



International Natural Therapists Association Inc

Issue 3

International Natural Therapists Association

by Trisha Garnett – INTA Administrator

Isn't it funny how many times you hear someone say "That couldn't have been 3 months ago, it only seems like yesterday" or "WOW was that 3 months ago, it feels like years, so much as happened in that time". I'm not sure which one to say as so many things have happened since our last newsletter and at the same time it feels like I was clicking away at these keys only yesterday.

Our member numbers are rising weekly, which is encouraging as the larger our family the stronger our voice. As you are aware, everything has a starting point, including all associations and/or groups, and your association is quickly becoming easily recognized within Australia and soon the world.



The INTA is undergoing some changes, which we are sure you will find helpful and supportive. We have also had some wonderful successes since our last newsletter, they may seem small, however, one small step and all that.

As from 1 July 2003, INTA memberships are going to have a two-tier structure, being, Associate Member and Member. Your Association has decided that on attaining your Certificate of Remedial Massage you will automatically be given three months free INTA membership as an Associate member.

Being an Associate member you will still have the support and benefits of the Association to guide you when and where needed, although not all the benefits that come with being a member. We do understand the mounting costs that are involved when you start a new career and feel this three-month structure will assist you during this initial period, easing the pressure a little.

Unfortunately you will not be able to use your Associate number when applying for insurance and/or provider numbers, this can be achieved by becoming a fully paid INTA member. If you decide to become an INTA member within this three-month period, please be assured that you will not lose the benefits of the three free months. We will simply

extend your first year's subscription to equate to 15 months (annual subscription plus the three free months). All current INTA members will automatically be given an extra three months membership which will be added on to their 2002-2003 membership.

We believe this will facilitate many more practitioners to become INTA members. Please feel comfortable with asking any questions in regard to this new tiered structure, as at first it was a little confusing for all of us.

For those of you who live and practice within New South Wales in Australia we have had a success with Cumberland Press. We had an INTA member who wanted to advertise in the "Massage" section of his local newspaper. He was told that he could only advertise in the "Personal" section as he did not have a diploma of massage and this was necessary to advertise. He called INTA for some clarification and an explanation of "certificate" and "diploma".

The Association spoke to the relevant people at Cumberland Press representing our "members" to ascertain exactly what the criteria of a "diploma of massage" was. After several telephone conversations, it was discovered that a computer prompted the word "diploma of massage" and that could not be changed. The Association once again went to bat for our members, and we won. Brandon Raynor School of Natural Therapies graduates with a Certificate of Remedial Massage can advertise in the appropriate section, and in fact, you will now receive a discount when you do advertise. Please feel free to contact me at trisha@brandonraynor.com and I will forward you the letter stating the discount you will receive.

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We are at this very moment testing our INTA website. I for one had absolutely no idea how long and arduous the chore of setting up a website could be. We have a wonderful team of people working for us to achieve this and each day that proverbial light at the end of the tunnel is shining a little brighter. We believe we are formulating something that we can all be very proud of. For those INTA members whose email addresses we have, let me assure you that you will be advised the minute we are on air, so to speak.

We are at present discussing matters with NRMA Health Pty Limited, Grand United Health Fund, Lysaght Health Fund and Australian Health Management for recognition of the Association, which in turn will enhance our member's capabilities of obtaining a provider number with these funds. This process is proving to be quite lengthy, although certainly well worth the time and effort our team is putting into it. At this stage we are concentrating on the Australian Health Funds, as I believe the health insurance field is rather complex in other countries, and as yet unknown to us.

These are but a few of the things that your Association is working on for you. We have information on first aid courses, insurances, health funds and much more. Please call us 02 9294 2083 (within Australia) or +61 2 9294 3083 (outside Australia) or alternatively email us on trisha@brandonraynor.com and we will forward you the information you require.

The International Natural Therapists Association is your Association and is there for you. Just having the knowledge that there are other therapists silently working in the background towards the same ideals and assisting in your chosen career path, is a very refreshing and secure feeling.

We believe that, by being an INTA member, you will have a network of people around you who have similar interests and who are happy to share their experiences and give assistance if and when it may be required.

As a member of INTA you will have an association behind you which will give each and every one of you more confidence in your daily business life, and also provide you with the support that a large group of people with similar interests can give. An annual fee of AU\$95 US\$85 £60 applies to join the Association. As a full member of INTA you will receive a quarterly newsletter, a business listing on our website, INTA stationery and of course the support of the International Natural Therapists Association.

We look forward to receiving your application for your INTA membership, including your precise details, and your confirmation that you would like them to appear on our database, also your comments on your INTA newsletter.

