

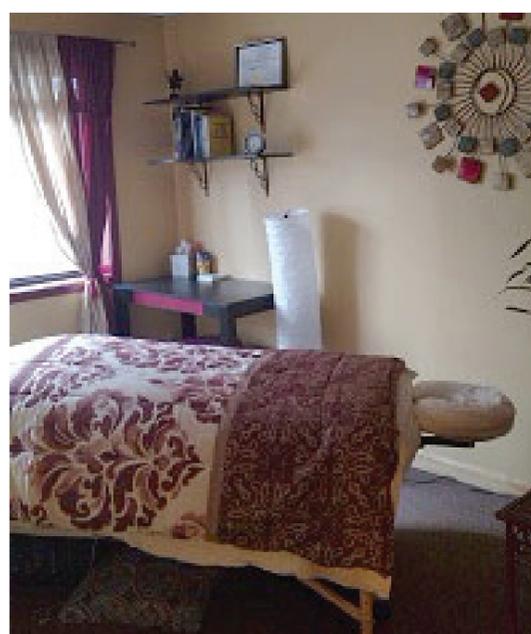


Spring Newsletter 2016

Integrative Massage of Boulder

Welcome one and all to the new office of Integrative Massage of Boulder!

Spring has sprung in Boulder, Colorado. Flowers are blooming, leaves and buds are about to burst from trees. New beginnings are all around in this season of Spring. There are also new beginnings at Integrative Massage of Boulder. We have recently moved our treatment office to 1800 30th St., Ste. 206 in the Crossroads Garden Building. We are now sharing space with Kim Robins of Core Wisdom (Pilates) and Elyssa Wright of Body and Balance Chiropractic. Even though we are all in separate office spaces, we are all open to working collaboratively if that is your choice as a client. This is the first time that I have ventured into my own office space, which is very exciting. This has enabled me to offer many more options in scheduling sessions, which is helpful in getting people pain free, moving well, and enjoying their lives.



Kim, Elyssa and I are offering two opportunities for people to come down to our shared space and check us out. We will be having an open house on Wednesday, April 27th from 5-7 pm, and again on Saturday, April 30th from 1-3 pm. Please join us if you are able, as we would love to see you. Come down and meet us all, enjoy snacks, prizes and raffle giveaways! I would love to see you and show you my new office space, which I am mighty proud of!



We are also entering spring in not only Nature's cycle but in our own physical bodies. Spring in Chinese medicine is the season of the Liver/Gallbladder organ/meridian pair. "The liver and gall bladder meridians govern and control the total life energy as well as cultivate resistance to disease." This quote comes directly from Zen Shiatsu a book that was written by Shizuto Masunaga the founder of Zen Shiatsu. Shiatsu was one of my favorite modalities I studied in massage school! Liver meridian also governs muscles, joints, tendons, ligaments, fascia and connective tissue, all of those things can be easily balanced with a Therapeutic Massage. And we can also boost Liver/Gall Bladder by emphasizing foods that help to strengthen this organ pair. Some examples of spring foods that can energize Liver/Gall Bladder are: barley, dark leafy greens, quinoa, lemons and dandelion greens (from your yard or health food store.) A spring recipe I love is Pasta with Greens. I use rotini but gluten free pasta works also. Saute lightly onions and garlic in a bit of oil, add your favorite greens: I love spinach, Swiss chard, maybe Italian parsley and once it is done mix it with the cooked pasta, a bit of olive oil, olives and some feta cheese. Season to taste with sea salt and pepper. And listen to your liver/gallbladder meridians humming.

I hope that I get to see each of you at one of the open houses in April. The work I do could not be possible without your continued support. I am deeply honored and deeply grateful for each of you.

You are a part of my family, my massage/bodywork practice and a part of my Integrative Massage of Boulder family.

Enjoy \$10 off your next massage in the month of April/May, by mentioning this ad (one discount per person please).

May you all be well,

Rebecca
Integrative Massage of Boulder.

