

Within Reach

AUGUST
2000

AMTA Texas Chapter Newsletter: ALL THE NEWS THAT'S FIT TO TOUCH

AMTA National Convention Phoenix 2000

Creating Synergy through Warmth, Healing and Spirit
September 20-24, 2000

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Deep Massage and the Renaissance of Touch

David Lauterstein RMT, MTI

Deep Massage is a generic term I use to describe touch that affects the person in a deeply positive way, not just through pressure but also through heightened energetic presence. The various forms of deep massage, which have evolved in this century, have proven to be clinically effective and revitalizing in a unique way. The renaissance of deep touch modalities is happening because mankind is badly in need of a solution to stress-related injuries, diseases and the deep disconnectedness which modern culture produces.

First of all, Deep Massage arises from a new understanding of human structure that has evolved in the 20th century. Until this past century, the understanding of structure was based on a compression model. It was thought that the body was supported by the bones resting on top of each other, just as columns support each other in a building. Even popular songs expressed this- foot bone connected to the ankle bone, the ankle bone connected to the leg bone, etc. The muscles were thought of merely as producing movement.

The dawn of modern structural bodywork and deep massage was the realization that the bones themselves are positioned in space largely by the muscles and their associated connective tissues, "fascia." First, Andrew Taylor Still, the founder of Osteopathy, proposed this. He was followed by Ida Rolf who articulated both a theory and practice based solidly on this model. This model, as we explored it, further turned out to be one well described by the modern architect and genius, Buckminster Fuller. It is called the "tensegrity" model. Tensegrity examines form and function, not primarily in man-made architecture, but in nature. In nature, the hard members within a structural system are supported and positioned by the soft members. Think of poles in a tent and how they actually are held in position by the tensions within the fabric and guy wires. The bones in the human structural system act as spacers or anchors for the muscles. But the positioning of the bones, and therefore our alignment, is largely determined by our muscles and their fascia.

This opened up a whole new role for bodywork. If muscles and their connective tissues are the primary structural element in determining the body's alignment and movement, then massage therapists suddenly find themselves in the central position with regard to health of the human structure. Perhaps even a central position with regard to human culture. Ida Rolf so highly appreciated this aspect of bodywork that she felt it was critical to any further human evolution. We have evolved from forward-leaning apes, toward erectness and the promise of deep balance potential within the human form. The attainment of our vertical destiny does seem to be a prerequisite to physical health as much as perhaps a foundation for the emotional, spiritual and mental health of the fully embodied human.

The basis for muscles changing lies partly within the

fascia, the living connective tissues, which help determine the muscles' form. Fascia is found everywhere in the body. It is not possible to take a single slide and not find fascia. It covers each bone, and is then called "periosteum." It covers and invests the entire peripheral nervous system: surrounding the whole nerve as epineurium, each bundle of neurons as perineurium, and each single neuron as endoneurium. It is the outermost layer of blood vessels, lymphatic vessels and the digestive tube. It surrounds the brain and spinal cord and is then called the meninges. It connects the bones and is called ligament. And, of course, remarkably similar to the neural structure, fascia covers and invests the muscles, surrounding the whole muscle as epimysium, muscle bundles as perimysium, and individual muscle cells as endomysium. At either end of the muscle, these layers continue beyond the muscle fibers and then we call them tendons. You see, fascia is an extremely complex, three-dimensional spider webbing that gives the whole and each and every part of the body its shape and its relationship in space relative to every other part.

Fascia has other functions as well. It acts protectively, like a second skin. It has immune and regenerative functions in the case of disease and injury. It is a conductor of piezo-electric current as well – Some texts refer to fascia as being chemically a liquid crystal!

So we can begin to understand the profundity of Ida Rolf's reported answer to a reporter's questioning why she worked with fascia. "Because that's what I can get my hands on!" As we see now, fascia is, along with water itself, a substance with which to address the entire human being. Touch with deep knowledge of the form and function of fascia has the potential to transform the whole person.