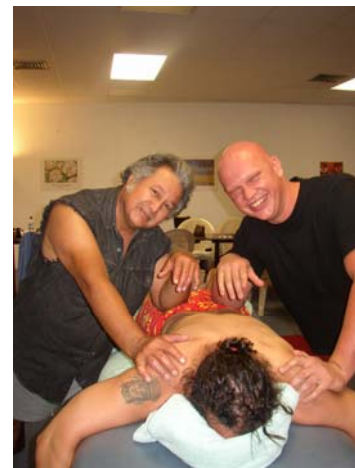
Until next quarter, happy reading, and happy massaging.



A Word from Brandon

Hi and Welcome to the third edition of the INTA Newsletter.

I am at present on a plane from San Francisco to New York, getting ready to teach a course in Boston and then on to London, Europe, South Africa and back home to Australia.



Brandon and students in Honolulu

Things have been busy for our School and for the INTA. New graduates from the USA are filling our ranks, and new battles are looming in fighting some of the draconian massage laws that exist in various parts of the USA. It seems that wherever I go controversy follows after I teach a course.

I had four massage schools in Montana writing to newspapers attacking our 4-day intensive teaching style, yet knowing nothing about our courses. Many of the big colleges and the associations that represent them, would like to sow up all the states in America with massage laws that require people to study for 600 hours or more to get a licence. I have spoken to many people who have either studied at these schools or had massages from their graduates, and they don't seem to be teaching them the most important aspects of massage.



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It seems like here in the US, similar to Australia, there are a lot of people who would like to control the massage industry. They claim to be representing the so called "public interest", but in fact are looking at exploiting potential massage students by forcing them to "kiss their butt" and do courses that waste their time and huge amounts of money rote learning anatomical names and unwholistic massage practices that are usually of a very superficial nature. They are very threatened when we come along and teach people to become better massage therapists in our short courses than they can teach in their long, drawn out and costly courses.

I am considering publishing a page on our website which relates to some of the letters I receive from schools and associations who attack us without even knowing what we do.

So, I can see more battles ahead as the INTA helps to protect people's freedom to choose how they want to be trained as massage therapist. Allowing people to have choices against these 'pseudo Western medical' so called natural therapists, whose arrogance and racism allows them to think that only by understanding the left brained Western anatomical approach to massage can a person be properly trained. They appear to have forgotten the simple fact that people have been practicing massage in India, China, Japan, Thailand, Hawaii and many other countries without knowing a single Latin muscle term. In fact in ancient China they never bothered dissecting the human body after death because once the Chi had left, the body was of no interest as the whole goal of massage, like acupuncture, was to balance the flow of Chi in the body. This is similar in Ayurvedic medicine with the flow of prana or life air.

So the real battle here is between a totally materialistic approach, as represented by many medical associations and these pseudo natural therapy schools and their associations on the one hand, and people who treat massage as an art form that has to be felt to be understood.

Anyway, enough of all that and on to other matters. The INTA website should be up and running by the time this newsletter is printed. I urge all of you to keep getting as many different styles of massage as possible from other INTA members, as well as other practitioners. This is the best way to learn new techniques and to fine-tune old ones.

Our School, Brandon Raynor's School of Natural Therapies, is looking for individuals who have attained a certain degree of experience at massage and shiatsu to be trained up as teachers, as the School is far bigger now than what myself and Ray

can deal with. Trisha and David, who many of you know from the INTA, will be starting their new careers as teachers for our School. The world is a big place and there a lot of stressed out people who need good massage therapists to work on them, and a lot of nice people who would like a rewarding career as a massage therapist, so if you are interested in training as a teacher, then please contact us.

The qualities we are looking for are extremely enthusiastic to teach massage, a good communicator, some experience, a good sense of humour and a likeable personality. If you feel you have these qualities, please send us your resume and we will consider it.

Well that's about all I can think of for now. I hope you are all well and enjoying your massage, please email me brandon@brandonraynor.com if you have any interesting stories that you would like to tell me.

I look forward to hearing from you.

Brandon Raynor-

Brandon Raynor's School of Natural Therapies -
(USA Branch) Main Office: Honolulu Hawaii;

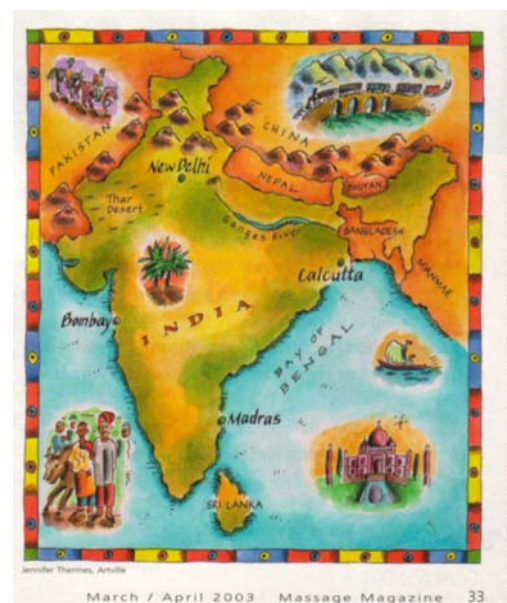


In India, massage starts early

by Kamala Thiagarajan - India

Source information Massage Magazine

All over the world, complementary medicine – of which massage therapy forms an integral part – is witnessing an astounding revival. But in India, home to the 5,000-year-old science of Ayurveda, it never really went out of style.





