

# Quiet Moments Massage Therapy News

Winter 2011

Member, Associated Bodywork & Massage Professionals

## The Power of Touch

### In a High-tech World, It Pays to Reach Out

Nora Brunner

Physician and holistic health pioneer Rachel Naomi Remen once confessed that as a pediatric intern she was an unrepentant baby kisser, often smooching her little patients as she made her rounds at the hospital. She did this when no one was looking because she sensed her colleagues would frown on her behavior, even though she couldn't think of a single reason not to do it.

The lack of basic human contact in our high-tech medical system reflects a larger social ill that has only recently started to get some attention--touch deprivation. The cultural landscape is puzzling. On the one hand, we are saturated in suggestive messages by the

skin-to-skin contact is beneficial to human health, American social norms inhibit this most basic form of human interaction and communication. Despite our supposedly enlightened attitudes, we Americans are among the most touch-deprived people in the world.

"Touch deprivation is a reality in American culture as a whole," writes Reverend Anthony David of Atlanta. "It's not just babies needing to be touched in caring ways, or the sick. It's not just doctors and nurses needing to extend it. It's all of us, needing connection, needing to receive it, needing to give it, with genuine happiness at stake."



High-tech can mean low-touch. Ensure you're getting the tactile connection humans require.

mass media; on the other hand, the caring pediatrician is afraid someone might look askance at her planting a kiss on a baby's forehead. What's wrong with this picture?

### Social Norms

Unfortunately, touch has become, well, a touchy subject. Though there's growing scientific evidence that

### Distant, Disconnected

How did we come to deprive ourselves so tragically? According to Texas psychology professor David R. Cross, PhD, there are three reasons Americans don't touch each other more: fear of sexual innuendo, societal and personal

Continued on page 2

*There's nothing better than a good friend, except a good friend with chocolate.*

-Linda Grayson

#### Office Hours and Contact

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**Mon. - Wed. & Fri. & Sat.**

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#### In this Issue

**The Power of Touch**  
**Is the Season Getting You Down?**  
**The Case for Chocolate**

Continued from page 1

disconnection aided by technology, and the fact that the ill effects of non-touching are simply not that obvious and don't receive much attention.

It's no surprise Americans are often afraid physical touching signals romantic interest, which leads to the twin perils of either having our intentions misunderstood or wondering if someone's gesture is an uninvited advance. This ambiguity is more than enough to scare most people from taking someone's arm or patting them on the back.

The potential for the loaded gesture is further complicated by our litigious society in which unwelcome touch can mean, or be interpreted as, dominance, sexual harassment, or exploitation. People in the helping professions are regularly counseled on how to do their jobs without creating even a hint of ambiguity. In one extreme example, counselors at a children's summer camp were given the advice that when kids proactively hugged them, the counselors were to raise both arms over their heads to show they hadn't invited the contact and weren't participating in it. One wonders how the innocent minds of children will interpret this bizarre response to their spontaneous affection.

Another reason for touch phobia, according to Cross, is that we live in a society with far-flung families and declining community connections. Technology plays a significant role in the way we communicate, and it seems we move farther away from face-to-face communication with every new invention. How ironic that the old telephone company jingle that encouraged us to "Reach Out and Touch Someone" gave way to the slew of electronic devices we have today, all ringing and beeping for our attention. While these devices were invented to improve communication, some people wonder if the net effect is lower quality in our exchanges of information.

While there is scientific research showing non-touch is detrimental to health, Cross says those negative effects aren't obvious. The effects of a lack of touch are insidious and long-term and don't amount to a dramatic story for prime time.

"Humans deprived of touch are prone to mental illness, violence, compromised immune systems, and poor self-regulation," Cross says. So serious are the effects of touch deprivation, it's considered by researchers to be worse than physical abuse.

## Benefits of Touch

Stated more positively, science does support the preventive health benefits of touch. For example, Tiffany Field, PhD, founder of the Touch Research Institute, notes that in a study on preterm infants, massaging the babies increased their weight and allowed them to be discharged earlier. Discharging babies earlier from expensive neonatal intensive care units could save the healthcare system \$4.7 billion annually.

In other research, scientists at the University of North Carolina found the

stress hormone cortisol was reduced with hugging. Cortisol is associated with anger, anxiety, physical tension, and weakened immunity.

