

Massage & Health

www.connieshealth.com

Welcome gift from Connie, See WebSite.

Full Body Massage/
Swedish Massage;

“Firm Body”
“Relaxation”
“Lymphatic”
“Seated”

Reflexology /
Aromatherapy;

Mind Clearing /
Journey Process



Email; connie@conniehansen.com

Phone; 07 5630 1276

Mobile; 0410 081 110

Address; Mudgeeraba QLD 4213

Connie Hansen

Massage Therapist. (Cert IV)

1 hour Massage; \$55.00 only.

See My Website for details; www.connieshealth.com

www.connieshealth.com

Massage Services Description;

M a s s a g e M e n u ;

The Top 25 Reasons to get a Massage.....	3
Connie Hansen – Massage Therapist (Cert IV)	4
The Health Benefits of Massage	5
Understanding the Lymphatic System.	6
Swedish Massage, A Short History and Background	12
What Happens During Swedish Massage?	12
Deep Tissue Massage.....	13
Will A Deep Tissue Massage Hurt?.....	13
How Fast Will I Get Results With A Deep Tissue Massage?.....	13
Full Body Massage.	14
Relaxation Massage / Firm Muscle Massage.....	14
Hot Rock Massage:	15
Alternatives of Hot Rock Massage	15
Why Do People Get Hot Stone Massage?	16
Seated Massage.	17
Corporate Office Seated Massage.....	17
Zone Therapy or Reflexology;.....	18
Aromatherapy.....	19
Aromatherapy, the History and the Healing effects;.....	19
Brandon Bays, Journey Process Service;.....	21
Don Tolman; Cleansing and Fasting.....	24
About Don Tolman	24
Farmacist Desk Reference	25
Don Tolman in Australia.....	25

The Top 25 Reasons to get a Massage

By [Julie Tables](#)

- (1) Massage alleviates discomfort during pregnancy
- (2) Massage helps with muscle tension and stiffness
- (3) Massage therapy speeds up healing of strained muscles and sprained ligaments
- (4) Massages can reduce pain and swelling
- (5) Massages can help reduce the formation of excessive scar tissue
- (6) Deep tissue massage can relieve muscle spasms
- (7) Increase joint flexibility and range of motion is often seen from massage
- (8) Massage increases circulation of blood and the movement of lymph fluids
- (9) Massage relieves tension-related headaches and eye-strain
- (10) Massage improves posture
- (11) Massages may improve the immune system and its functioning
- (12) Massage therapy treats many musculoskeletal problems
- (13) Massage improved circulation
- (14) Massage increases lymphatic drainage
- (15) Massage reduces depression and anxiety
- (16) Massage reduces tension within muscles
- (17) Massage increases body awareness
- (18) Massage can improve endurance
- (19) Massage can cause your body to pump fresh oxygen to your muscles
- (20) Massage eliminate toxins from your blood
- (21) Massage puts your heart at a resting state
- (22) Massages offer overall deep relaxation
- (23) Massages can improve your energy level
- (24) Regular massage helps with stress management
- (25) Massage promotes healthy human touch, which can be a healing experience

Connie Hansen – Massage Therapist (Cert IV)

Born in Denmark but migrated to Sweden as a 3-month old baby, where she grew up as one of an eight children family.

Connie lived and worked in Sweden until 1990 when she immigrated to Australia, predominately working in her own vegetable nursery business.

The health awareness (*or the lack of health in the “sickness industry”*) I believe started with my father in laws premature death in the late 1970's.

The start of it all was self trials on Fasting / Cleansing programs, Dietary regimes and Food Supplementation.



Throughout the 1980's, despite being busy in the nursery industry, she continued the health work and awareness, including practicing experimental nutritional-programs.

In 1985 she gave birth to her daughter Mona; both during pregnancy and with the baby practicing alternative remedies to avoid the toxicity that doctors wanted to impose.

After arriving in Australia in 1990 Connie continued her studies and education in various areas; Computer Literacy, Art and Floral arrangements, Certificate IV in Horticulture, Brandon Bays Processes, Don Tolman Academy and finally a Certificate IV in Massage Therapy.

Connie;

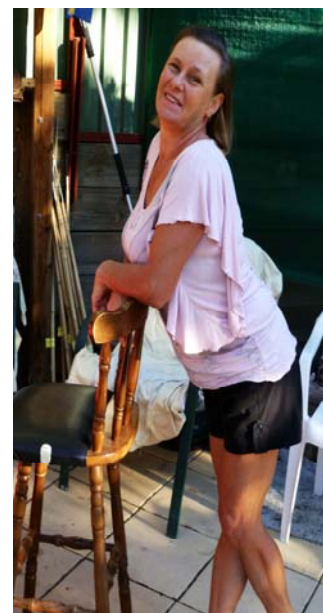
Health is a “Verb” it is NOT a “Noun”!

That is; “Health is something you do EVERY DAY, or it will diminish and vanish. Health can be replacing your morning coffee with a carrot a freshly squeezed juice – or it can be a daily walk.

Health can be joining a Gym, or scheduling regular massage sessions. Health most definitely is removing toxins from your body and your environment.

Call me today on 07 5530 4579 let's talk Health, and let's get started with “YOUR DAILY HEALTH?”

PS. Doctors and pills won't create health, self education and change in lifestyle will.



The Health Benefits of Massage

Massage has many important health benefits. In fact, massage can help you maintain physical, mental and emotional well being, especially when it is part of your regular wellness routine.