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Many Indians believe that the body is a temple, and that it should never be abused. Emphasis is laid on freedom from the stress of everyday living. With rest and relaxation being the priorities, massage plays a vital role in achieving optimal health. Massage therapy is so much a part of an Indian's cultural heritage, that it is now an established norm in a family – beginning from birth. Even newborn babies are swathed in oil every day, their skin rubbed gently in circular motions.

In most households in North India, a *dhai*, a type of midwife who is an expert in body sciences, is called in every morning for this purpose. Often the oil is left to soak into the skin for as long as an hour before the infant is bathed. A *dhai's* massages are considered an important part of the baby's life – especially in the crucial first year of its development. After the first year, the mother usually takes over, often massaging her children well into adolescence.

To many Indian mothers, massage is a way of addressing their children's physical and emotional needs, including back-aches, fatigue and colds. Naina Doshi, a North Indian wife and mother, has been massaging her family for the past 30 years. Naina was the eldest daughter in a family of seven. She recalls sitting with the *dhai* for hours, learning and practicing the techniques of massage therapy on her younger siblings.

"After my marriage, the only natural thing to do was to extend this form of healing to my husband and children", she says.

Devan Nambiar, a specialist in Ayurveda and massage therapy, cites his cultural upbringing as instrumental in his choosing to practice alternative medicine. His father was a naturopath and his mother believed in rituals like massage combined with herbology and spirituality. During his childhood years, the art of massage played a fundamental role in elevating his state of spiritual and physical well-being.

"After cleaning the prayer room in our house and stewing it with jasmine flowers, my siblings and I would take turns massaging ginger or coconut oil on ourselves. Then sitting around wrapped in thick towels, all greased up, we'd talk and joke, as we'd wait for our turn to bathe. After bathing, we'd enter the prayer room, which by then would be infused with the fragrance of frankincense," he says.

Nambiar did not really appreciate the significance of this ritual until much later in life. "Today, my siblings are spread all over Asia and North America," he says. "However, we still remember what we were taught and continue to practice these simple

customs to ensure healthy living. Massage still proves to be a daily ritual, offering me a sense of solace in this busy world."

Health benefits aside, what Indian families cherish most are the moments spent in camaraderie and togetherness during massage sessions. It is a time for cleansing, rejuvenation of the soul and restoration of energy reserves. In India, massage runs in the blood, and transcends generations.



Brandon Raynor's School of Natural Therapies

Dina Davis

(Australia Branch) - NSW Australia

Firstly, I would like to say thank you to the graduates who sent in letters, cards and testimonials after completing one of our courses. I get personal satisfaction when I receive such wonderful feedback about our courses and teachers. Hearing your positive comments and knowing that past graduates have both enjoyed and truly benefited from our courses makes my job of promoting future courses so much easier.



Brisbane Level 1 May 2003

All of us at BRSNT take pleasure in reading/hearing your news, especially the unusual and different applications for some of the techniques learned, as you will read below! Some of you have taken a while to get your business started and others have been so enthusiastic that you are massaging soon after completing the course.

I now want to share with you an email that I received a few months ago:

"Last Sunday we were shearing 17 alpacas, some of which had not been shorn before – others were adults with attitude! I was nursing the head of one of the distressed animals on my knee (alpacas are shorn on the ground, unlike sheep) trying to calm her, when I started gently massaging her chin and



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along her lower jaw. She calmed down almost immediately. Out of curiosity, I tried it with other animals – one of them almost went to sleep! Its all the more surprising because generally alpacas don't like having their heads touched, but every animal I tried it on relaxed – even the big stud male who was very angry at being thrown on the ground and hog-tied for shearing! Thanks for the course – I didn't expect it to have such a wide application! “

Shirley - Western Australia

Isn't that a great story? If you have anything similar to share with us, please do so.

As well as **videos, massage tables** and **futons**, you are able to order the following products (as promoted by our teachers) by phoning 02 6679 1314. International callers phone +61 2 6679 1314 or email dina@brandonraynor.com

Charts:

Muscle - Skeletal - Acupuncture Points - Knee - Reflexology - Acupuncture Dolls - Triggerpoint 1 - Triggerpoint 2

Books:

Anatomy & Physiology Coloring Book by I. Edward Alcamo PhD
Mosby's Fundamentals of Therapeutic Massage by Fritz
Healing with Wholefoods by Pitchford
Planetary Herbology by Michael Tierra
Yoga of Herbs by David Frawley
Auyvedic Healing by David Frawley
Auyvedic Cookbook by Amadea Morning Star and Urmila Desai
Diet for a New America by John Robbins
Fragrant Pharmacy by Valerie Ann Worwood
Complete Guide to Aromatherapy by S. Battaglia

In closing, I would like to add that I have been with Brandon Raynor's School of Natural Therapies for over two years and have watched the School grow from a small business to an international business, mainly due to Brandon and Rebecca's enthusiasm and amazing energy.

