

a healthier you



FEELING BETTER ALL AROUND

A good night's sleep ~ just what the doctor ordered

Nights spent tossing and turning can be relieved with a few simple modifications to your day.

- Engage in exercise during the morning or afternoon - not in the evening.
- Stay away from all sources of caffeine after morning hours.
- Eat lunches and dinners that are high in neurotransmitters - turkey, salmon or legumes and whole wheat bread, brown rice or oats for example. These foods contain the necessary precursor needed to create melatonin and serotonin - the hormone balance required for balanced sleep.
- Afternoon naps should be less than 30 minutes. Reduce the stress hormone, cortisol, by taking the time for a few deep belly breaths in late afternoon.
- Avoid liquids, particularly alcohol, ninety minutes before bedtime.
- Have a relaxing bedtime ritual such as listening to soft music, reading a good book, quiet conversation, talking to a pet, or journal writing.
- Use calming aromatic fragrances such as clary sage, lavender, jasmine or rose in a bath or to scent your bedroom.



Therapeutic touch to promote good health

Massage can be relaxing, soothing, invigorating, pain relieving, and/or stress reducing - done to improve overall health - using various healing techniques.

Reflexology is a therapeutic touch technique in which the whole body can be treated by applying focused pressure on reflex zones in the feet and hands - it is done to prevent illness and to encourage the body to heal by releasing blockages.

Swedish Massage is the basic method used in traditional massage using long flowing strokes, rubbing, tapping, deep kneading, and the movement of the joints.

Shiatsu involves the firm pressing of specific acupuncture points along the meridian channel to stimulate or sedate (balance) the flow of vital energy throughout the body.

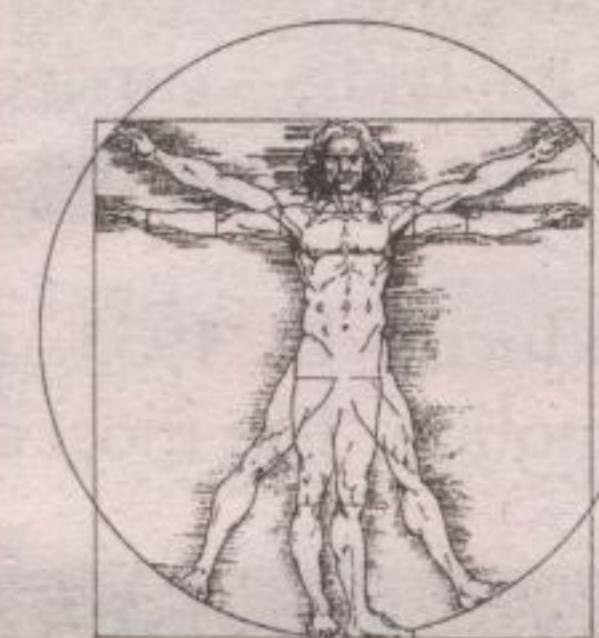
Osteopathy uses massage and manipulative techniques to return balance to the skeletal, muscular, and nervous system - based on the concept that the structure of the body must be correctly aligned in order to maintain good health.

Aromatherapy Massage combines the aromatic essential oils of plants with massage oil to further rejuvenate, revitalize, stimulate, calm or reduce stress and aid in the treatment of ailments while being massaged.



Dr. Timothy Peloso

Rockwood Family Chiropractic and Massage Therapy



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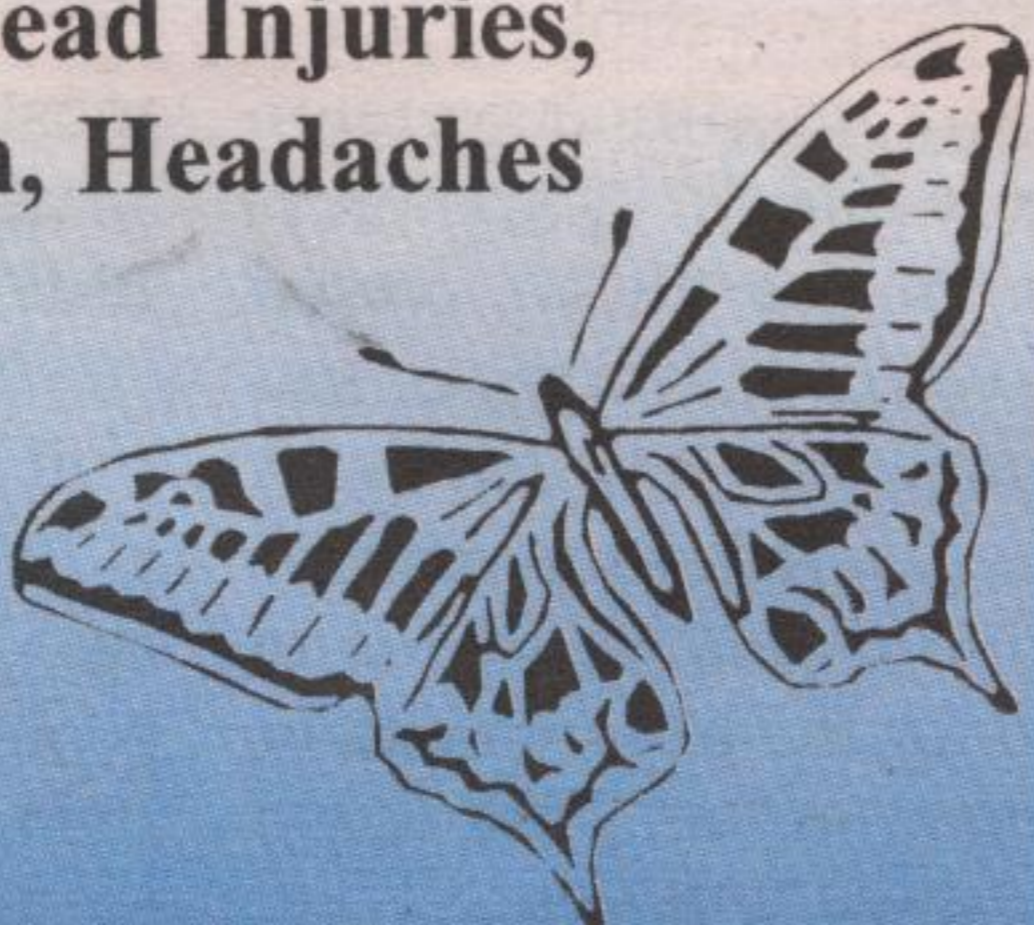
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