Six Health Benefits of Massage

- * Massage calms the nervous system and promotes a sense of relaxation and well being.
- * Massage reduces tension and anxiety.
- * Massage improves blood circulation, which delivers oxygen and nutrients to the cells.
- * Massage stimulates the lymphatic system, which carries away the body's waste products.
- * Massage prevents and relieve muscles cramps and spasms.
- * Massage therapy can help with pain management in conditions such as arthritis, sciatica, muscle spasms.

Remind yourself of these health benefits if you start to feel guilty about getting massage!

Massage is not a good idea if you have a fever, infections, inflammation, osteoporosis and other medical conditions. If you have any questions about whether a massage would be right for you, ask to speak to a massage therapist before you make your appointment.

Article courtesy of; <http://www.lymphnotes.com>

Understanding the Lymphatic System.

Introduction;

The treatment of lymphedema is based on the structures and functions of the lymphatic system. This article presents basic information about the lymphatic system as it relates to the lymphedema care provided by patients as self-care and by caregivers who are aiding lymphedema patients. A qualified lymphedema therapist must have a more extensive understanding of this body system that is presented here.

Functions of the Lymphatic System;

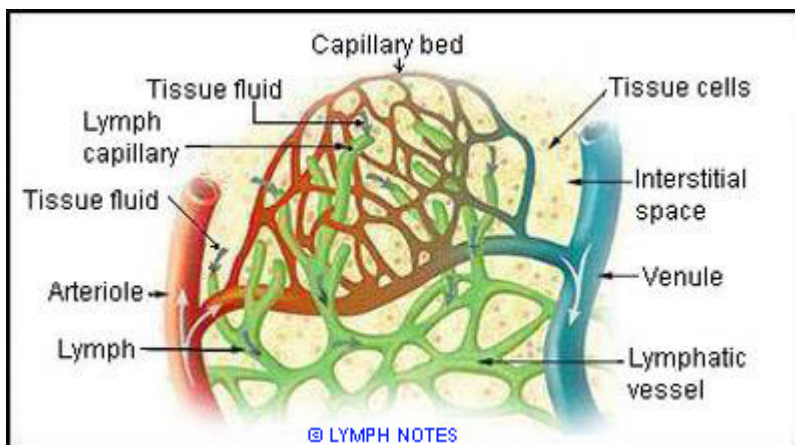
The lymphatic system works in close cooperation with other body systems to perform these important functions:

The lymphatic system *aids the immune system* in destroying pathogens and filtering waste so that the lymph can be safely returned to the circulatory system.

To *remove excess fluid, waste, debris, dead blood cells, pathogens, cancer cells, and toxins* from these cells and the tissue spaces between them.

The lymphatic system also *works with the circulatory system to deliver nutrients, oxygen, and hormones* from the blood to the cells that make up the tissues of the body.

In lymphedema affected tissues, the lymph is unable to drain properly. Instead within these swollen tissues the protein-rich lymph becomes stagnant. When bacteria enter this fluid through a break in the skin, they thrive on this protein-rich fluid. It is for this reason that lymphedema affected tissues are prone to infections.



Blood capillaries allow fluid to leave, and enter, the circulatory system.

The Origin of Lymph

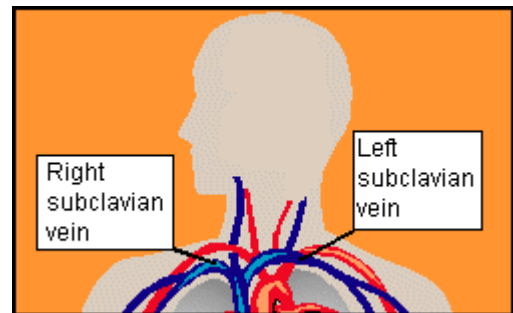
Lymph originates as plasma, which is the fluid portion of blood. The arterial blood that flows out of the heart slows as it moves through a capillary bed (see figure above). This slowing allows some plasma to leave the arterioles and flow into the tissues where it becomes tissue fluid.

- Also known as *intercellular fluid*, or *interstitial fluid*, this tissue fluid delivers nutrients, oxygen, and hormones to the cells.
- As this fluid leaves the cells, it takes with it cellular waste products and protein cells.
- Approximately 90 percent of this tissue fluid flows into the venules. Here it enters the venous circulation as plasma and continues in the circulatory system.
- The remaining 10 percent of the fluid that is left behind is now known as lymph.

Blood Flow Compared with Lymphatic Flow

The bloodstream is pumped by the heart. It circulates throughout the body and is cleansed by being filtered by the kidneys. The lymphatic system does not have a pump to aid in its flow, instead this system is designed so that lymph only flows upward through the body traveling from the extremities (feet and hands) and upward through the body toward the neck.

As it travels through the body, lymph passes through lymph nodes where it is filtered. At the base of the neck, the lymph enters the *subclavian veins* and once again becomes plasma in the bloodstream.