Fascia has one more remarkable property that gives hands-on therapies a special power. The word for this quality is "thixotropic." Its chemical nature is such that any increase of activity within a thixotropic substance results in its becoming more fluid. Other thixotropic substances are ketchup and mayonnaise. Note that when these are stirred, they become more fluid. Fascia is mostly composed of a ground substance, called hyaluronic acid, housing an occasional protein, most often collagen. It is the hyaluronic acid that is thixotropic such that the moment we press into the body it immediately starts becoming more fluid. Also, the heat of the therapist's body increases the activity and thus the fluidity within the tissue, especially in more congested areas where circulation is impeded. And the energy of the therapist's touch, whether we define it electro-chemically or psychologically, also plays a role in increasing our fluidity.

The human hand, acting in concert with the heart, mind and spirit, is the most sophisticated tool in the known physical universe. With its pressure and warmth, guided by intelligence, care and inspiration, we can literally remodel the human form and dramatically alter each and every human function.

Connected to the fascia and muscles is one more element that further assures the power of bodywork. Imbedded within the muscle and fascia are nerves. These nerves, mostly called pressoreceptors and proprioceptors, monitor, in concert with

the brain, our every movement and our interaction with the outside environment. Asleep and awake, these nerves are monitoring the amount of pressure of the things that touch us. Proprioceptors register the length or tension in each muscle. Through this information, the brain composes the experienced body image of the size and position of body parts with respect to each other in space. Notice how peculiar it is when your foot goes "to sleep." Your balance is completely affected- the nerves, temporarily deprived of oxygen, are not getting their messages to your brain. So you can't experience the feeling of where your foot is! Muscles may even be more important as sensory organs than as organs of movement- without their neural role, we can not experience where a body part is or how it's shaped. Without the experienced information of how we are structured, we can not coherently move.

Of course, balancing the muscles' sensory role is their motor role. Here, as well, the nervous system is intimately interwoven with the muscles. Nerves run to each group of muscle fibers. Muscles generally contract or relax only in response to messages from the nervous system. The myofascial guy-wires and fabric within our tensegrity system do not have set lengths, it turns out, but are rather, at every moment, changing their lengths in response to neural input. Tense muscles are only so in response to neural stimulation. Relaxation therefore, is not initiated by the muscles themselves, but is effected in the muscle when the nervous input ceases. So contrary to the usual notion of muscular relaxation being something massage causes through rubbing the muscles, muscular relaxation is caused by the therapist's touch changing the nervous system!

How can we do this? Massage the nervous system? Because when we know how to contact and change the nervous system, we have our hands on proprioception and, through it, the whole world of body image and touch associations. Touch, being the earliest sense to develop, forms our earliest assumptions about the world. We have our hands on the very basis for human evolution. Yes, we get our hands on fascia. Suddenly the existential arena in which massage operates is not merely structure, but is as well the whole texture of the nervous system, including our consciousness, emotions, memory, and dreams. With our hands we can help compose human beings with the freedom, skill and inspiration of the other great artists in history. Our medium however is not paints or musical tones. It is the human being itself!

David Lauterstein is the Co-Director and a core faculty member of The Lauterstein-Conway Massage School in Austin, Texas. He is the author of "What is Zero Balancing" and "Putting the Soul Back in the Body". David teaches Zero Balancing and Deep Massage – The Lauterstein Method internationally.



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• Articles: Articles, commentaries, letters to the editor, etc., should be e-mailed or provided on diskette along with a print quality original and are due by October 26, 2000 to Rick Robinette. *Content may be edited for length and/or content.*

• PC Files: Must be converted to at least one of the following, if not created in one of the programs mentioned above: Graphics (Tiff, Jpg, or EPS); PDF; or PS. If in native format (as noted above), fonts may not be identical to those originally used. A paper copy must be provided to ensure the closest match as possible. This specifically includes MS Publisher; this *IS NOT* a supported program on the Mac platform.