Increased numbers of course attendees during the last five months, demonstrates that the name Brandon Raynor is becoming well known around Australia. I am sure that the School will continue to flourish, as will the International Natural Therapists Association with Trisha's dedication and professionalism.

Keep those letters and emails coming!!



Did you know that leg cramps can often be eased if you hold the big toe with your thumb on the nail and finger underneath and apply very firm pressure until the cramp eases?

.... Nerys Purchon's handbook of Natural Therapies



Indulge in Yourself

by Fotini Demertzis – Sydney Australia
Graduate Level I Sydney February 2003
Graduate Level II Sydney March 2003

I am a remedial massage therapist, and I am running a successful business called, "Indulge in Yourself".



My story began when I said to my husband, "I'm going to do a massage course". His reply, "yes, you need to, my neck and shoulders are always sore".

So my research in the Yellow pages began, I was amazed to learn that you could do a massage course and be qualified in 4 days. I certainly didn't have the opportunity to be away for months on end doing a long drawn out massage course. I wanted to be qualified quickly as I have a little boy of 22 months, who has received massage since the day he was born. I went to Brandon Raynor's School of Natural Therapies website and read through all the information on site. I made up my mind that Brandon's course was the one for me. First thing Monday morning I called Dina and booked myself in for Level I.

I was quite nervous and didn't know what to expect as I was going for a new direction in my life. I had been a childcare worker for 9 years, so this was a completely new venture and career path.



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During the course I thought, "how will I ever remember all these techniques?" As the days went by I was more relaxed and I knew what was going on. I was amazed how receiving a remedial massage was helping my stress levels and my asthma. On the last day of the course we had a talk from Trisha, our INTA representative. She told us that the association would be there to help in regard to information on opening a business, where to purchase products and just having someone to talk with and get advice from. When the course finished everyone was quite sad. This is when I made my decision that this would be my new part-time career.

I thought of the name "Indulge in Yourself" and registered it with Fair Trading. I called Dina to ask her a few questions and to book for Level II. My husband organised my Australian Business Number (ABN) with our accountant and then I organised my stamp and forms for the clients to fill out, payment for INTA, business cards and pamphlets to advertise.

I had decided to tell my family, friends and people I knew from the bank, health food stores and the local shops in my area that I was now a remedial massage therapist. My first client had received a remedial massage regularly, but hadn't had one since the birth of her baby 8 months earlier. This is what she said: "Having the remedial tonight has really just been one of the greatest relaxing times I've had for a long while - the oils and scents were wonderful to smell, I will do this again."

Another client of my works out a lot and plays soccer, these are her comments: "Well, where do I start? What a massage and a half! I felt absolutely crap before the massage, I was very sore from a soccer game and putting up with a whiney 7 month old baby. After the massage I felt like a weight has been lifted off my body, it was so relaxing I was ready for bed and a good nights sleep. Highly recommended".

Most of my work has built up from word of mouth and I am enjoying massaging and making people feel better. I make my own products, pre-bath oils, bath salts for body and feet, body lotions and bubble bath.

Pre-bath Oil

Grapeseed Oil 30ml - Jojoba Oil 20 drops - Evening Primrose 10 drops - Carrot 5 drops - Lemon 2 drops - Peppermint 3 drops - Juniper 5 drops

Apply *Pre-bath Oil* to the entire body before soaking in the bath. Let your body soak up the goodness of the oils whilst enjoying the fragrances of the essential oil.

Sports Rejuvenating Oil

Grapeseed Oil 50ml – Basil 5 drops – Lemon 5 drops – Rosemary 5 drops – Peppermint 10 drops

Apply *Sports Rejuvenating Oil* before or after sporting activity. Uplifts, warms and loosens muscles. Try not to go out in the direct sun (lemon), and do not use if you are pregnant (rosemary).

I must say that INTA has been a great help to me when I have needed assistance, or a helping hand. I value my Level I and Level II training. I'm glad I did the courses and I am proud to say, "I'm a good massage therapist and can help people feel relaxed and take away some of their tensions".

My centre is based in the Liverpool area in Sydney where I have set up in my house with candles, soft music and essential oils burning.

Think positive, because if you do, positive things come your way.





Firm-n-Fold Massage Equipment

Brandon Raynor uses and recommends Firm-n-Fold Massage Equipment.

Firm-n-Fold tables are built to the highest standards and come with a lifetime warranty. Your assurance is guaranteed that these massage tables will stand up to the rigours of a busy practice.