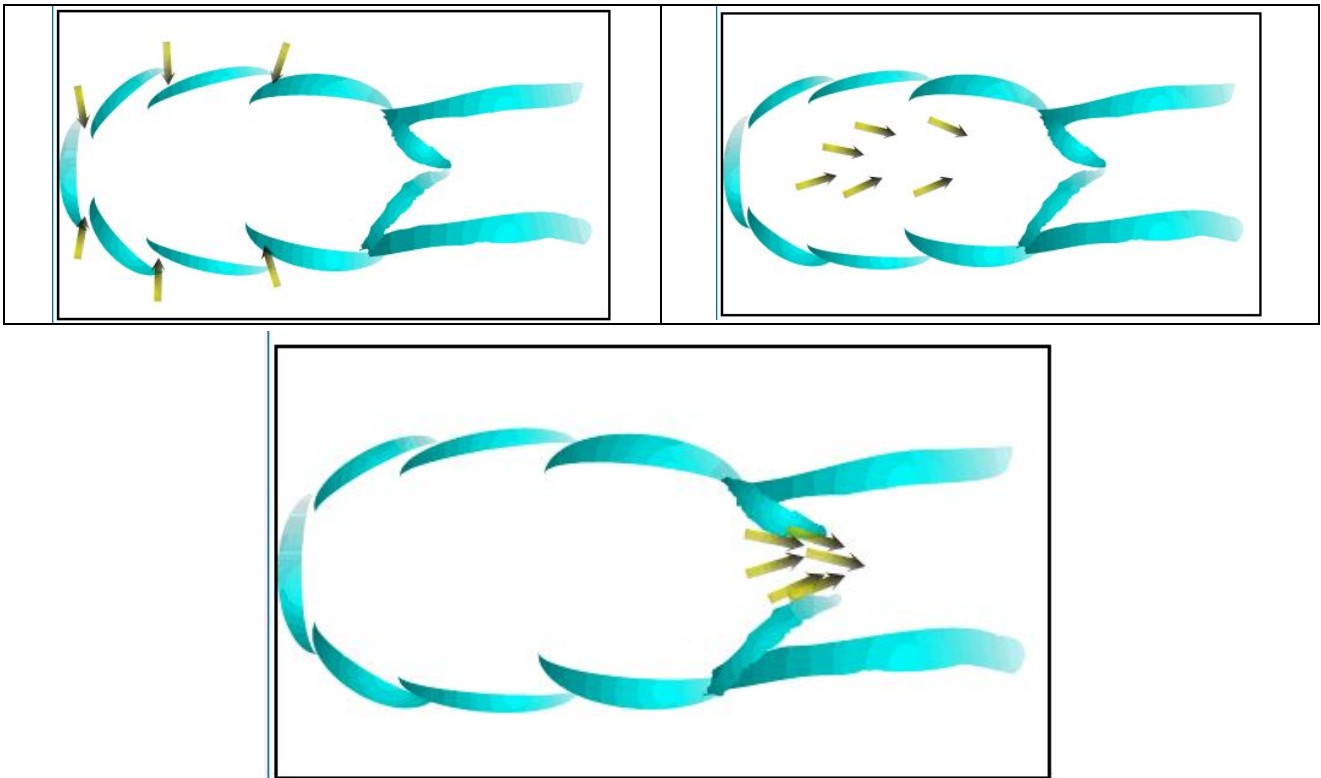
Lymph returning to the subclavian veins. © [Lymph Notes](#)

Lymphatic Capillaries

In order to leave the tissues, the lymph must enter the lymphatic system through specialized lymphatic capillaries. Approximately 70 percent of these are *superficial capillaries* that are located near, or just under, the skin. The remaining 30 percent, which are known as *deep lymphatic capillaries*, surround most of the body's organs.

Lymphatic capillaries begin as blind-ended tubes that are only a single cell in thickness. These cells are arranged in a slightly overlapping pattern, much like the shingles on a roof. Each of these individual cells is fastened to nearby tissues by an *anchoring filament*.

As shown in the animation below, pressure from the fluid surrounding the capillary forces these cells to separate for a moment to allow lymph to enter the capillary. Then the cells of the wall close together. This does not allow the lymph to leave the capillary. Instead it is forced to move forward.

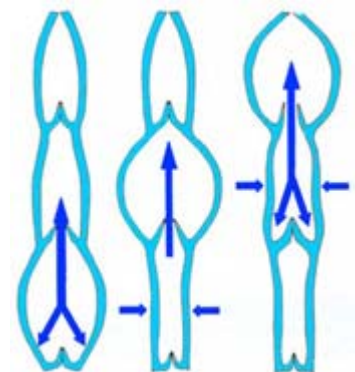


Lymph entering a lymph capillary. (Courtesy of John Ross).

Lymphatic Vessels

The lymphatic capillaries gradually join together to form a mesh-like network of tubes that are located deeper in the body. As they become larger, these structures are known as lymphatic vessels.

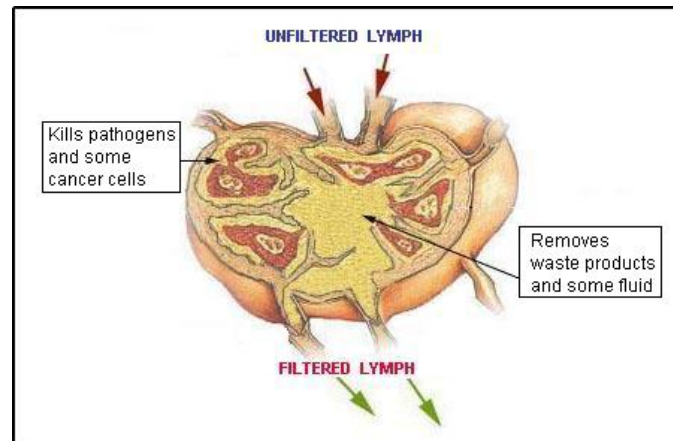
- Deeper within the body the lymphatic vessels become progressively larger and are located near major veins.
- Like veins, lymphatic vessels, which are known as lymphangions have one-way valves to prevent any backward flow.
- Each angions is a segment created by the space between two sets of valves.
- Smooth muscles in the walls of the lymphatic vessels cause the angions to contract sequentially to aid the flow of lymph toward the thoracic region. Because of their shape, these vessels are previously referred to as a string of pearls.