• Live area for print on full page measures 10" high x 7 1/4 wide. Member ad rates for 2000 are: 1/8 page for \$48, 1/4 page for \$65, 1/3 page for \$78, 1/2 page for \$116, 2/3 page for \$140, full page for \$195, 2 page random placement \$310, or 2 page double truck \$350. Non-member rates for 2000 are: 1/8 page for \$72, 1/4 page for \$87, 1/3 page for \$112, 1/2 page for \$165, 2/3 page for \$195, full page for \$250, 2 page random placement \$395, or 2 page double truck \$460. If you would like your ad to appear in the on-line version of **Within Reach**, an additional \$10 for inclusion is required. Ads not camera ready must be approved prior to space guarantee and require an additional fee of \$40/hour for typesetting and \$50/hour for editing. Layout and desktop design by Robert M^{ke} Kee.

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AMTA - Texas Chapter 2000 Fall Conference

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Includes Saturday lunch and education

Confirmation Letter with map and agenda will be mailed after receipt of registration form

TENTATIVE SCHEDULE

Saturday, September 9, 2000	
7:00 AM - 8:30 AM	Registration
7:00 AM - 9:00 AM	Exhibitors
9:00 AM - 12:00 PM	Visceral Massage w/ John Barrera (tables required) OR Business Mastery Part I w/ Cherie Sohnen-Moe
12:00 PM - 12:45 PM	Working Lunch with exhibitors
1:00 PM - 2:00 PM	Kathy Craft
2:00 PM - 5:00 PM	Breathwork w/ Dr. Peter Minke OR Business Mastery Part II w/ Cherie Sohnen-Moe
5:00PM - 6:00PM	Door Prizes & Raffle with Exhibitors

AMTA - Texas Chapter 2000 Fall Conference

Saturday, September 9

A one-day education opportunity filled with top-notch education, exhibitors, and food!

Breathwork (3 hours) Peter Minke RMT, Ph.D.

Peter Minke is a Registered Massage Therapist in the state of Texas and Aston-Patterning intern. His educational background is in cell biology. He earned both a B.S. and Ph.D. in biology from Texas A&M University. He brings scientific training and analytical thought to his work in alternative therapies.

Peter survived bone cancer and aggressive chemotherapy ten years ago. Five years after treatment he was diagnosed with subclinical chemo-induced lymphoma. Instead of waiting for his body to deteriorate, he took charge of his own health! He has found much healing and wisdom in alternative therapies.

This system provides ways to access the meta-physical through the physical. It provides a concrete way to train the mind and intention to make conscious change in our lives on any level. Therapeutic Breath for Massage Therapists covers a brief introduction to the techniques, using breath to strengthen personal boundaries during therapy, using breath to facilitate client healing and teaching the client to use breath therapeutically.

Visceral Massage (3 hours) John Barrera RMT, CNMT

John Barrera is a 1986 graduate of the Atlanta School of Massage. He founded the Neuromuscular Therapy Center as well in 1986. He teaches advanced level neuromuscular and movement courses across the US, Canada, Germany and New Zealand. He specializes in the treatment of chronic soft tissue dysfunction such as carpal tunnel, thoracic outlet syndrome and many other

muscular conditions, and has extensive experience in the fields of clinical rehabilitation and chronic pain management. His audiences have included medical doctors, chiropractors, physical therapists, massage therapists and many other health disciplines. His teaching style is straightforward, simple and precise.

Mr. Barrera will demonstrate the importance of visceral manipulation. The viscera are an integral part of the pain and posture equation. You will receive an advanced introduction to the potential of structural visceral manipulation. Massage table/lotion REQUIRED

Business Mastery (6 hours total) Cherie Sohnen-Moe

Cherie Sohnen-Moe is a trainer, consultant, author and successful business owner since 1978. She holds a degree in psychology from UCLA and has extensive experience in the areas of business management, training, and creative problem solving.

She is also a healing arts practitioner, although her major focus is on writing and facilitating workshops. Her articles are published in national and international magazines. She is the author of the book Business Mastery, now in its third edition with 70,000+ copies sold to date and recommended by more than 700 associations and schools worldwide.

Part I: Setting A Strong Foundation (3 hours)
Morning Session

This workshop will provide you with the tools to create fulfilling; thriving practices and keeps them successful. Participants will gain greater understanding of the aspects of starting and maintaining a successful practice.

