



International Natural Therapists Association Inc

Issue 10

INTA - The International Natural Therapists Association Inc - Australia

Administrator

Over the past couple of months we have received quite a few positions vacant for either Remedial or Deep Tissue Massage Therapists. Some are for corporate positions while others have been for Day Spa type facilities.



INTA Australia

Here are a few that may be of interest to some of the readers:

Remedial Massage Therapists Wanted:

Stress Works Corporate Massage
Betty Penna – Office Manager

www.stressworks.com.au

03 9386 0723 – 0409 843 965

Applicants are required to hold and maintain their own current Public Liability and Professional Indemnity Insurance, have own transport, towels, oils and portable table.

To register your interest, please email your CV and letter of introduction to:

info@stressworks.com.au (Subject: Massage Therapist Position) or mail to: PO Box 1219
Carlton Vic 3053

Beauty / Massage Therapist

Largest Spa provider in the world has 50 open positions working onboard luxury Cruise ships. Executive earning potential and travel opportunities. Send resumes to:

Steiner Leisure

PO Box 227

Prahran Vic 3181

kerryrc@str.co.uk

Massage Therapist Required (Remedial)

Belvedere Natural Health Therapy Clinic

530 South Rd Kurralt Park SA 5037

Health & Fitness Centres & Services

Contact: (08) 8297 4070

Published by The Adelaide Advertiser

Massage opportunity in Hawaii:

Massage therapists wanted to help at Yoga and Meditation farm on Hawaii's Big Island. We are looking to provide accommodation and a small income in a relaxed and friendly environment for the right people. You should be seeking a healthy lifestyle and be interested in learning more about natural alternative living. You will be joining an enthusiastic team of caring people who are engaging in a building project, remodelling old houses and constructing new accommodation.

Males, females, single or families are welcome to apply. For details and more info please call Celine at Int + 1 800 261 7711 or mahalogan@hotmail.com

Volunteer Massage Therapists Wanted

St John of God Services Victoria is one of the largest non-government agencies for intellectual disabilities and have over 28 community houses in Victoria. Most of our clients are regularly attended by masseurs, but we have a group of people (four of them children) who have very little money and cannot afford this care.

If this type of satisfying work interests you, contact:

Glen Farrington – Area Manager

St John of God Victorian Services

03 9727 7001

gfarrington@st.johnofgod.org.au

Wanted Helping Hands – London Marathon

Interact Worldwide – Registered Charity No. 1001698
Get some practice.... Volunteers wanted to provide massage for charity fundraising runners of the London Marathon – United Kingdom.

April 23rd 2006 after the race

Free food and drinks provided for all participants.

Contact Chris Harraby

020 7514 8500

harraby@interactworldwide.org

TAKE CARE OF YOURSELF

*Taking care of yourself is not self-indulgence:
it's survival. Spend just ten minutes a day
utterly, shamelessly and joyfully on yourself*



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NATURES HEALING PLANTS - PART V

BASIL (*Ocimum basilicum*) – by Sandra Bowens



It is said that Basil symbolizes dislike and hate. This is apparently so except in Italy. To Italians it symbolizes love and love it they do. Some say an Italian suitor will announce his matrimonial intentions by arriving with a sprig of basil in his hair.

This aromatic herb is revered in India, where a leaf is added to the grave with a Hindu body and is frequently cultivated around temples. Other cultures in other ages have associated basil with scorpions. A Medieval superstition suggested they would breed under pots of basil and later it was feared that even smelling the sweet aroma of basil could cause scorpions to grow in your brain.

Today, chefs, family cooks and gardeners love basil. Although indigenous to India, Africa and Asia, this bushy member of the mint family is grown now in nearly every temperate climate. The available varieties are seemingly endless and easy to grow from seed. Early Greeks and Romans believed that shouting and cursing while sowing the seeds would insure a healthy crop, but all you really need to do is provide well-drained soil in full sun where the temperature doesn't fall below 10C or 50F. Most basil plants are annuals, however, so you will see them wane at the end of each growing season, keep the flowers pinched back and prune often to extend the growing period.