Massage therapy has been found useful in reducing symptoms such as anxiety, depression, pain, and stress, and is helpful for those suffering with a variety of illnesses, including anorexia nervosa, arthritis, cancer, fibromyalgia, and stroke. While more research is needed, massage therapy has also been shown to reduce symptoms associated with alcohol withdrawal and smoking cessation, and can strengthen self-esteem, boost the immune system, increase flexibility, and improve sleep.

As a nation, we are still finding our way in terms of increasing our touch quotient; but those who make their way into a massage therapy room are farther along than most.



Massage helps boost self-worth and contribute to emotional well-being and connection.

# Is the Season Getting You Down?

## Shine the Light on Winter Blues

In northern climates when the heavy snows fall and the sun moves south, many people find their moods shift from upbeat to downright depressed. The severe form of winter depression--called seasonal affective disorder, or SAD--affects at least two million North Americans. Another thirty-nine million experience milder symptoms of moodiness and extended sleep patterns that somewhat resemble hibernation.

Overeating, sleeping for prolonged periods, mood swings, carbohydrate cravings, and weight gain during winter months may be more than just symptoms of cabin fever. They can suggest a biochemical reaction caused by a lack of exposure to sunlight.

Like all living things, we humans are sensitive to the seasons and sunlight. We secrete a hormone called melatonin, which helps us sleep at night and stay awake during the day. Melatonin production is directly linked to sun exposure. So, as the days get shorter

during the winter, our bodies produce more and more melatonin and we can literally feel like going into a cave and hibernating.

Many SAD sufferers manage their seasonal depression with daily exposure to full-spectrum lamps or light boxes. By getting daily doses of natural light, they can fool their brains into thinking it's summertime, and their need to sleep decreases.

Recent research shows that timing these light therapy sessions to our natural biological clocks is even more beneficial than usage during the day. Exposure to natural spectrum bright light for thirty minutes on awakening is twice as effective as evening sessions, and one study found this practice actually had an 80 percent chance of sending SAD into remission.

If winter blues are getting to you, consider investing in a full spectrum lamp and use it first thing in the morning--because SAD is for the bears.



**Loosen the grip of seasonal affective disorder.**

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# The Case for Chocolate

## New Studies Show Health Benefits

It's not like we need a specific reason to eat chocolate, but it doesn't hurt that studies are finding increasing health benefits associated with the popular indulgence. While chocolate is high in sugar and saturated fat, it does contain chemical compounds with proven benefits, so enjoy--in moderation--and expect to reap some of these rewards.

### Improved Heart Health

A study in the Archives of Internal Medicine found that women over 70 who ate chocolate at least once a week were 35 percent less likely to suffer from heart disease during the survey period. Researchers suspect that the flavonoids found in chocolate, which are known to reduce blood pressure, likely improve overall cardiovascular health.

### Reduced Liver Strain

These same flavonoids in dark chocolate that help decrease blood pressure can also reduce post-meal abdominal blood pressure spikes that strain the liver by widening and relaxing blood cells. A Spanish study of patients with end-stage liver disease showed that dark chocolate helped reduce some of the risks associated with conditions like cirrhosis.

### Safer Pregnancy

Dark chocolate has been shown to help pregnant women avoid preeclampsia--a significant complication where blood pressure spikes to dangerous levels--by nearly 40 percent when consumed five times a week. Dark chocolate is especially rich in theobromine, which relaxes

muscles and dilates blood vessels. As an additional benefit, it also seems to improve circulation in the placenta.

### Increased Endurance

Research out of the University of California, San Diego, demonstrated that mice given epicatechin, a flavonoid found in dark chocolate, could run for 50 percent longer than those who only drank water. The mice also grew new capillaries and mitochondria in their muscles, changes that explain their enhanced endurance capacity. Unfortunately, perhaps, for chocolate lovers, is that researchers say just one-sixth of 1 ounce of chocolate each day is the ideal serving size to receive this benefit.



*When you begin  
to touch your  
heart or let your  
heart be  
touched, you  
begin to discover  
that it's  
bottomless.*

-Pema Chodron

"It's the most wonderful time of the year..."

December 1-31  
70-Minute Massage \$45.00

January 2-31

THE 4th ANNUAL QUIET MOMENTS FOOD DRIVE:

Bring in 5 canned food items for the following special:

90-Minute Massage \$60.00

Plus everyone who visits Quiet Moments in January will be entered in a drawing for a FREE 90-Minute Massage gift certificate. Gift certificate will be valid March 1 - May 31, 2012.

Quiet Moments will be closed December 24th

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