Order through Brandon Raynor's School of Natural Therapies and receive up to 10% discount off

TABLES

Call 1800 987 987

There can be no living harmony between races and nations unless the main cause is removed – namely,
Exploitation of the weak by the strong.

GHANDI





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Ayurvedic Medicine – Continued

“The science of life”

by Rebecca Raynor – Tasmania Australia

Information sourced *“The Ayurvedic Cookbook”* Amadea Morningstar



Last issue’s content in brief: Ayurveda is perhaps the most holistic and in depth system of health and healing available in the modern world. It is the natural healing system of India, inspired and developed by the great Masters and Sages of ancient India with its traditional medicine going back 5000 years.

Ayurveda is a system of diet, healing and health maintenance that is deeply spiritual in origin. A fundamental principal of Ayurveda is the recognition of the interconnection between emotional, spiritual, mental and physical health and how an imbalance in one of these will adversely affect another. Therefore an Ayurvedic doctor will consider well beyond the symptom when diagnosing a particular condition, and in doing so, can deliver powerful results.

Where we left off:

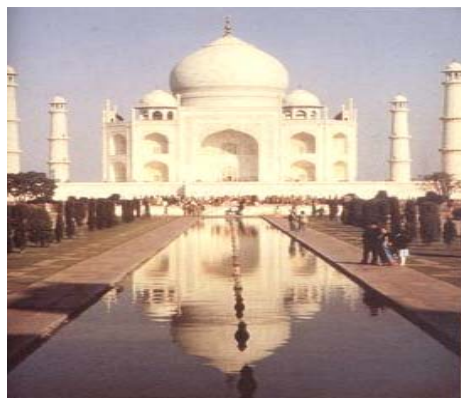
“Discovering your Constitution”

The combination of energies present when we enter this world, (our birth), is known as our “innate constitution” or *prakruti*. What we do with our constitution is up to us. Our constitution makes us aware of our health propensities and our strengths and weaknesses to do with our health. The five elements come together to create three basic constitutional types. They are: **Vata**, **Pitta** and **Kapha**.

Vata is dominated by the elements of air and ether. They are blessed with a quick mind, ready flexibility and creative resources. Vata is associated with the attribute of motion, and are likely to be on the go a lot mentally, physically or both. Vata like warm climates and in this disorders will be more likely to be noticed in the autumn/fall and winter. Warm moist foods calm a Vata constitution.

Pitta is dominated by fire and water. They are blessed with determination, a strong will and good digestive fire, meaning creativity and expression. Pittas are apt to have excellent abilities in taking charge of themselves, their lives and their healing processes. Summer and high noon are the times that Pitta is most likely to encounter disturbances. The Pitta constitution is more inclined to suffer from sunburn, poison ivy, prickly heat or being short tempered in the summer months.

Kapha is dominated by water and earth. They are blessed with strength, endurance, and stamina. Having the elements of earth and water, Kapha possesses qualities of faith, groundedness, calm, fluidity, and lubrication, with patterns and routine being a favourite of a Kapha constitution. Kapha’s can sustain a lot of exercise, and need to. They can tolerate more intense exercise longer than any other constitutional type. The temptation to be avoided is that of slipping into a horizontal lifestyle in front of the TV with their favourite edible goodies – they may find gravity pulling most of their mass down towards their belly and hips.



The natural constitution is most easily revealed by the fixed attributes of the physical body. These include frame, weight, and complexion. Life habits and life long disease tendencies are also important. An Ayurvedic doctor would be able to diagnose your constitution for you, however why not try the following questionnaire to reveal your individual constitution.

This questionnaire is not in its entire form, this is only an overview to quickly diagnose your constitution. For a complete questionnaire please read “The Ayurvedic Cookbook by Amadea Morningstar”. This can be obtained by phoning Dina on 1800 987 987.



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Please tick what best describes you. Sometimes more than one may apply, so just tick both or all three. Add up the ticks and your primary constitution will be the one with the highest number of ticks. Don't be alarmed if you seem to have a similar amount of ticks in two categories, this means you may be a dual dosha (constitution).