Pruning the leaves is the cook's favorite part. Whether you have lovely broad purple leaves or petite green foliage, basil will enhance a wide range of dishes. This aromatic herb with a sweet odour and pungent flavor is used in both the dried and fresh forms frequently. Known as *l'herbe royale*, or the King of Herbs, it is found in so many tomato dishes that it is also called THE tomato herb.

Basil is one of the few herbs that the flavour actually intensifies upon cooking. Use it in any Italian dish, especially combined with oregano, or to flavour meats, vegetables, fish and soups. Toss handfuls of fresh leaves into salads and use the tiny flowers as a garnish.

Early herbal uses included: to ease the pain of childbirth, increase milk flow in nursing mothers,

as a treatment for urinary and respiratory ailments. For headaches, relieve fevers, indigestion, bad breath, inflammation, and joint pain.

To make a tea, steep 2-6 fresh chopped leaves in 1 cup of boiling water. For colds and flu try a strong basil tea with a little lemon juice, 1 teaspoon of honey and a pinch of cinnamon and cloves to bring on a sweat, release mucus and reduce fever and joint pain.

BASIL PESTO

Combine the following ingredients in a food processor to make enough pesto to serve 4 dinner guests.

1/2 cup fresh basil leaves; 1/2 cup toasted pine nuts; 1/4 cup fresh parsley leaves; 1/4 cup grated Parmesan cheese; 2 cloves of sliced garlic; 2 tablespoons of olive oil and freshly ground black pepper to taste.

Serve over hot pasta with or without tomatoes (I prefer it without) or spread on chunky bread and bake for 10mins until warm.



VEGETARIANISM

Information sourced from various websites

If you were to ask a cross-section of the population what they envisaged when they thought of vegetarian food, a large proportion would still describe it as bland and unimaginative, consisting of unappealing dishes made with lentils, and little else. Sadly this inaccurate image is one that has dogged vegetarian cuisine for many years, and appears hard to shake off. In truth, vegetarian cooking is neither bland nor unimaginative. At its very best, it is a subtle, tasty and innovative combination of textures and flavours. It uses ingredients that are often neglected in conventional cooking, such as beans, pulses, grains and nuts, and uses to full effect a wide range of fresh vegetables.

Vegetarianism has grown in popularity over the past few years. The reasons for this growth are varied.



For many, the decision to have a meat-free diet is based on the belief that it is morally wrong to eat meat, while others choose to give it up as a protest against modern factory farming methods.



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A significant number, however, choose to adopt a vegetarian diet because they believe that it is better for their health. Today's diet, which is high in animal proteins, reflects the affluence of our society. Whereas our forefathers ate meat infrequently and in relatively small amounts, supplementing it with alternative forms of protein, like beans and pulses, we eat meat on a far more regular basis, and in larger quantities. It is thought that the increase in consumption of cholesterol-rich animal proteins may play a part in the increased prevalence of coronary related diseases. This has led many people to cut down on their consumption of animal products, particularly red meat, which are known to be high in cholesterol.

Whatever one's diet, it is vital to ensure that the body gets all the essential proteins and minerals that it needs. Animal products, such as meat, fish, eggs and dairy food conveniently provide all the amino acids – the building blocks from which proteins are formed – needed for the body.

By combining different types of vegetable and dairy products it is possible to maintain the correct balance.

Different groups of vegetable proteins, such as grains, nuts and legumes (beans) contain different amino acids, so complementing each other. Lots of them taste good too.



Anatomy – Lesson Six

MUSCLES Cont: – What is a Bursa

Various medical websites

In the last newsletter we discussed Muscles in Lesson Five. Here we are going to continue with some information on 'bursa'. What is a bursa? Where are they found? What is bursitis? and What causes bursitis?

What is a bursa?

Every person has hundreds of bursa scattered throughout the body. The function of a bursa is to decrease friction between two surfaces that move in different directions.