Part II: Taking Your Practice to the Next Level (3 hours)
Afternoon Session

In this workshop you will identify your success markers, explore your wants, needs and values; evaluate your business; determine decision-making pinnacles; and develop strategies to alter your course. 🌟

Legislation Action Report

Gayle Temkin

AMTA - Texas Chapter Second Vice-President

Currently, there are two projects that keep me active with the Texas Department of Health (TDH). One concerns our massage law and the other is how to make legal room for bodyworkers who have adequate training and do not need to know massage to do their particular modality. The good news is that our law is becoming more flexible for Registered Massage Therapists "to observe" and possibly "evaluate and treat" third party referrals. The bad news for other bodyworkers is that TDH hasn't found a way to safeguard the public and make room for other therapists who work with bodies but not for the purposes of massage.

The AMTA, other massage organizations, the general massage population, and a group of bodyworkers known as

the American Federation of Bodyworkers are working with TDH to find a way through our massage law to have a win/win situation. It's a very exciting time and I will have more to report to you in the next newsletter. However, you can look at the TDH website for updates to our massage law. Nothing can be posted yet about the bodyworker issue.

IMPORTANT DATES

- September 9, 2000 - *Austin, TX*
AMTA - Texas Chapter Fall Conference
Contact Susan Olson
- September 20-24, 2000 - *Phoenix, AZ*
AMTA National Convention
Contact 847.864.0123, ext. 143
- October 26, 2000
Article Deadline for August *Within Reach*
Contact Rick Robinette

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NMT 6 Sept 4-10
San Francisco
NMT 2 Oct 27-29

CANADA

Calgary
NMT 3 Nov 10-12
Wynned
NMT 3 Nov 3-5

COLORADO

Boulder
NMT 7 Sept 29-Oct 1

FLORIDA

Tampa
NMT 1 Sept 15-17*
NMT 2 Oct 13-15*
NMT 3 Nov 3-5*

INDIANA

Muncie
NMT 3 Nov 3-5

LOUISIANA

New Orleans
NMT 1 Sept 15-17

MASSACHUSETTS

Boston
NMT 4 Sept 22-24
NMT 5 Nov 17-19

MICHIGAN

Detroit
NMT 6 Dec 1-3

MONTANA

Whitehall
NMT 2 Nov 3-5

NEVADA

Las Vegas
NMT 4 Sept 15-17
NMT 5 Nov 3-5

NEW JERSEY

Lakewood
NMT 5 Sept 15-17
Somers Point
NMT 3 Nov 10-12

NEW YORK

CONNECTICUT

Rhinefile
NMT 1 Sept 29-Oct 1
NMT 2 Oct 13-15

NORTH CAROLINA

Charlotte
NMT 2 Oct 20-22

OHIO

Cincinnati
NMT 3 Nov 17

PENNSYLVANIA

Philadelphia
NMT 4 Oct 20-22

SOUTH CAROLINA

Myrtle Beach
NMT 5 Oct 6-8
NMT 6 Dec 8-10

TEXAS

Richardson
NMT 1 Sept 22-24

UTAH

Salt Lake City
NMT 4 Sept 22-24
NMT 5 Nov 17-19

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NMT 4 Nov 17-19

WISCONSIN

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NMT 7 Oct 20-22
NMT 1 Dec 15-17

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If at the end of the Saturday session you feel you have not had a quality educational experience, you may apply for your money back.

Continuing Education Report

D'Jango Sanders

AMTA - Texas Chapter Director of Education

The educational program for the 2000 AMTA - Texas Chapter Fall Conference in Austin Texas is firmly settled! On Saturday, September 9, 2000 we will offer a one-day program with four different educational opportunities. During Saturday morning, conference attendees can choose between Cheri Sohnen-Moe's presentation on how to get a business started in massage therapy or visceral massage with John Barrera. Saturday's afternoon selections feature Cheri Sohnen-Moe discussing how you can take your massage practice to the next level and Breath Work by Peter Minke. Please see elsewhere in this issue for particulars on registering for the 2000 AMTA-Texas Chapter Fall Conference!

