

May 2015
Edition



Newsletter

*"A More Personal
Approach To Your
Health"*

*Imagination is more important than knowledge.
Knowledge is limited while imagination embraces
the entire world---Albert Einstein.*



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guided imagery work?

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**25% Off Mothers Day
Massage Gift
Certificates Through
May 8th.**

Water, Agua, H2O

Stiff Joints? Drink Water!

Did you know that your body weight is approximately 60 percent water? Your body uses water in all its cells, organs, and tissues to help regulate its temperature and maintain other bodily functions. Because your body loses water through breathing, sweating, and digestion, it's important to rehydrate by drinking fluids and eating foods that contain water. The amount of water you need depends on a variety of factors, but everyone should consume at least 8 eight-ounce glasses per day.

Water Protects Your Tissues, Spinal Cord, and Joints

Water does more than just quench your thirst and regulate your body's temperature; it also keeps the tissues in your body moist. You know how it feels when your eyes, nose, or mouth gets dry? Keeping your body hydrated helps it retain optimum levels of moisture in these sensitive areas, as well as in the blood, bones, and the brain. In addition, water helps protect the spinal cord, and it acts as a lubricant and cushion for your joints.

Mental/Emotional Health

Guided imagery or visualization is a program of directed thoughts and suggestions that guide your imagination toward a relaxed, focused state. You can use an instructor, tapes, or scripts to help you through this process.

Guided imagery is based on the concept that your body and mind are connected. Using all of your senses, your body seems to respond as though what you are imagining is real. An example often used is to imagine an orange or a lemon in great detail—the smell, the color, the texture of the peel. Continue to imagine the smell of the lemon, and then see yourself taking a bite of the lemon and feel the juice squirting into your mouth. Many people salivate when they do this. This exercise demonstrates how your body can respond to what you are imagining.

You can achieve a relaxed state when you imagine all the details of a safe, comfortable place, such as a beach or a garden. This relaxed state may aid healing, learning, creativity, and performance. It may help you feel more in control of your emotions and thought processes, which may improve your attitude, health, and sense of well-being.

Guided imagery has many uses. You can use it to promote relaxation, which can lower blood pressure and reduce other problems related to stress. You can also use it to help reach goals (such as losing weight or quitting smoking), manage pain, and promote healing. Using guided imagery can even help you to prepare for an athletic event or for public speaking.



Whether you are training for a sport or just want to feel good, Agape Therapy has something to offer you. We use a multidimensional approach to meet your needs so you can improve your performance or feel your best! Our multidimensional care plan can offer you:

- **Physical Therapy**
- **Occupational Therapy**
- **Speech Therapy**
- **Dry Needling**
- **Massage**
- **Personal Training**
- **Essential Oils**
- **Reflexology**
- **Nutrition Consulting**
- **Cooperative Care Options**

Dr. Jen, Agape's Cooperative Chiropractor, will be having customer appreciation days May 12th and 13th. She will be offering free consultations and exams to new patients and adjustments to existing patients. Please bring a donation of 5 canned goods or \$10 that will go to the Northeast Iowa Food Bank.

**Call Carmen #319-830-9057
to set up an appointment
today!**



Spotlight on Staff: **Laurie Martin** Wellness Specialist

You asked for it...and Laurie is ready to bring it! Zumba is coming back to The Den starting this summer! Bring your dancing shoes and be ready to party, move, and groove Zumba style! Laurie also teaches TRX, Easy Does It, and FIIT. Stop by the Den to try out any of our classes. Do you have a Wellness question, curious about fitness equipment, or interested in personal training? Laurie would be happy to help you with any questions you have. Stop by the Den during business hours or call #404-7844 for more information.

Guided Imagery: *For Pain Management*

Close your eyes and get comfortable. Take a deep breath in through the nose and let it out slowly through the mouth. Begin to breathe normally. Allow your body to just melt into the chair or floor or where you are resting. Check in with the temperature of your body. Are you feeling too warm or too cold or just right? If you are too cold, maybe you can imagine that you have sunlight shining down on you or that you are next to a warm fire. Or, if you are feeling too warm, maybe your body wants to be lying near a block of ice or a glacier, or on top of a snowy mountain. If you are just right, then enjoy feeling how comfortable your body is right now. Just imagine what your body needs right now and give it to your body. Next check in with the part of your body that is feeling pain (or, get in touch with the thoughts that are bothering you). See if you can allow your attention to travel right to that place. Now imagine that you are entering a dark cave. Just notice how dark the cave is. Walking into the cave you see that it is a cave where they mine things. Today there's an army of little miners in there, working and bustling in every direction. They are working hard. Now you see that these little miner's are busy mining out your pain. Each bucket they fill they march it over to a big bonfire and dump it into the fire. Allow yourself to imagine that they are mining out all of your pain, each little bit of it. The more and more buckets that they mine out, the better and better you begin to feel. More and more of your pain is getting marched over to the fire. As you watch continue to breathe in and breathe out, relaxing your body more and more with each bucket. See if you can really let go and allow those little miners to do the work. Pretty soon, you begin to feel as if the miners are all done. You imagine a bright beautiful light coming in and filling up all the places where the pain was inside of you. What color is it? Maybe it's a soft blue or green, or a light yellow. Whatever color it is, just allow it to swirl inside you and begin to fill you up with relaxing, peaceful feelings. It's time for you to go, so wave goodbye to the little miners, Tell them thanks. Know that these little miners are always available to help you with your pain or with any thoughts you no longer want. Begin to make your way out of the cave. Slowly return your attention to the room around you. You can open your eyes when you are ready.

Sarah's Favorite Things

"I really regret doing that workout," said no one ever.

My motto when it comes to exercise has always been, "anything is better than nothing." It doesn't matter whether you run, jog, walk, how long you exercise, or how many times you have to stop to rest. No matter what you do your body will benefit far more from any sort of movement than if you do nothing at all! If you are a beginner and want to start exercising walking is one of the easiest things. All you need is a pair of shoes and off you go. Start with a short walk and build on time, distance, or speed weekly.

No Excuses!

- If you don't have time for your full workout – do half of it.
 - If you can't do a full pushup -do half of one!
 - If you can't run a full mile, walk it.

REMEMBER: Anything is better than nothing!

Patient Communication



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319-277-3166 (Main Clinic)



The Side Road Newsletter



Locations:

Main Clinic: 211 W 6th St. Cedar Falls

The Den: 668 Main St. Dike

Waterloo Clinic: 927 W 4th St. Waterloo

Key West, Black Hawk Village, Cedar Falls