Imagine a bursa as being a small balloon containing a little oil with the air removed. The

action of rubbing this small balloon between your hands would be smooth and effortless, this would replicate what a bursa does between tendon and bone.



You tend to find a bursa at points where muscles and tendons glide over bones. Without the bursa between these surfaces, movements would be painful, and most certainly become easily inflamed.

What is bursitis?

Bursitis is the inflammation of a bursa. Normally, the bursa provides a slippery surface that has almost no friction. A problem arises when a bursa becomes inflamed. The bursa loses its gliding capabilities, and becomes more and more irritated when it is moved.

When the condition called bursitis occurs, the normally slippery bursa becomes swollen and inflamed. The added bulk of the swollen bursa causes more friction within an already confined space. Also, the smooth gliding bursa becomes gritty and rough. Movement of an inflamed bursa is painful and irritating.

What causes bursitis?

Bursitis usually results from a repetitive movement or due to prolonged and excessive pressure. Patients who rest on their elbows for long periods or those who bend their elbows frequently and repetitively (using a keyboard and/or mouse) may develop elbow bursitis. Similarly in other parts of the body, repetitive use or frequent pressure can irritate a bursa and cause inflammation.

Another cause of bursitis is a traumatic injury. Following trauma, such as a car accident or fall, a patient may develop bursitis. Usually a contusion causes swelling within the bursa. The bursa, which had functioned normally up until that point, now begins to develop inflammation, and bursitis results. Once the bursa is inflamed, normal movements and activities can become painful.

Treatment Options

Massaging the area where the tension comes into the body that corresponds to the affected area will bring relief. However resting and/or elevating the joint between massage sessions may hasten the healing process. Applications of heat or cold may help relieve pain and swelling in severe cases.



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The Magic of Vitamins and Minerals

Information sourced – Wai Lana's Favourite Juices

This is our final segment in the Magic of Vitamins and Minerals from Wai Lana's Favourite Juices book. This edition we'll be covering the minerals Iodine to Zinc.

"At some point in our lives, many of us come to realise the priceless value of good health. We see that no matter what we do, our bodies end up helping us or hindering us. Like diet, physical fitness plays a big role in our overall sense of well-being. Designed to balance, rejuvenate, and strengthen your body down to a cellular level, yoga has long been my recommendation for exercise". Wai Lana – www.wailana.com

Vitamin	Function	Symptoms of Deficiency	Best Sources
Iodine	Essential for proper thyroid function. Protects against radiation. Helps regulate body temperature, energy production, and metabolism. Needed for healthy hair, skin and nails.	Enlargement of the thyroid (goitre). Hypothyroidism. Rapid pulse. Heart palpitations. Nervousness.	Seaweed, algae, iodised salt.
Iron	A vital component of haemoglobin, a pigment that transports oxygen throughout the body. Essential for immune and thyroid function, metabolism, and a healthy complexion.	Anemia. Fatigue. Weakened immune system. Heart palpitations. Difficulty breathing and swallowing. Anemia is most common in women in their reproductive years.	Whole grains, dark leafy greens, potatoes, dried figs and prunes, raisins, apricots, tofu, beans, molasses, watermelon, sprouts, pistachios, pumpkin seeds, peanuts.
Magnesium	Vital for healthy nerves, strong bones, muscle contraction (including the heartbeat) and metabolism. Helpful during PMS and menopause.	Weak muscles. Irritability. Irregular heartbeat. Confusion.	Nuts (especially almonds), sunflower and pumpkin seeds, soy products, beans, whole grains, wild rice, wheat germ, bananas, parsley, leafy greens.
Manganese	Important for energy function and bone, blood, and tissue formation. Activates enzymes. Feeds the brain and nervous systems.	Loss of hearing. Ringing in the ears. Dizziness.	Whole grains, brown rice, beans, tofu, wheat germ, leafy greens, seaweed, nuts, seeds.
Molybdenum	Necessary for the metabolism of other minerals and for the formation of urine. Reduces toxicity in the body.	Toxicity. Increased risk of disease.	Legumes.
Phosphorus	Works with calcium to maintain healthy teeth and bones. Needed for kidney and nerve function and metabolism. Necessary for digesting carbohydrates and activating B vitamins.	Decreased appetite. Irregular breathing. Bone loss. Weakness. Fatigue.	Almonds, peanuts, seeds, spinach, asparagus, legumes, oatmeal, bran, sweet potato, yoghurt.