Beginning 2001, active members of the AMTA will need to obtain twelve hours of continuing education for membership renewal to be current with the new ruling by AMTA National. For questions regarding this new requirement, call AMTA National at (847) 864-0123 extension 151. If you have any questions or comments about the AMTA - Texas Chapter continuing education program, please feel free to contact me. See you in Austin!

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Infant Massage

October 4 - 7

Kalena Babeshoff

A certified training with the founder of the Foundation for Healthy Family Living to learn thoroughly how to practice and promote skillful, loving touch with infants and parents. (tuition: \$595.00)

Deep Massage II

August 11-13

David Lauterstein

This Intensive, which can be taken as a first or second level workshop, covers fantastic advanced Deep Massage techniques especially for the iliopsoas, diaphragm, the back and legs, shoulder and pelvic girdle muscles, and the feet. (tuition \$330)

Bodywork for the Childbearing Year

November 9 - 12

Kate Jordan

Four day intensive addressing the concerns of pregnant and postpartum women with a comprehensive program of advanced massage techniques, specific pregnancy and postpartum exercises, and support measures. (tuition: \$595.00)

CranioSacral Work

September 14-17

David Lauterstein

CranioSacral Work is a gentle, hands-on technique to help detect and correct imbalances in the cranio-sacral system that may be the cause of sensory, motor or neurological dysfunction. (tuition: \$495)

Clinical Applications of Bodywork

November 16-17

Catherine Duvall

For clients referred by physicians, this workshop gives advanced theory and techniques for myofascial relief from tension, injury and posture related pain. (tuition: \$225.00)

Advanced Structural Bodywork

Thursdays

September 28 - November 9

Catherine Duvall

Observation skills and advanced massage techniques to help relax and relieve tension due to improper movement habits or chronic postural imbalances. (tuition: \$395)

Deep Massage III

December 1-3

David Lauterstein

For therapists with at least one prior training in Deep Massage - The Lauterstein Method, an advanced workshop in session design, technical refinement, and new techniques for the back muscles and iliopsoas. (tuition: \$330.00)



Registration Form

Please register me for these programs: _____

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Please enclose a **\$100.00 deposit for each workshop** you want to take. Deposits are non-refundable with less than 30-days notice of cancellation.

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Unit Report- Dallas

Sue Northcutt

Unit Director

The Dallas Unit is planning an active year! Mark your calendars now for gatherings on the following dates in 2000: August 27, September 17, October 29, November 19, and December 17. The group meets from 3-5 pm at the Asten School of Massage (always email or call the Unit Director at 972-783-2776 to confirm location, as we may have an off-site activity planned).

Asten School of Massage

990 N. Bowser, #860

Richardson, 75081

(just east of highway US 75 and off Arapaho Road)

Let's meet for fun, fellowship, trades, and education!

Unit Report- Golden Triangle

Trisha Brooks

Unit Director

Unit members, Tony and Carey Matthews enjoyed a learning and fulfilling experience by representing AMTA at the recent state exam, under the expert guidance of Stacey Lemire. They were proud of the opportunity to represent, for the first time, this area of Texas at a statewide event.

Recently, our unit was again thrilled to be involved in the recent cancer-awareness fundraiser "Walk for Life". We not only worked on the participants of this noble event, but also managed to raise some funds ourselves.

Here in Beaumont, our unit is busy preparing for Massage Therapy Awareness Week (MTAW), coming up in October. This year we are looking to spread our wings into outlying regions, and include those massage therapists not closely affiliated with the city. We plan to offer on-site massage to a diverse population spread out over the week, hospital staff, malls, possibly even a TV station. Suggestions are still welcome for locations and situations to spread awareness of massage. We hope to have some media coverage, which would tie all of these events together that week.

Our next Unit meeting is scheduled for Monday July 17 at 5:30 pm, and will be held at the Hands-On Therapy School of Massage in Beaumont. We will be finalizing our plans for MTAW. Please note that our September meeting (date to be set, please call 409-866-8911) will offer an educational format on Carpal Tunnel Syndrome and massage therapy. Margaret Boland RMT, MTI and Chris Myers RMT, MTI will be the presenters for this interesting and informative meeting. Furthermore, we are working on having a Watsu session at a future meeting! Exciting times- we invite you to join us!

