure points with therapeutic intention to restore harmony and balance to the recipient.

Over 20 years ago, the Pacific Wellness started as Shiatsu Acupuncture Clinic on Yorkville Ave.



The tradition of strong emphasis on shiatsu remains at the Pacific Wellness today, having several premier therapists with the highest level of shiatsu training and qualifications:

- Yoshio Toyama (holds national licence in Japan)
 - Joanna Rogowska (diploma in shiatsu and RMT)
 - Emily Robinson (diploma in shiatsu and RMT)
 - Martyna Modzelewska (diploma in shiatsu and RMT)
 - Tim Tanaka* (holds national licence in Japan and RMT)
- *Currently, not accepting shiatsu clients.



Did You Know?

Swedish massage has its root in Chinese Medicine

Swedish massage was developed in the 1700s by Swedish physician Per Henrik Ling, possibly through the study of Chinese martial arts and tuina, a hands-on body treatment designed to restore balance in the body. The Dutch physician Johan Georg Mezger attached the French names to the five strokes in the nineteenth century.

Learn more about massage therapy:

www.therapeuticmassagetoronto.com/types-of-massage/swedish-massage

Insurance Benefits and Booking

With only 4 months left until the end of this calendar year, you may wish to plan booking your massage and shiatsu appointments now. If December marks the end of insurance year and you still have some unused coverage dollars for this year, why not spare yourself the stress of squeezing in appointments at the end of this year?

To arrange your appointments please call our front desk at 416-929-6958. We will be happy to assist you.

What is “AcupunctureMoxibustion”?

Acupuncture literally means *needle-puncture*. Moxibustion is a form of heat therapy on acupoints. In countries such as Japan and China, the practice of acupuncture is referred to as *shinkyu* (or *zhenjiu*), meaning AcupunctureMoxibustion (one word). Acupuncture and Moxibustion have been administered in tandem since ancient times. In Ontario, however, not many people have been treated with moxibustion, partly due to the fact that many acupuncture training programs offered locally were taught mainly the needling part, not moxibustion in depth. It is traditionally believed that acupuncture used in conjunction with moxibustion profoundly enhances each modality's effects.

Learn more about Moxibustion: www.acupuncturemoxibustion.com/moxibustion



Seasonal Recipe

Fall Cookies

By Melissa Lee BSc. (Hon.)

Dry Ingredients:

- 1 ½ cups rolled oats (quick cook)
- 1 ½ cup spelt flour or whole wheat flour
- ½ cup ground flax seed
- 1 tsp baking soda
- 2 Tsp Cinnamon
- ¼ tsp nutmeg
- ½ tsp salt

Wet Ingredients:

- ½ cup honey
- 1 egg
- ½ cup prune puree (ex. a baby food jar)
- ½ cup applesauce
- ¼ cup sunflower oil
- 1 tbsp pure vanilla extract
- Love

Added last

- ½ cup dried cranberries
- ½ cup chopped walnuts/pecans
- ½ cup dark chocolate chips

Method:

1. Set the oven rack in the middle and preheat to 350 degrees Fahrenheit.
2. Mix the dry ingredients together and set aside.
3. Mix the wet ingredients together in the order listed and set aside.
4. Pour the dry ingredients into the wet ingredients.
5. Add the cranberries, nuts, and chocolate chips to the mixture.
6. Using a tablespoon, spoon the dough onto a cookie sheet.
7. Bake at 350 degrees Fahrenheit for 12- 15 minutes or until brown.
Makes 24-30 cookies.

Enjoy with a nice cup of coffee in the morning or a glass of almond milk.

Don't be a Prune!

Plums are harvested in mid-August and are dehydrated into prunes. Prunes can be a delicious snack or further processed into purees, juices, paste and powders. Adding prunes or its purees and juices can have many health benefits.



For instance, prunes support gastrointestinal health. They contain both soluble and insoluble fibers (6g-16g of fiber per 100g of prunes), which help soften the stool and increase its bulk to enhance mobility. Prunes also contain a sugar called sorbitol. In excess, sorbitol can cause flatulence and diarrhea, but in the right amounts it helps to absorb water to also soften the stool. Despite its known laxative effects prunes also have a role in bone health. With a mineral content of 50mg calcium, 80mg phosphorus, 2.2mg of boron in 100g of fruit, prunes are a great snack to support bone structure. On top of that, prunes benefit the cardiovascular system as well. Since prunes contain the soluble fiber pectin, prunes can assist in lowering plasma LDL cholesterol concentrations.

These are just a few benefits of prunes, so the next time you're snacking or baking, add a little prune in your life.

Baking tip: prune puree can be used to add moisture and sweetness; but also replace fat.

Melissa Lee is currently a 4th year intern at the Robert Schad Naturopathic Clinic (which is based out of the Canadian College of Naturopathic Medicine).

References

Stacewicz- Sapuntzakis, M., Bowen, PE., Hussain, EA., Damayanti-Wood, Bl., Farnsworth, NR. Chemical Composition and potential health effects of prunes: a functional food? Critical Reviews in Food Science and Nutrition (2001); 41(4): 251-286.

Dr. Tanaka Presented his Paper at JSOM Meeting in Sapporo, Japan

Dr. Tanaka Presented His Paper at Japan Society of Oriental Medicine Meeting in Sapporo, Japan, in June 2011.[1] His speech on Traditional East Asian Diagnostics was well received by its audience consisting of medical doctors, pharmacists and Oriental medicine practitioners.

New and Upcoming Publications

In June, 2011, **moxibustion** research paper, co-Authored by Dr. Tanaka has been published in the Journal Acupuncture in Medicine of BMJ Publications.[2] His group is currently working on another project to elucidate an effectiveness of **moxibustion**.

Dr. Tanaka has been also working on the 2nd edition of **Massage and Shiatsu textbook**. The first edition of the book has been widely used in massage schools in Japan and other countries.

[1] Tanaka TH.: Within Subject Variability in Tongue Sublingual Vein Morphology and Color Characteristics. *62th Annual Meeting Of the Japan Society for Oriental Medicine*, Sapporo, Japan, June 2011

[2] Mori H, Kuge H, Tanaka TH, et al. Is there a difference between the effects of single and triple indirect moxibustion stimulations on skin temperature changes of the posterior trunk surface? *Acupunct Med.* 2011;Jun;29(2):116-21.

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.

I am very happy to have found The Pacific Wellness Institute. I have a medical condition and since I started having massage therapy my emotional and physical well being have improved dramatically. I highly recommend this clinic to anyone who is looking to improve their health.

~ Monica.

The atmosphere at Pacific is very professional and at the same time comfortable + relaxing. Although my plan was to search for a new RMT, I chose to return to Pacific because of the atmosphere + the excellent work of the therapist.

~JP (re: Rahel)

I had the best massage so far in my life from Martyna. She made me feel very comfortable, asked me all the right questions and performed the massage accordingly.

~ Go-Go Gmams

Excellent service. Going back in 3 days!

~Troy Fullerton, J

Truly an amazing experience, I feel so much more refreshed and relaxed thanks to my reflexology treatment. My feet are feeling the best that have ever felt!

~Justice (re: Emily)