A functioning lymphangion
(Courtesy of Laura Niklason)

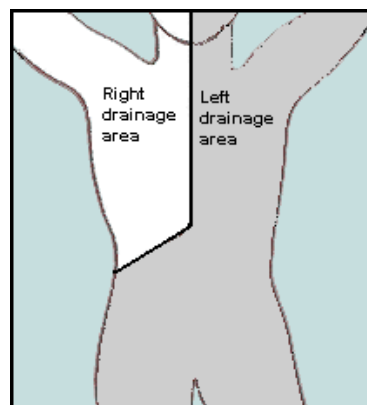
Lymph Nodes

There are between 600-700 lymph nodes present in the average human body. It is the role of these nodes to filter the lymph before it can be returned to the circulatory system. Although these nodes can increase or decrease in size throughout life, any nodes that has been damaged or destroyed, does not regenerate.



Lymph nodes kill pathogens and cancer cells.
They also remove debris and excess fluid..© [Lymph Notes](#)

- *Afferent lymphatic vessels* carry unfiltered lymph into the node. Here waste products, and some of the fluid, are filtered out.
- In another section of the node, lymphocytes, which are specialized white blood cells, kill pathogens that may be present. This causes the swelling commonly swelling known as swollen glands.
- Lymph nodes also trap cancer cells and slow the spread of the cancer until they are overwhelmed by it.
- *Efferent lymphatic vessels* carry the filtered lymph out of the node to continue its return to the circulatory system.

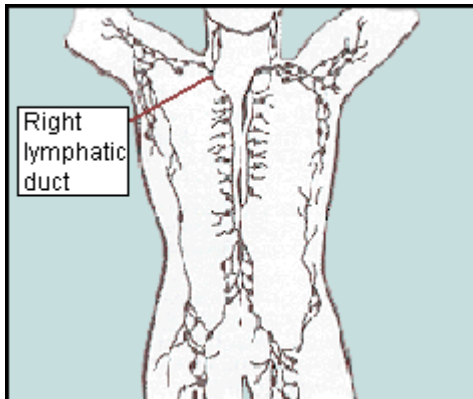


Lymphatic Drainage Areas
© [Lymph Notes](#)

Drainage Areas

Lymphatic drainage is organization into two separate and very unequal drainage areas. These are the right and left drainage areas and normally lymph does not drain across the invisible lines that separate these areas. Structures within each area carry lymph to its destination, which is to return to the circulatory system.

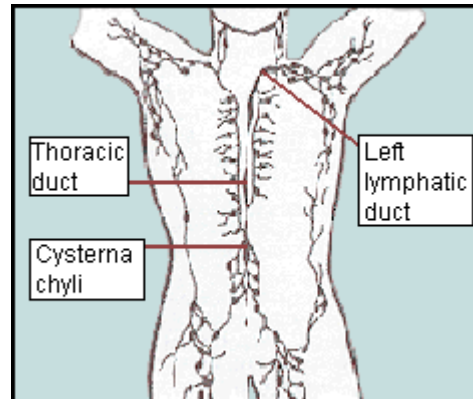
Right Drainage Area



Right drainage area landmarks
© Lymph Notes

- Drains lymph from the right side of the head and neck
- The right arm
- Upper right quadrant of the body.
- Lymph from this area flows into the [right lymphatic duct](#).
- This duct empties the lymph into the right subclavian vein.

Left Drainage Area



Left lymphatic drainage landmarks
© Lymph Notes

- Drains lymph from the left side of the head and neck
- The Left arm and the left upper quadrant
- The lower trunk and both legs
- The [cisterna chyli](#) temporarily stores lymph as it moves upward from the lower areas of the body.
- The [thoracic duct](#) transports lymph upward to the left lymphatic duct.
- The left lymphatic duct empties the lymph into the left subclavian vein.

Why This Information is so Important

- **Damage disturbs the flow.** When lymphatic tissues or lymph nodes have been damaged, destroyed or removed, lymph cannot drain normally from the affected area. When this happens excess lymph accumulates and results in the swelling that is characteristic of lymphedema.
- **Drainage areas.** The treatment of lymphedema is based on the natural structures and the flow of lymph. The affected drainage area determines the pattern of the manual lymph drainage (MLD) and for self-massage. Although lymph does not normally cross from one area to another, MLD stimulates the flow from one area to another. It also encourages the formation of new lymph drainage pathways.

- *MLD treatment and self-massage* begin by stimulating the area near the terminus and the larger lymphatic vessels. This stimulates the flow of lymph that is already in the system and frees space for the flow of the lymph that is going to enter the capillaries during the treatment.
- *MLD treatment* continues as a gentle massage technique to stimulate the movement of the excess lymph in affected tissues. The rhythmic, light strokes of MLD provide just the right pressure to encourage this excess lymph to flow into the lymph capillaries.
- The *compression garments, aids, and/or bandages* that are worn between treatments help control swelling by providing pressure that is needed to encourage the flow of lymph into the capillaries.
- *Exercise* is important in the treatment of lymphedema because the movements of the muscles stimulate the flow of the lymph into the capillaries. Wearing a compression garment during exercise also provides resistance to further stimulate this flow.
- *Self-massage* or *simplified lymphatic drainage*, as prescribed by your therapist, is another way in which lymph is encouraged to flow into the capillaries. Each self-massage session begins at the terminus with strokes to stimulate the flow of lymph that is already in the system. This is followed by specialized strokes that encourage the flow of lymph into the capillaries and then upward to the terminus.