Unit Report- Houston

Randy Bratsven

Unit Director

The next Houston Unit meeting is scheduled for Friday, July 28 at 7:00 pm. We will be gathering at 2506 Westminster, Pearland (please call 281-997-2992 for directions or information on future meetings. During this session, we will undertake our Unit Planning for Activities for the balance of 2000 and 2001 including the budget. If you have any ideas for unit activities or involvement, now is the time to step out and let us know. The Neuromuscular Workshop is still in planning, albeit slow moving. The Texas Department of Health proposed rule changes will be available for discussion. Already it has been a hot, busy Houston summer. I hope to see some of you at the meeting, after all without member participation there is no activity.

Unit Report- East Texas

Cindy Campbell

Unit Director

Our unit held a summer bash June 24 at Caddo Lake, the only natural lake in Texas. We had a picnic on a huge pier with BBQ, games, swimming, and a steamboat tour. The area is beautiful! Several movies and music videos have been filmed at Caddo Lake (one video was shot on the very pier we were at). This is a great location for a group gathering! Shreveport, Louisiana is only about a 40 minute drive away (boasting horse racing and casinos) and, in the other direction (20 minutes travel) is Jefferson, Texas featuring many antique stores, boat tours, and also carriage and train rides. Our unit would love for all to someday experience the serenity and beauty of Caddo Lake and sample the east Texas hospitality.

East Texas Unit

Features New Website!

Registered massage therapists and AMTA members in the East Texas area will now be able to keep up with regional massage and Unit information. Be sure to bookmark the website for the latest in any important developments.

Log on to the following:

<http://hometown.aol.com/rmtcindy/myhomepage/business.html>

Unit Report- Austin

Stacey R. Lemire

Unit Director

The Austin Unit had a very successful weekend during the May RMT testing thanks to the help of Carey and Tony Matthews from the Beaumont Unit! We talked to lots of folks and gave away stress reducing slinkies to everyone who came by. As a freebie, they were a big hit! In addition, a complimentary t-shirt and mug were given to everyone who signed up to join AMTA at the test. We gave out applications to over 50 people and talked to many folks from Lubbock and Abilene and other places west. Time was spent with many folks explaining to them how their AMTA dues work entirely for them. Two pages of email addresses of people eager to

receive the **Within Reach** newsletter were generated. Once these people start receiving **Within Reach** via email, they will realize the great benefits they can obtain when they join AMTA.

All in all, it was a great experience. I so much appreciated the Matthew's presence there! Not only were they a great support and superb hosts for the test takers, they also took a lot of stress from me. I was able to leave the booth at times and know that it was in capable hands. I'm glad we were there and I know that in the long run, our presence made a difference in the minds of folks.

The Austin Unit held a quarterly meeting on June 6 at the Park Place Holistic Center in Austin. Special thanks for their help over the last 3 years were formally given to: Cathy Condray, Ginger Hampton, David

Washburn, Ruth Schaefer, Shannon White, Joy Bilderback, Lee Ann Weislow, The Lauterstein-Conway School, A Breath of Fresh Air Health Center, and the Unit participants who come to every meeting!

Cindy Anderson, RMT, MTI was the guest speaker. Cindy is a Watsu practitioner who spoke about the fairly new modality of Watsu (water therapy). It was created around 20 years ago by Harold Dull, who studied Zen Shiatsu under the master Matsunaga in Japan. There have been several techniques created to complement Watsu from people who studied under Harold Dull. Cindy took two levels of Watsu at Habin Springs in California. The training took two weeks at 50 hours of classroom/pool instruction per week.

Watsu mainly concentrates on meridian stretching. It is very gentle on the joints of the client and helps with their range of motion. The client is cradled in one of the practitioner's arms for most of the session, while the opposite hand is either supporting the sacrum of the client or is cradling one or both legs to bring movement to the client's body.

Cindy showed several video tapes: one was a training tape of Harold Dull performing Watsu and the other showed practitioners in spas around the world utilizing Watsu with clients. At the end of her presentation (which went over-time due to the number of enthusiastic questions) everyone wanted to sign up for a session with Cindy!