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Potassium	Necessary for water balance, blood pressure regulation, heart and kidney function, pH balance, and nerve impulse transmission. Regulates muscle contractions.	Low blood pressure. Dizziness. Muscle cramps. Fainting spells. Dehydration. Weakness. Acne. Dry skin. Poor reflexes. Increased risk of stroke or heart attack.	Fruits, vegetables, dairy products, sunflower seeds, legumes, leafy greens.
Selenium	Prevents free-radical damage. Produces hormones and helps with proper heart and immune function. Preserves tissue elasticity and youthful skin.	Muscular weakness and discomfort. Loose skin and premature aging.	Avocado, garlic, radish, horseradish, onion, shitake mushrooms, kidney beans, lentils, oats, wholegrain breads and cereals, seaweed, dairy products.
Silicon	A tonic for the skeleton, muscles, skin and organs. Helpful in preventing wrinkles and stretch marks.	Brittle nails. Dry skin and hair. Weakened tissues. Decreased growth. Deficient bone and tooth structure.	Most vegetables, but especially lettuce and cucumber.
Sodium	Helps in nerve impulse transmission. Helps regulate blood pressure and water balance in the body.	Dehydration. Dizziness. Vomiting. Deficiency is unlikely, however, toxicity symptoms are edema, weight gain, high blood pressure.	Most foods
Sulphur	Sometimes known as the beauty mineral. Helps keep skin clear and youthful. Helps maintain hair, nails, and blood consistency. Helps prevent cell oxidation. Combats bacterial infection.	Caramelised, thickened blood. Brittle nails. Dry, lack-lustre skin.	Garlic, watercress, alfalfa, onion, horseradish, vegetables, asparagus, figs, nuts, pineapple, dried apricots.
Zinc	Vital for the immune system, digestion, metabolism, and DNA production. Combats the effects of aging, especially in the skin. Plays a key role in hormone production and synthesis.	Stretch marks. White spots on fingernails. Brittle hair and nails. Irregular menstruation. Loss of sense of taste. Weakened immune system.	Nuts (especially cashews) pumpkin seeds, wholegrain breads and cereals, legumes (especially lentils) wheat germ and dairy products.

The amount of information contained in these issues covering the A – Z in Vitamins and the A – Z in Minerals may seem quite overwhelming with the different functions, symptoms of deficiency and best sources to be remembered. To avoid brain-overload I've got a laminated copy of these pages pinned near my desk. I find them very useful, especially when my daughters call asking questions about their children's health.

I hope you have all enjoyed reading The Magic of Vitamins and Minerals as much as I have enjoyed bringing this information to you.



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THE SAD PASSING OF COMMON SENSE

Today we mourn the passing of a beloved old friend, Common Sense, who has been with us for many years. No one knows for sure how old he was since his birth records were long ago lost in bureaucratic red tape.

He will be remembered as having cultivated such valuable lessons as knowing when to come in out of the rain, why the early bird gets the worm, life isn't always fair, and maybe it was my fault.

Common Sense lived by simple, sound financial policies (don't spend more than you earn) and reliable parenting strategies (adults, not children are in charge).

His health deteriorated when well intentioned but overbearing regulations were set in place.

Reports of a six-year-old boy charged with sexual harassment for kissing a classmate; teens suspended from school for using mouthwash after lunch; and a teacher fired for reprimanding an unruly student, only worsened his condition.

Common Sense lost ground when parents attacked teachers for doing the job they failed to do in disciplining their unruly children. It declined even further when schools were required to get parental consent to administer sun lotion or a sticky plaster to a student; but, could not inform the parents when a student became pregnant and wanted to have an abortion.