References

- [1] *About the Lymphatic System* in The Lymphoedema Handbook by Professor N. Piller and M.O. O'Conner, P.T. Hill. Content 2002.
- [2] *Anatomy Fundamentals* by W. Weissleder, and C. Schuchhardt in Lymphedema Diagnosis and Therapy 2nd ed. Kagerer Kommunikation, Bonn 1997
- [3] *Atlas of the Human Body* by T. Takahashi. Harper Perennial 1994,
- [4] *Foundation of Manual Lymph Drainage 3rd ed* by M. Földi and R. StröBenreuther. Elsevier, 2003.
- [5] *The Human Body Explained* by P. Whitfield. Henry Holt and Company.
- [6] *Living Well with Lymphedema* by A. Ehrlich, MA, A. Vinjé-Harrewijn PT, CLT-LANA, and E. PhD. Lymph Notes, 2005.
- [7] *Lymphatic Vessels* by A. Gashev in The Lymphatic Continuum Revisited ed by S.G. Rockson, 2008.
- [8] *Lymphedema Caregiver's Guide* by M. K. Kearsse, PT, CLT-LANA, E. McMahan, PhD, and A.Ehrlich, MA. Lymph Notes 2009.
- [9] *Lymphedema Management: The comprehensive Guide for Practitioners, 2nd ed.* by J.E. Zuther. Thieme, 2009.
- [10] *Lymphedema Therapy in a Vascular Anomaly Patient: Therapeutics for the Forgotten Circulation* by S. G. Rockson in Lymphatic Research and Biology, Vol 3, No 4," 2005.
- [11] *The Lymphatic System Pathology* by B. Lasinski in Implications for the Physical Therapists 2-Ed by C.C. Goodman, W.G. Boissonnault, and K.S.Fuller. Saunders, 2003, pages 477-508.
- [12] *The Way We Work* by D. Macaulay and R. Walker. Houghton Mifflin Company, 2008.
- [13] *Unlocking the Drains* by P. Brown. Nature Publishing Group, 2005, pages 459-458.

© LymphNotes.com 2010. This information does not replace the advice of a qualified health care professional.

Source of the information; <http://www.lymphnotes.com/article.php/id/151/>

Swedish Massage, A Short History and Background

Swedish massage was pioneered by a Swedish physiologist, Henri Peter Ling, at the University of Stockholm in 1812. It was introduced to the U.S. in 1858 as "The Swedish Movement Cure." Swedish massage is the foundation for other types of Western massage, including [sports massage](#), [deep tissue massage](#) and [aromatherapy massage](#). (also know as Classic massage).

It does not really matter who developed it because the strokes are based on massage techniques from around the world. By the 1890s, almost everyone thought they were experts on the techniques of Swedish massages and many physicians and non-physicians had published books with details and illustrations. During this time period, in this short but helpful history of massage, Swedish massage was used extensively in many sanitariums, the precursor for the modern day massage spa. Swedish massage uses gentle but firm pressure to improve circulation and ease muscle tension and pain.

Swedish massage is generally what's considered a full body massage, as it usually works on all major muscle groups in the body. (Some areas such as [breast massage](#) are not offered by all therapists.) Swedish massage can increase one's flexibility because it stretches the ligaments and tendons, and Swedish massage is specifically designed to relax the [muscles](#). It also helps flush the body tissues of uric and lactic acid and other metabolic waste. It is therefore important to help this by drinking a lot of water after a deep tissue massage, this cleansing is just another benefit of your Swedish Massage session.

[Swedish massage](#) is the most commonly offered and best-known type of [massage](#). If it's your [first time at the spa](#), Swedish massage is the perfect place to start.

What Happens During Swedish Massage?

During Swedish massage, [massage therapists](#) use [massage oils](#) to facilitate smooth, gliding strokes called [effleurage](#). Other classic Swedish massage moves include kneading, friction, stretching and (sometimes) tapping.

Swedish massage promotes relaxation, eases muscle tension and creates other [health benefits](#). It can be slow and gentle or vigorous and bracing, depending on what the therapist wants to achieve.

Feel free to state your preference for pressure during Swedish massage. It can range from light to firm. Swedish massage usually includes some deeper work on areas of specific muscle tension. If you want more intensive work and firmer pressure, ask for a [deep tissue massage](#).

Deep Tissue Massage.

Deep tissue massage is a type of massage aimed at the deeper tissue structures of the muscle and fascia, also called connective tissue. Deep tissue massage uses many of the same movements and techniques as [Swedish massage](#), but the pressure will generally be more intense. It is also a more focused type of massage, as the therapist works to release chronic muscle tension or knots (also known as "adhesions.")

While providing a Full Body Massage the Swedish Massage Therapist can provide concentrated Deep Tissue Massage on certain 'problem areas' of tension or sore muscles. Feel free to discuss these issues and other concerns with your therapist prior to your massage session.

Will A Deep Tissue Massage Hurt?

It shouldn't hurt, but it's likely to be a bit more uncomfortable than a classic Swedish massage. You should always feel free to speak up if the pressure is too much for you.

It's important to drink a lot of water after a deep tissue massage to help flush lactic acid out of the tissues. If you don't, you might be sore the next day.

It's possible that you might feel some soreness the day after a deep tissue massage even if you DO drink water. This just means a lot of waste products were flushed out of the tissues. It should pass within a day or so.

How Fast Will I Get Results With A Deep Tissue Massage?

It's important to be realistic about what one deep tissue massage can achieve. Many people ask for more pressure, thinking that if the therapist just pushes hard enough, they can get rid of all their knots in an hour. This just won't happen.

In fact, undoing chronic knots and tension built up over a lifetime is best achieved with an integrated program that includes exercise, work on your posture and ways of moving, relaxation techniques and a regular program of massage.

Finally, while deep tissue is certainly valuable, you should be aware that gentle styles of massage like craniosacral therapy can also produce profound release and realignment in the body.

Full Body Massage.

Full Body Massage, as opposed to specific target problem area massage, (Ie; injury and sports massage.) is the most common spa massage therapy.

This starts with a gentle stretch of the back muscles, followed by a through and full back side massage, including legs and feet.