Our next Austin Unit meeting is scheduled for September 5 at 7:30 pm, and the featured speaker is AMTA member Mary Huggins. She will be speaking to us about Touch for Health. Please be there!

Unit Report- Corpus Christi

John Barrera

Unit Director

The Corpus Christi Unit is alive and well. We are currently holding meetings every two months with the focus on education. Meeting attendance averages 10 to 20 people.

Our last meeting was held May 16. The presenter, Dr. Raul Capitaine MD, spoke about sleep disorders such as insomnia. He shared information on medical approaches to these problems, including what medications are often prescribed, and also how important he believed massage is to those who suffer from insomnia. The presented information was quite valuable.

Dr. Michael Mauger DC spoke at our March 14 meeting. He presented exciting material about cervical whiplash injuries and low back pain, which was supported by video, slides, handouts, live demonstration, and a question and answer session. Dr. Mauger definitely put a great deal into this presentation, to the benefit of all those present.

Our January 18 meeting hosted Dr. Don Lowrance DDS, whose presentation focused on many of the health concerns of mercury fillings in the teeth. He also spoke about the nutritional support necessary when someone decides to have a toxic substance such as mercury removed. His presentation was enhanced by use of statistical data, slides, and a question and answer session.

The next Corpus Christi Unit meeting will occur July 18. Our presenters will be Kent Savage RMT and Pam McDowell PT, who will be speaking on the many benefits of Cranio-Sacral Therapy. Future meeting presenters will include orthopedic surgeons, podiatrists, clinical psychologists, and attorneys.

Units are the Foundation

Mary M. Rydesky

AMTA - Texas Chapter First Vice-President/Units

I just read an article that quoted Swami Rama as saying, "Give, give, give... Grease your duties with love." He pointed out that selfless service does not occur without a price, and that it is something that needs to be cultivated. What is selfless service? It is giving when you expect nothing in return.

Often, Unit leaders find themselves giving, and getting less response than they would like. But they live and show us the true meaning of the word "service" which, in Sanskrit, means to enjoy. They continue to be leaders even when the results seem small in comparison with the efforts. Why do they continue? Because they find joy in the relationships fostered through service.

Why not call your Unit leader and offer a kind word, a suggestion, a hand? Why not start a Unit in your area, if there is not one? You can check www.amtatexaschapter.org to see the current Unit locations and directors, and can even send emails to them by clicking on their names. Tell them what you would like to build in your area... and help to foster relationships among massage therapists around you.

I have heard heartfelt words of gratitude for persons who step out and do things for RMTs in their communities. I have also encountered words that tear down the community of massage therapists. Fortunately, the petty words fade, and the encouraging words nourish.

Have you enjoyed yourself this day? Have you served- taking positive action without expecting reward for it? Take a moment to send a note, write a card, say a word, do a deed...and you will notice your mood lightening, and your relationships brightening. Yes, I personally would like to encourage you to take these actions of service in support of your profession. Yes, I believe that you will get something wonderful in return. And yes, I do think that a group of individuals, each serving, can build a strong community.

Let's do it. Together.

Contact me with your ideas, your interests.

My email is mrydesky@nkn.net

Update on New Massage Therapy Rules

Rick Robinette

AMTA - Texas Chapter Third Vice-President

The proposed new rules for registered massage therapists are now available via the Texas Department of Health's (TDH) website for the Massage Therapy Registration Program. Go to www.amtatexaschapter.org and use the Great Links button to bring up the TDH Massage Program's website and look for 'Rules Update' in the Table of Contents. You can either view the proposed new rules online or download the file.

Comments regarding these proposed rules that were received by July 1, 2000 are to be submitted at the Board of Health meeting, scheduled for September 8, 2000. Assuming that the Board of Health approves the rule changes, they will be published in the Texas Register sometime between September 22 and 30. If so, there will then be a formal comment period for 30 days after the publication date. From November through December 2000, all comments will be reviewed and considered by TDH. Beginning January 1, 2001, the new rules in their final form will take effect.