Common Sense lost the will to live as the Ten Commandments became contraband; churches became businesses; and criminals received better treatment than their victims.

Common Sense took a beating when you couldn't defend yourself from a burglar in your own home and the burglar can sue you for assault.

Common Sense finally gave up the will to live, after a woman failed to realise that a steaming cup of coffee was hot. She spilled a little in her lap, and was promptly awarded a huge settlement.

Common Sense was preceded in death by his parents, Truth and Trust; his wife, Discretion; his daughter, Responsibility; and his son, Reason.

He is survived by 3 stepbrothers; I Know My Rights, Someone Else is to Blame, and I'm A Victim.

Not many attended his funeral because so few realised he was gone.

If you still remember him, remind others. If not, join the majority and do nothing.

BABY MASSAGE

Trisha Seymore – information sourced worldwide web.

We've had a few requests for information on *Baby Massage*. It only seems a short while ago we ran an article on that subject. However, when I had a look, I was surprised to see that that article appeared back in December 2003.



So, enjoy and welcome to the world of *Baby Massage*.

Choose a moment in which you and your child are relaxed and calm. A half hour after the baby has eaten is recommended.

Be sure that the room temperature is warm. Undress the baby completely, if the weather is cold or humid cover the areas you're not massaging.

Put the baby on a soft surface so he/she will feel comfortable and secure. Keep some little pillows handy.

It is a good idea to put some cream on your hands and rub them together so they will be soft and warm. I would advise against using any creams or lotions with 'essential oils' and most definitely NOT a chemical based oil.

The massage flows from the head to the toes. With soft and gentle touches you'll cover the head, face, shoulders, arms, chest, stomach and legs.

While you massage your baby look tenderly at him/her. Doing this you stimulate all the senses of the baby and establish a more intense visual and tactile communication.

Remember that your touches should be tender, don't make mechanic motions. Try to be flexible by not keeping a rigid routine.

If the baby wants to change position let him do so. Do not force your bub to keep a position; you can go back to these areas later on.

What pressure do I use? This little exercise should set your mind at rest.

Close your eyes and press your eyelids. The pressure you should use is the same as pressing your eyelids without any discomfort.

In small areas use your fingertips. In other areas use the palm of your hand. "*Little strokes*" mean to touch your baby's skin gently and "*massage*" is to softly move the muscles under the skin.



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The Head: Gently caress the forehead, temples and the base of the cranium, eyebrows and eyelids, nose, cheeks and the area around the mouth, up over and around the ears.



The Jaw: The front part of the neck. Make small strokes and massage the back of the neck with slow movements down to the shoulders.



Softly put both hands on his shoulders. Caress from neck to shoulders, towards the chest.

Shoulders and arms: Form a ring with your fingers and thumb around your child's arm. Begin to caress around the armpit and then down the arm.



In the wrist work gently turning motions. Remember to take great care with all these motions.

Stomach: Massaging in small circular motions caress the tummy in a clockwise direction, starting just below the ribs on the right-hand side and finishing on the lower left-hand side.



Legs: Caress each leg with your whole hand, pressing gently on the thighs.



Slightly flex the legs and knees pressing the thighs gently against the body.

Heels and feet: A foot massage is very relaxing. Apply soft pressure on each toe, then the foot and back to the toes. A foot massage may also reduce stomach pain.



Gently caress all the toes. Using circular movements on the heels. A foot massage is very calming and can be done with baby fully clothed when it's not possible for a full massage.

Back of the Body: Turn your baby to lay face down.

Begin with large and slow movements that include head, neck, back and legs always in the same direction.



Apply soft strokes on the shoulders and back, using your fingertips in a circular motion. Do not massage the spinal cord, simply put your hands over it and let the baby feel the warm sensation.

Put your hands at the top of his legs; begin gently caressing while working your way down towards the foot.



With soft and slow movements finish the massage starting once again at the head and back to the toes

Don't feel impatient, if bub doesn't cooperate...simply try again later.