The client then turns over to lie on the back and the massage is continued on the front; feets, legs, followed by a gentle stomach massage and upper chest muscles. The massage is normally completed with a scalp and facial pressure point massage.

Relaxation Massage / Firm Muscle Massage.

Please talk to your Massage Therapist when you book your massage session, as mentioned above there are endless levels and combinations of massage.

From a very soft stroking massage with soft music and Aromatherapy, through to sport massage and the softening of hard and tense muscle tissue.

Hot Rock Massage:

An ancient massage technique utilising the benefits of thermotherapy. Hot stones are gently placed on energy or 'chakra' points during the treatment and are used on the body during the massage to provide deep muscular stress relief.

Heated stone treatment goes beyond the physical and allows you to enter a deeper sense of relaxation, health and well being. The penetrating heat from the stones relaxes muscles, allowing trigger points to dissolve and fade with minimum effort. Some of the benefits include relief of chronic pain, relaxation and stress reduction, detoxification of the body, and relief of neck and back pain.

Each rock is heated and placed on key points of your body. The energy from the heated rock penetrates your skin for a unique soothing, healing experience. This treatment is perfect for those feeling stressed or out of sync.

The Flat hot stones are placed along the spine on a towel, to relax the muscles, the therapist use different size of rocks during the massage usually the massage starts on the back of the legs and continue up to the back and the neck.

The client then roll over on the back and the massage is continued at the front in the same manner as full body massage.

For additional relaxation cold rocks may be placed on the face during the front body massage.

Alternatives of Hot Rock Massage

The ancient ritual of a hot rock massage uses special stones placed on key energy hotrockpoints of your body, with the warmth reaching deep into your muscles, to melt away tension and stress.

These smooth therapeutic stones have been polished by the waves of the ocean, and are filled with natural healing energy. Each stone is individually chosen at the time of your treatment.

Once your muscles are warmed by the heat of the stones, they are expertly integrated into a full body massage. The mixture of warmth, essential oils with a gentle gliding massage allows for a deep sense of relaxation, taking a feeling of wellbeing to a new level.

For maximum benefit of this relaxation we recommend continued relaxation after the massage, please do not plan on being in a hurry after this treatment!

Why Do People Get Hot Stone Massage?

Many people find the warmth of the hot stones to be comforting and get it for relaxation.

Hot stone massage is suited to people who tend to feel chilly or who have cold feet. It's also suited for people who have muscle tension but prefer a lighter massage. The heat relaxes muscles, allowing the therapist to work the muscles without using deep pressure.

People also get hot stone massage for a variety of health conditions:

- Back pain and aches
- Poor circulation
- Osteoarthritis and arthritis pain
- Stress, anxiety and tension
- Insomnia
- Depression

Seated Massage.

Corporate Office Seated Massage

"The most cost effective employee benefit you'll ever have for your office"

Connies Health massage therapists are experienced professionals. Fully accredited, qualified and insured in seated massage, our services are available on the Gold Coast, and only after special arrangement in other areas.

Office massage plays a vital role in managing your staffs' stress levels. A 15-minute seated massage decreases job stress and significantly increases alertness, focus and work productivity.

Workplace seated massage is a time efficient and healthy solution to many common workplace ailments. Corporations and government departments, large and small, use massage in the workplace to keep staff performing at their best. Take care of your most important workplace asset with a corporate seated massage and experience the results first-hand.

Employer Workplace Seated Massage Benefits

- Revitalises your staff's body and mind for better work focus
- Improves, builds and maintains high staff morale
- Reduces absenteeism
- Decreases staff turnover with higher loyalty
- Lifts staff participation and engagement rates
- Increases motivation, productivity and enthusiasm
- Staff return to their jobs relaxed with their energy and mental clarity restored
- Builds employer of choice

Employee Workplace Seated Massage Health Benefits

- Relieves muscular tension and pain
- Calms the nervous system, improves circulation and reduces blood pressure
- Increases mobility, flexibility and posture
- Relieves travel fatigue and jet lag, anxiety, headaches and migraines
- Relieves eye strain and aching back muscles
- Reduces insomnia
- Relieves tension related to respiratory ailments such as asthma
- Relieves stress injuries and conditions such as RSI/OOS, frozen shoulder, tennis elbow, lower back pain, sciatica, neck and shoulder tension

Quality Practitioners at Competitive Rates

Invest as little as \$5 per staff person for a convenient on-site massage. Individual seated massages range from 5 minutes to half an hour (with 15 - 20 minutes as the most common). Seated massage in the workplace achieves the best results on a weekly or fortnightly basis as a regular for your staff wellness and wellbeing.

Zone Therapy or Reflexology;

Reflexology / Zone Therapy, A healing through nerve relaxation.

The Massaging process is the same, but can be known and presented as either Reflexology or Zone Therapy. The massage focusing on the nerve endings in the foot, a relaxation massage that connects to all and any organ in the body.

A hands on approach to your health and well-being. The feet and hands are considered as a 3-D map of your body. Stimulating the reflexes under your feet will clear away accumulated toxins and restore your natural energy flow.

Most people love to have their feet massaged, it is very relaxing. (One of our human “sins” is the invention of shoes, an invention depriving us of natural massage of the foot souls.)

It is important to work the whole of the foot to promote homeostasis throughout the entire body. Congested or tender areas may be given some extra attention but the entire body should be encourage into proper balance by giving a full treatment.

The treatment starts with a warm aroma footbath and a gentle warm up of the ligament and tendons in the feet, relaxing stretches and wringing of the feet, right foot it covert to keep warm while the therapist work on the left foot. When both feets been treated a nice foot balm is massaged in to both feet.