Vata	Pitta	Kapha
Thin and either tall or short	Medium, well proportioned frame	Tend to be ample in build
Thin as a child	Medium build as a child	Plump or a little chunky as a child
Small, active, dark eyes	Penetrating light green, grey or amber eyes	Large, attractive eyes with thick eyelashes
Dry skin, caps easily	Oily skin and hair	Thick skin, cool, well-lubricated
Dark, rough, wiry or kinky hair	Fine, light, oily hair, blond, red or early grey	Thick wavy hair, a little oily, dark or light
Prefer warm climate, sunshine, moisture	Prefer cool well-ventilated places	Any climate is fine, as long as it is not too humid
Variable appetite, can get very hungry, but may find "eyes bigger than tummy"	Irritable if you miss a meal or can't eat when you're hungry, good appetite	Like to eat, fine appetite, can skip meals with no physical problem (not that you like to)
Digestion sometimes good, sometimes not	Usually good	Digestion fine, sometimes a little slow
Dislike routine	Enjoy planning and like routine, especially if you create it	Work well with routine
Creative thinker	Good initiator and leader	Good at keeping an organization and projects running smoothly
Physically active	Enjoys competitive physical activities	Love leisurely activities mostly
Change your mind easily	Have opinions and like to share them	Change opinions and ideas slowly
Tend toward fear or anxiety under stress	Tend toward anger, frustration or irritability under stress	Tend to avoid difficult situations
Often dream, but rarely remember your dreams	Remembers dreams, often dream in colour	Generally only remembers dreams if they are especially intense or
Light sleeper	Usually sleep well	Sound, heavy sleeper
You think that money is there to be spent	You think that money is best spent on special items or on purchases which will advance you	Money is easy to save for you
Sexual interest variable, fantasy life active	Ready sexual interest and drive	Steady sexual interest and drive
Brittle nails	Flexible nails, but pretty strong	Strong thick nails
Cold hands and feet, little perspiration	Good circulation, perspire frequently	Moderate perspiration
Variable thirst	Usually thirsty	Rarely thirsty
Thin, fast, variable pulse, hands cold	Strong full pulse, hands warm	Steady slow rhythmic pulse, hands cool



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So what did you come up with? Don't panic if you're unsure. What you will need to clarify is which constitution type describes you more than the others and consider it first. If you are still unsure (Vata types usually are), then according to a famous Ayurvedic doctor, Dr. Robert Svoboda, "What climate attracts you" can be the simple question that offers the key to your predominating constitution. Vata types prefer warm climates, Pitta prefer cooler climates, while Kapha seem to like all climate types except humidity.

If you are still unsure "Your body build as a child" is another key question: Vata being skinny and lanky. Pitta being medium build, while Kapha tend to be plump or chunky.

If after this you can still relate to two or more of the constitution types, then you are most likely a *duo-doshic* eg: Vata-Pitta or *tri-doshic* eg: Vata-Pitta-Kapha. Don't be alarmed, this is perfectly normal. In fact everybody has a certain proportion of each dosha in their make-up to some degree. People can be all three doshas in equal proportions. In the case of being duo or tri-doshic, the way to treat yourself is to wait and see which dosha becomes imbalanced, you can then work to reverse the imbalances in that dosha, this will return your dosha to its balanced state.

I know that this can all look quite overwhelming, however it really is worth the discovery. Your journey and the eventual outcome will produce changes to your inner self that will enrich your everyday life.

If you did relate to a particular constitution type more than the others, then it is recommended that you become familiar with the different things, actions, foods, climate etc, that will balance and/or imbalance your constitution. I hope you have enjoyed these steps to finding out what type of constitution you have.

In the next issue I will continue to show you how to enrich your life through that knowledge and explain "Nutritional Needs for the Constitutions".

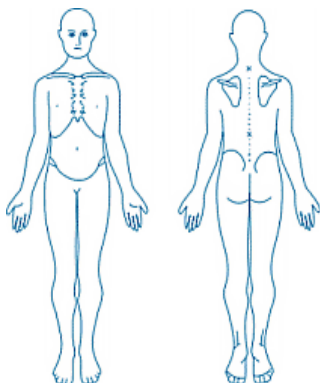


The Benefits of H₂O

by Trisha Garnett – INTA Administrator

We all know water is the most important compound on the earth. In its purest H₂O state, it is an excellent solvent able to dissolve and hold the widest variety of elements and compounds of any fluid.

65% of the human body consists of water;
75% of the human brain is water;
78% of muscles contain water; and
65% of our blood is water;



The human body therefore relies very heavily on water to function properly. Water regulates the body temperature, it is responsible for the transportation of nutrients to the cell membranes, carries toxins and wastes away through the lymphatic and blood circulatory systems. Water is vital in maintaining a

healthy and balanced homeostasis (control and regulation of the body's equilibrium)

Without food the average human can survive up to 40 days; without water they say that you cannot survive for more than 5 days. The loss of water from the human body is known as dehydration and should be avoided at all costs. Sometimes we don't think of ourselves as being dehydrated. If you have a simple headache or just feel thirsty, you could already be on the road to dehydration. Some of the telltale signs of continual dehydration are quite frightening:

Your brain won't work properly – you'll be groggy, slow, and feel out of it;

You could lose muscle tone;

Your kidneys won't be able to function correctly. Toxins and wastes will back up in your body, making you feel generally unwell;

You'll have trouble regulating your body's temperature. You may feel overheated or chronically cold and unable to get warm;

You could experience constipation;

Fats stored in your body won't get used up or metabolized.