WHAT IS THE ALEXANDER TECHNIQUE?

Richard Brennan

The Alexander Technique is not so much something you learn as something you *unlearn*. It is a method of releasing unwanted muscular tension throughout your body, which has accumulated over many years of stressful living.

This excess tension often starts in childhood and, if left unchecked, can give rise in later life to common ailments, such as arthritis, neck and back pain, migraines, hypertension, sciatica, insomnia and even depression.



Frederick Matthias
Alexander

Vast amounts of money are being spent on the treatment of these illnesses (to say nothing of the pain and discomfort that is endured by the sufferer), yet the number of patients continues to increase. With the right education, however, many people could be helped to understand the causes of their problems and be taught to help themselves, so that their aches and pains may either be relieved or avoided altogether.



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The Alexander Technique can help us to become aware of balance, posture and co-ordination while performing everyday actions. This brings into consciousness tensions throughout our body that have previously gone unnoticed, and it is these tensions which are very often the root cause of many common ailments. This is exactly what Frederick Matthias Alexander, the originator of the Technique, discovered when trying to get to the bottom of his own voice-related problem.

Learning new ways of moving while carrying out everyday actions which may be the cause of the strain on the body, and discovering ways of sitting, standing and walking that put less strain on the bones, joints and muscles, thus making your body work more efficiently.



The Alexander Technique also involves examining posture, co-ordination, breathing and balance.

As children our posture and ease of movement are a joy to watch, but as we start to tense our muscles in reaction to many of life's worries and concerns, our posture deteriorates into what can border on deformity.

Over the years we become accustomed to the ways in which we sit and stand without realising that it is often these very positions that are putting strains upon our body – no matter how uncoordinated these positions are they will always feel right to us. When we perform everyday activities it is amazing how frequently we subject our bodies to undue tension simply by not being aware of what we are doing; this tension spreads throughout the muscular system, even if it is triggered in one particular area of the body.

It may be many years before we start to suffer from aches and pains or restriction of movement. Many of our modern methods of combating such problems involve powerful painkilling drugs that block out the body's warning system, whose function it is to tell us that something is wrong. Often, doctors can offer little advice as their training revolves around the problems. The Alexander Technique, however, does just this; it shows you the underlying cause, enabling you to eliminate the tension responsible for so many of the ailments that we mistakenly put down to the ageing process.



NATURAL THERAPIES CENTRE – FOR SALE

Get away from the hustle and bustle of large city living and *come on down* to the relaxed lifestyle of Natural Therapies in Launceston Tasmania, a community of approximately 100,000.

Tasmania is separated from mainland Australia by the 240km ocean stretch of Bass Strait. Tasmania is a land apart – a place of wild and beautiful landscapes; friendly, welcoming people; a pleasant, temperate climate; a rich history; and a relaxed island lifestyle.



Sitting amongst all that is a business and home opportunity just waiting for an enthusiastic natural therapist who would like to be living on nature's doorstep while owning their own piece of Australia.

- ◇ Main Street frontage (Charles Street)
- ◇ 450 square metres of space
- ◇ 2 shop frontages
- ◇ Secure arcade access to 2nd shop
- ◇ 4 treatment rooms
- ◇ 3 shower areas
- ◇ Laundry
- ◇ Kitchen
- ◇ Living area
- ◇ Open hall with Tasmanian Oak polished floors
- ◇ 2 shop display areas with reception nook



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Contact: Brandon Raynor on Intl 1 808 696 1972
or simply email brandon@brandonraynor.com



Well that's about it for another quarter from us here at INTA. Please remember to email or call us if you would like to see anything specific appear in your newsletters, or you would like to have your story told for all to read.

As you can see, we're becoming quite the place to advertise your positions vacant, your businesses for sale and also a place to read about different types of natural therapies.

Ciao, See ya later, Aloha, Adiós, Slán libh, Aroha nui, Chao, Namasté, Auf Wiedersehen, Itte rasshai, salut, Joi gin, Salamat jalan, Vaarwel, and Goodbye.