Aromatherapy.

Aromatherapy massage uses essential oils derived from plants to affect your mood and alleviate pain.

In aromatherapy massage, essential oils are mixed with a carrier oil like sweet almond, apricot kernel, or grapeseed oil. The massage therapist use up to five oils in a mixture, and chooses the oils based on what you need. A relaxing aromatherapy massage, for instance, might have lavender or bergamot, while a massage for sore muscles might include peppermint and eucalyptus.

Essential oils are a volatile, highly concentrated plant extracts, derived from leaves, bark, roots, seeds resins and flowers. They can also be used in hydrotherapy baths, facials and body treatments. You can also use them at home.

Aromatherapy should not be confused with fragrances or perfume oils. Fragrances are often made from chemicals, and lack the therapeutic properties of essential oils. So just because someone lights a scented candle doesn't make it aromatherapy!

Aromatherapy, the History and the Healing effects;

Aromatherapy may have origins in antiquity with the use of infused aromatic oils, made by macerating dried plant material in fatty oil, heating and then filtering. Many such oils are described by Dioscorides, along with beliefs of the time regarding their healing properties, in his *De Materia Medica*, written in the first century. Distilled essential oils have been employed as medicines since the invention of distillation in the eleventh century, when Avicenna isolated essential oils using steam distillation.

The concept of aromatherapy was first mooted by a small number of European scientists and doctors, in about 1907. In 1937, the word first appeared in print in a French book on the subject: *Aromathérapie: Les Huiles Essentielles, Hormones Végétales* by René-Maurice Gattefossé, a chemist. An English version was published in 1993. In 1910, Gattefossé burned a hand very badly in a laboratory explosion. The hand developed [gas gangrene](#), which he successfully, and intentionally, treated with lavender oil.

A French surgeon, [Jean Valnet](#), pioneered the medicinal uses of essential oils, which he used as antiseptics in the treatment of wounded soldiers during [World War II](#).

Aromatherapy is the treatment or prevention of disease by use of [essential oils](#). Other stated uses include pain- and anxiety-reduction, enhancement of energy and short-term memory, relaxation, hair loss prevention, and reduction of eczema-induced itching.

Two basic mechanisms are offered to explain the purported effects. One is the influence of aroma on the [brain](#), especially the [limbic system](#) through the [olfactory system](#). The other is the direct pharmacological effects of the [essential oils](#). While precise knowledge of the [synergy](#) between the body and aromatic oils is often claimed by aromatherapists, the efficacy of aromatherapy remains unproven. However, some preliminary clinical studies of aromatherapy in combination with other techniques show positive effects. Aromatherapy does not cure conditions but help the body to find a natural way of helping itself and build a better immune system.

Some benefits that have been linked to aromatherapy, such as relaxation and clarity of mind, may arise from the [placebo effect](#) rather than from any actual physiological effect. The consensus among most medical professionals is that while some aromas have demonstrated effects on mood and relaxation and may have related benefits for patients, there is currently insufficient evidence to support the claims made for aromatherapy. Scientific research on the cause and effects of aromatherapy is limited, although [in vitro](#) testing has revealed some [antibacterial](#) and [antiviral](#) effects. There is no evidence of any long-term results from an aromatherapy massage other than the [pleasure](#) achieved from a pleasant-smelling massage. A few double blind studies in the field of clinical psychology relating to the treatment of severe dementia have been published. Essential oils have a demonstrated efficacy in dental mouthwash products.

Skeptical literature suggests that aromatherapy is based on the [anecdotal evidence](#) of its benefits rather than proof that aromatherapy can cure diseases. Scientists and medical professionals acknowledge that aromatherapy has limited scientific support, but critics argue that the claims of most aromatherapy practitioners go beyond the data, and/or that the studies are neither adequately controlled nor peer reviewed.

Some proponents of aromatherapy believe that the claimed effect of each type of oil is not caused by the chemicals in the oil interacting with the senses, but because the oil contains a distillation of the "[life force](#)" of the plant from which it is derived that will "balance the energies" of the body and promote healing or well-being by purging negative vibrations from the body's energy field. Arguing that there is no [scientific evidence](#) that healing can be achieved, and that the claimed "energies" even exist, many [skeptics](#) reject this form of aromatherapy as [pseudoscience](#).

Brandon Bays, Journey Process Service;

This is a process where the client is gently guided true different layers of feelings until reaching a sort of calm and stillness, the process continue by slowly moving up true the feelings and getting to the root of the strongest feeling and uncover the blockage recognize it and give totally forgiveness.

Brandon Bays, "The Journey". (Preceded by Connie's Health.)

The extraordinary gift of Brandon's own healing journey was to pioneer a road-map:

The Journey is cutting-edge transformation and healing work pioneered by internationally acclaimed, best-selling author, speaker and mind-body-healing expert Brandon Bays. It is recognised worldwide as a uniquely potent tool for awakening and liberating the infinite human potential. The work has helped thousands of people worldwide free themselves from issues like fear, anxiety, stress, depression, low self-esteem, chronic anger and rage, physical illnesses and disease, and those relating to addictions and unhealthy behaviours, sexual abuse, relationship problems and career performance.

Using The Journey methods ordinary people achieve extraordinary results, no matter their age, background, culture or upbringing. The Journey is hailed as a universal teaching, the only one of its kind. It's practical, user-friendly and down-to-earth - and it gets the deepest of results!

Making A Real Difference In Peoples Lives



You're ready for the Journey if you are;

- Undermined by fear, anxiety or feeling stressed out.
- Frozen in inaction or unable to act clearly and effectively.
- Stuck in emotional turmoil or past emotional conflicts.
- Depressed, feeling flat, unmotivated or unenthusiastic.
- Facing ill health or ongoing physical challenges.
- Still searching for your own authentic greatness, your infinite potential, your deepest truth.

