

Awaken the Body's Natural Ability to Heal

SPRING 2008

Vol.1 Issue 5

Welcome to Currents!

Spring arrives and so does the snow! In fact, here in the mountains, snow is never far away. At this time of year the snow falls as huge flakes which rapidly cover everything in a beautiful thick white blanket. A time to get your camera out!

The ground covering of freshly fallen snow warmed by the bright spring sunshine doesn't last long however allowing the wildlife, and especially the bears, to begin feeding after their long winter fast!

So dust off those mountain bikes and hiking boots and hit those trails (when they've dried out)...

Welcome this month to Lisa Rummel, massage therapist and Active Release Specialist.

I hope you enjoy this Spring edition and Lisa's fascinating article on cellular memory and, as ever, welcome your feedback. Any questions or comments please feel free to e-mail info@canmorewellnesscentre.com
In Health
Neil Blacklock



Elk in spring

*"He who has health has hope; and he who has hope has everything."
~Arabic Proverb*

Introduction to Massage Therapy with... Lisa Rummel

Each edition will feature a treatment modality briefly describing what it is and how it can help. Information is submitted by the practitioners themselves.

Contact Details:

(403) 493-9271

Lisa@CanmoreWellnessCentre.com
www.CanmoreWellnessCentre.com/rummel.html

Lisa Bio...

Lisa has been practicing therapeutic massage for 8 years. She is graduated from The Okanagan Valley College

of Massage Therapy. A three year, 3000 hour program. Her post graduate studies are in myofascial release and Active Release Techniques. Lisa focus in treatment is to address the muscular skeletal imbalances. Treatments begin with a full body postural assessment, followed by soft tissue manipulations, and homecare exercises to strengthen weak, overstretched muscles and stretches for tight stressed muscles. Ultimately, the goals in her treatments are to guide you

into changes for better posture, management of your musculo-skeletal system and relief from pain. She looks forward to helping anyone with sports injuries, auto accidents, people who work hard, and those who just hurt.



Calling All Therapists / Practitioners



- MEDICAL DOCTOR
- COLON HYDROTHERAPIST
- REFLEXOLOGIST
- AROMATHERAPIST
- ETC.

If you are a self-employed and a qualified Complementary Alternative or Integrative Medicine practitioner you may be interested in joining our team of talented and dedicated therapists here at the CHWC. 24 hour access to top quality therapy rooms in our 2,200 sq.ft facility. Very reasonable and flexible rental terms (monthly, daily or hourly). Please call Neil Blacklock on 609 3367.

Cellular Memory by Lisa Rummel

In Ancient Mongolia the warriors called Purified Bodies were aware of stored emotional memory in the body. Between battles they used tools called Ka to firmly massage the muscles of their bodies and horses. This deep tissue massage prevented them from remembering the fears of their last battle.

Every cell in our body has a memory. If the tissues are muscle, tendons, fascia they develop tension. If they are organs they develop

disease. Long after we stop thinking of past fears, accidents and traumas the body continues to carry these memories at a deep cellular muscular level. A long locked emotion held in a muscle may be released during a deep tissue massage. Sudden bursting of laughter or tears is often the case of these releases.

Cellular memory is also developed by repetitive bouts of contractile activity. It is present in our daily activity such as holding

a pen, walking, playing a musical instrument and riding a bike. These examples are learned by repetition until the movements are performed without conscious thought. Again, posture can be stored for years if we slouch, have a forward head posture from sitting by a computer or driving several hours.

In order to correct cumulative injury cycles we must re-train our muscles progressively with daily sustained stretches, exercises,...

... and mentally be aware of habits that have been memorized by our cells. Just as athletes and musicians practice to perfect their skills we need to practice in training our muscles to position themselves to function effectively. Therefore; it takes time to release muscles that have been bound in one position for years. Patience and changes are necessary for positive results.

Constant pressure in the muscu-

lature is decreased and circulation is increased which allows for cellular recovery and fibrosis to be freed up.

ART is a new form of treatment developed for unlocking negative cellular memory and creating a new blueprint for our musculoskeletal cells.

"If you keep doing what you've always done, you'll always get what you've always gotten."
John Maxwell.

More information ?
-call LISA on 493-9271

Events



Seasonal (Spring time) Trees

To the Celts and many other people of the Old World, certain trees held special significance - as a fuel for heat, cooking, building materials and weaponry. In addition to this however, many woods also provided a powerful spiritual presence. The specific trees varied between different cultures and geographic locations, but those believed to be "sacred" shared certain traits. Some of these traits may have an astrological significance may therefore be applied according to your birth date.

FEARN (Alder) March 18 to April 14 - Born under this sign, you have tremendous courage and power to win in disputes. But be careful not to dissipate your strength in meaningless debate.

SAILLE (Willow) April 15 to May 12 - This tree is associated with the Moon in all phases. Born under this sign you are an instinctive creature, reacting to gut responses rather than intellectual information. Be careful of the rhythm of your moods and pay close attention to your dreams - they will help you navigate through life.

UATH (Hawthorn) May 13 to June 9 - A sign of fertility and death. If born under this sign you have an innate understanding of the importance of process and the necessity for change.



TOMATO GARLIC DRINK

- 2 tomatoes
- 2 apples
- 1 clove garlic
- 1 sprig parsley

Juice everything.

Great for chasing away those winter blues!



Mistaya Place
105, 1001 6th Ave
Canmore, AB
T1W 3L8

(403) 609 3367

www.CanmoreWellnessCentre.com