You will think you're hungry all the time, and so you'll be likely to eat more; and

Your skin will get dry itchy and saggy;



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Dehydration occurs through the loss of water through the skin and the amount depends on the level of activity of the body and the external conditions. The skin also forms the body's barrier against the forces of the environment, sun, cold, heat, wind, salt and pollutants. Therefore the skin requires constant attention and care to ensure the strength, as well as the vitality and appearance of this essential barrier.

It is recommended that we drink 2 – 3 litres or 6 – 8 eight ounce glasses of water a day just to maintain our fluid levels. Always remember that this recommendation does not account for the loss of fluids due to exercise or the negative intake of diuretics. You need to drink prior, during and after exercise, if you don't retain your fluid levels your muscles cannot clear out the lactic acid created by the extra exertion. Coffee is one of many diuretics, so if you wake up each morning to a cup of coffee, you need to drink an extra cup of water just to break even.

We buy Chapstick's to soothe our split and peeling lips and we lavish lotions on our snake like skin. We have been conditioned to believe that this is necessary. If we all drank the required amount of water (and maybe even a little more for luck) we wouldn't need the artificial hydrating that these lotions and balms give our skin.



Water, the natural substance for survival

As I have said earlier, relying on your thirst to indicate your dehydration levels is like waiting for the indicator light in your car to tell you the oil is low. If you wait for that indicator light to come on, you may have already done damage to your engine, this equates beautifully to the human body.

When the body is dehydrated, the body needs to conserve its fluids and the kidneys are the first organ that is put on hold. The human indicator light is our urine. Healthy urine should be clear to light yellow. If your urine is bright to dark yellow, your kidneys are being overworked. Drinking plenty of water will flush the kidneys and assist them to function on a more normal, relaxed level.

If you are trying to lose weight you are seriously short circuiting yourself by drinking diet drinks, which contain diuretics, and therefore will put your body in a state of mild dehydration. With mild dehydration, fat cells become more rubbery and cannot be easily metabolized to energy. Staying hydrated helps your bodywork more efficiently. For weight loss, the added benefit of drinking water is feeling fuller and in turn you will probably be eating less.

If you want to keep your body in a state of hydration and you have trouble with the taste of water, you can drink other water-laden liquids. Nutritional experts have advised that sources of liquids for your body other than water are fruit juices, herbal teas and milk. Be aware of cranberry juice. Your health professional may recommend this for bladder infections however as a rehydrating agent cranberry juice is a diuretic, it is great for bladder infections because it has enzymes that protect the walls of the bladder from infection, however, it will not help you become hydrated.

If you want to boost your energy, your concentration, the number of calories you burn, plus beat back colds and an array of other ailments, then water is your thing.

So summarizing all that, if you want to become overweight, have rotten skin, feel lethargic and suffer constipation, then the answer is simple, just stop drinking water and you should achieve all the above.

I get really quite excited and emotional about the subject of water. Every day we see so many people wasting it and then you turn on your television and see pictures of people who would love a little of our waste.

In the next INTA Newsletter we will be covering the topic of our environment, water and education. I hope you're up to a few more realistic facts. The majority of the facts quoted in this article have been researched either from the internet or my home library.

Water is one of the most important natural resources on earth. It is also the one that is most often taken for granted.



*Have you heard that premature babies
who are massaged every day gain weight
47 per cent faster than babies who aren't
touched?*

*.... Nerys Purchow's handbook of Natural
Therapies*



International Natural Therapists Association Inc

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Discover Bartercard

by Dina Davis – NSW Australia

Bartercard Members enjoy the flexibility to purchase everyday goods and services with trade dollars instead of paying cash.

Many of our graduates are possibly not aware that our School is a member of "Bartercard".

Consumers pay with trade dollars, which can then be used towards the purchase of goods or services from other participating businesses. For example, a student pays for one of our courses in full with trade dollars, we are then able to use these trade dollars to pay for printing, accommodation, advertising etc. with only a minimal expense to us.

Advantages of being a Bartercard member include free advertising in Bartercard's local and Australia-wide distributed directory, and a good referral process from the staff at Bartercard. There is also an auction site where you can auction various items and services and an e-market site where you can buy and sell products.

An added bonus to belonging to the Bartercard network, is being referred extra cash-paying clients from other satisfied Bartercard members.

Bartercard often organise "trade shows" in various areas, where members can promote their businesses and products/services. These shows are an excellent way to allow other members to have a little "taste" of what you have to offer. At a recent trade show in Tasmania, we promoted our School and offered 5 or 10 minute massages by one of our graduates for a small fee. This not only made our display stand out from the rest, but also attracted more than a steady flow of interested potential customers.

There is a joining fee but this entitles you to an interest-free line of credit. This line of credit allows new members to trade immediately with any barter member worldwide.

If you would like more information on Bartercard or would like to become a member, please contact Dina on 02 6679 1314 (Int. +61 2 6679 1314) or email dina@brandonraynor.com.



ANATOMY – LESSON ONE

There have been several suggestions that we have a segment on Anatomy in each issue. Great idea, great subject.