If you answered 'yes' to ANY of these - then The Journey gives you:

- Unique tools to take proactive charge of every area of your life.
- Creating lasting transformation at the deepest level.
- A simple method to effectively address the root cause – not just the symptom – of any life issue, and clear it out completely.
- The framework to discover your own deepest answers, the core truth, your own authentic self.
- Step-by-step guidance to uncover your own greatness, the infinite potential you've always known is inside you - and let it positively impact your whole life experience.
- A radical and powerful way to face any challenge and discover the core lesson that will allow you to genuinely and organically turn it into an advantage.
- The opportunity to clear out any old pattern and step into a new awareness, a new consciousness - a brand new you!

Real tools ... Real healing ... Real change from within Expanding throughout the World.

Since its inception in 1994, starting in Australia with that first workshop for 18 people in a friend's sitting room in Mosman, Journeywork has been expanding worldwide and going from strength to strength. Journey seminars are now conducted in 28 countries with the book translated into 20 different languages, and still more new countries are asking for the work every week. In just the last 2 years - 2007 & 2008 - we have opened up in 12 new countries. Apart from the Journey Intensive, this has meant creating supportive infrastructures and foundations, complete with trainers, practitioners, presenters, and ongoing work available, Journey Warm Lines, Journey Grad Meetings, advanced level seminars and ongoing support.



The Journey Vision - Brandon Bays; We all share a dream...

That the people of our world awaken to their infinite potential. That we all realise the enlightened awareness of our own soul. That within this process work and these powerful tools everyone finds deep wholeness and peace on all levels of being.

We pray that everyone joins the wave of awakening that is sweeping our planet, and that together we become a living transmission of Grace and compassion, our actions a direct expression of this consciousness.

May our entire world experience true healing on all levels.

[Your Journey in freedom starts here](http://www.connieshealth.com/TheJourney.aspx)

www.connieshealth.com/TheJourney.aspx

Don Tolman; Cleansing and Fasting

A way to clean your body from toxins by only drinking a special blend of fruit and vegetables and lots of clean water during a period of 5 days up to 30 days depending on the personal need and character to stay with the program. Meditating and sun baking is a part of the cleansing process.

About Don Tolman



Don Tolman is an author, public speaker, trainer, educator, entertainer and experimental nutritional-eating researcher. He has written multiple books on a variety of skill-specific mental functions and self-improvement topics. He has been a **coach and mentor for key personnel with Xerox, General Motors, and Pitney Bowes corporations.**

Don Tolman has spoken to more than 1,000 audiences in all 50 states of America and in 7 foreign countries, including Australia, New Zealand and Singapore.

His **media credits** include more than **50 radio and TV talk show appearances per year.**

He has been a return guest on the Donahue Show, Entertainment Tonight and ABC Talk Radio in the US and Mornings with Kerri-Anne, Today Tonight in Australia and the Good-Morning Show in New Zealand.

Don's revolutionary discoveries in the field of **whole food nutrition** have earned him the right to speak at some of the **world's leading health and technology organisations** such as the Massachusetts Institute of Technology (MIT), the Health Research Academy at Cornell University in New York City and the prestigious Johns Hopkins Hospital in Baltimore where he has assisted many critically ill patients to full recovery.

Don's commitment to learning about health and the human body is so passionate that he has completed a **40 day water-only fast**, 3 times now and has also inspired many others through this incredible, health-transforming experience.

In 1995, after **40 days on water alone, Don drank one quart of fresh-squeezed grape juice and then ran a 26-mile marathon.** This feat was documented, supervised, and filmed by the Hollywood film company Motion Media and the L.A. Film Factory.

In 2006, in Australia he jammed switchboards after **appearing on Channel 10 and in New Zealand a planned 5 minute TV interview on The Good-Morning Show extended for 35 minutes,** such was the interest in Don's powerful message.

The late **Earl Nightingale** once said, *“If George Carlin (legendary stand-up comedian) and Albert Einstein had a son, it would be Don Tolman.”*

TV talk show host, *Phil Donahue* recently stated, *“Like what he says or not; it’s people like Don Tolman who, in their own unique way, will impact social change.”*

Don is a distinguished communications facilitator and vocabulary-enhancement trainer. He has studied in-depth, areas of applied behavioral and cognitive science, as well as neurology, semiotics, operant conditioning and Gestalt Theorem.

Don has a passion for creating applied technique curriculum’s of **accelerated learning for children**, as well as arcane and esoteric approaches to enhancing mental capacities.

Over the past 30 years, through his own research, experimentation and observation with nutrition and extended fasting, Don has been able to apply his wisdom in **assisting many cancer patients** to return to full health without invasive, conventional medical treatments. Don now passionately shares the messages of **Self-Care** and **Self-Education** globally through a series of **live events and seminars**.

Farmacist Desk Reference

In 2006, after 3 years in the making, Don Tolman released his much awaited **Farmacist Desk Reference (FDR)**. It's the world's first *Encyclopedia of Wholefood Medicine* containing over 1,600 pages of **self-care, wholefood and healing wisdom**. The FDR is an absolute 'must have' for every person and family who is conscious of their health.



<http://www.connieshealth.com/Products/tabid/72/ctl/ProductDetails/mid/415/ProductID/37/Default.aspx>

Don Tolman in Australia

Stay tuned for early 2011 dates for *Discovering Self-Care and Self-Education / An Evening with Don Tolman* hosted by Fortune Events OR be quick to secure your place for the only *BootCamp4Brains* weekend programs for 2011 - in **Sydney** or **Perth**