Firstly let's give you a brief overview of the muscular system. There are 650 muscles of the body, they make up approximately half (of) our body('s) weight, their function is movement, maintenance of posture and the production of heat.

Muscles are the "engine" that our bodies use to propel themselves. The energy from the muscle is turned into motion and as such it would be impossible for you to do anything without your muscles.

Everything we conceive with our brain is expressed as muscular motion. Your ideas are expressed with the muscles of your larynx, mouth and tongue (speech), with the muscles of the fingers (written word, hand signals) or with the skeletal muscles (body language, walking, running, dancing, playing sport etc). Muscles are attached to the bones by the tendons. They usually cross over a joint and when the muscle contracts, it pulls on the tendon (which joins the muscles to the bone) resulting in movement of the bone.



Muscles can only contract – they cannot extend

Each muscle is made up of hundreds and even thousands of small fibres, which put simply, are like little rubber bands inside a sheath, these make a muscle.

There are three different types of muscles in the human body; smooth, cardiac and skeletal. We are not going to discuss each one of these, but will focus on the skeletal muscles, as these are the ones that we, as massage therapists, mostly work with.

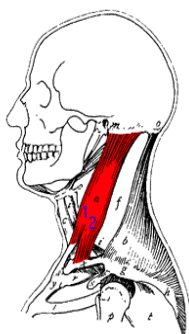


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How about we start with the muscle group or area that tends to give our clients some of the most common problems, neck and/or shoulder pain.

The *Sternocleidomastoid* is one of the main neck muscles.



The Sternocleidomastoid runs down each side of the neck, it attaches at the top to your mastoid process, which is the bone in your skull behind your ear. At the bottom, one part is attached to your sternum, or breastbone, while the other part is attached to your clavicle or collarbone. If you use them together, your head will move forward and if you use each one separately you can tilt your head to the side, turn your head sideways, and you can also lift your face upwards. The Sternocleidomastoid also helps with chewing, talking and breathing. So all in all it's a pretty important muscle, which features prominently in any massage routine.

Have you ever noticed someone with a stiff neck? They will be flexing their neck from side to side, whilst rubbing the back of the neck behind the ears trying to "free" the stiffness or pain. The Sternocleidomastoid is the muscle often responsible for this. As you can see from the diagram, it runs just where you see people rubbing the side of their neck.

This area has to be massaged with care as the carotid artery is nearby, and this can cause pain if too much pressure is applied directly to it.

The Sternocleidomastoid should always be massaged in a downward motion, for clients who have a problem with high blood pressure.

Overview of neck massage routine:

- ❖ Apply oil with an effleurage movement around the chest area
- ❖ Shoulder rock – loosens neck and opens the shoulders
- ❖ Kneading of neck and shoulder area
- ❖ Double hand shoulder blade lift (use strength of hands and arms to lift and open chest) Slide

arms out gradually and repeat on each side moving up to the occipital area (base of the skull)

- ❖ Hold the weight of the clients head in your hands and knead the neck, repeat each side
- ❖ Turn head to the side and work the Sternocleidomastoid (remember downward movement only for clients with high BP)
- ❖ Place the head on your stomach and lift gently, working up each side of the vertebra (backbone)
- ❖ Tilt head to work cervical vertebrae with the fingertips
- ❖ Side head stretches, forward flexion and diagonal flexion. *These stretches must be done with care, they should not cause pain and/or discomfort – be aware of contra-indications*
- ❖ Effleurage neck to finish
- ❖ Gentle strokes from centre of forehead toward and over hairline.

If you would like more information in regard to this segment, or you would like us to discuss something specific, please contact trisha@brandonraynor.com and we will get our small but diligent team of researchers to work for you. Another way of learning more about Anatomy is to obtain the Anatomy Coloring Workbook by *I. Edward Alcamo, Ph.D.* We have found this book invaluable and it also looks great on your bookshelf.

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Contact Dina on 02 66791314
(Int. +61 2 66791314) or email
dina@brandonraynor.com
if you wish to purchase a copy



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We hope you have enjoyed the stories and articles in this newsletter. As we have mentioned earlier, this is the last newsletter that will be coming your way from Brandon Raynor's School of Natural Therapies. The next addition will come to you direct from the International Natural Therapists Association.

We are looking forward to receiving your membership application along with your views, ideas and suggestions regarding the format of the INTA Newsletter. If you would like to contribute a story or an article for the newsletter, please forward them to either myself at trisha@brandonraynor.com or to my mentor, Dina on dina@brandonraynor.com. Please remember that the Association is there for all of us.

I would like to thank everyone who has contributed to this newsletter. We have all worked together, with the same goal in mind, which shows me, that an Association is really just a big family. To know you have that support network around you is very energizing.

Until next quarter, keep happy and keep massaging.
Trisha Garnett – INTA Administrator

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