New proposed rules that could have the most possible impact upon registered massage therapists include 141.10, (h) through (i) and 141.22 (a) through (i). The mandate of 141.10 (h) is that massage therapy registrants (RMTs) must conduct a consultation with each new client prior to the first session that discloses the following: which massage techniques the registrant anticipates utilizing, which body parts will be addressed with massage, if breast massage is to be included there must be a written consent form used, and if the client is uncomfortable with the massage at any time the registrant will end the session. The mandate of 141.22 has to do with the particulars regarding the anticipated continuing education requirement, such as how many hours (6 hours is the proposed number), who can offer continuing education, what continuing education subjects are valid, etc.

Kathy Craft, the TDH Massage Therapy Registration Program Administrator, is expected to speak at the AMTA - Texas Chapter 2000 Fall Conference in Austin on Saturday, September 9, 2000. This would be an ideal time to not only enjoy the excellent continuing education provided, but also to obtain up to date information about the status of these proposed new rules.

Are you moving?

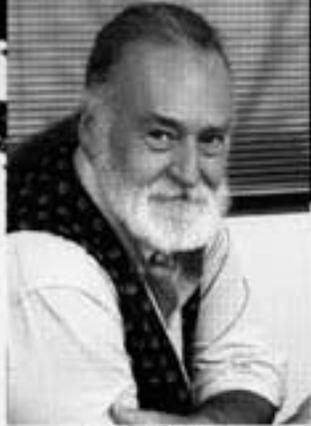
Here's what you must do:



1. Write the Texas Department of Health to let them know a.s.a.p.
2. Write or email the AMTA National office to let them know a.s.a.p.

The Texas Chapter office is updated by TDH and AMTA's National office.

This is the only way the Texas Chapter will have your updated address.



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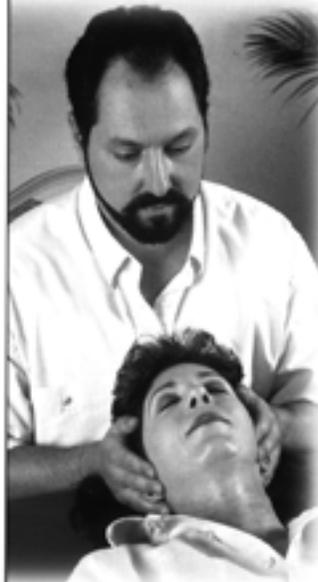
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Migraine Headaches

Marilyn Hollingsworth RMT, MTI

A migraine is a vascular headache that involves excessive dilation or contraction of the blood vessels in the brain. The word migraine comes from the Greek, hemikrania, meaning "half a skull". The pain can be severe and is often centered in the temple or behind the ear, then spreads to the entire side of the head. It is often associated with nausea and vomiting.

Migraines are a relatively common disorder affecting about 10% of the population. They often run in families, and women are four times more likely to suffer from migraines than men are. According to recent research, the incidence of migraines has increased 60% in all age groups in the last 5 years.

If you have ever had a migraine, you know about some of the usual occurrences: flashing lights, zigzag lines darting through your visual field, followed by blind spots and maybe tingling of your face, confusion, weakness, difficulty speaking, dizziness, unsteady gait and drowsiness. The symptoms may last for 5 to 15 minutes, after which the real pain begins, usually on one side. Often, sensitivity to light and nausea are present and the only treatment is darkness, sleep and time. Severe migraines (and other vascular headaches) are triggered by a constellation of emotional, dietary, environmental and genetic factors.

- Emotional: worry, anxiety, keeping a "lid" on your emotions, perfectionism, information addiction (you need to know everything), stress.

- Dietary: caffeine and caffeine withdrawal, food allergies (common ones include chocolate, cheese, fatty foods, citrus, tomatoes, onions, any food that is pickled, aged, cured or fermented), red wine, low blood sugar, constipation.

- Environmental: smoking (nicotine constricts blood vessels, carbon monoxide dilates blood vessels), lack of exercise, exposure to strong lights, sun, loud noises, sudden jarring of the head, rapid changes in barometric pressure, dental problems (especially

temporomandibular joint dysfunction).

Traditional medicine has improved tremendously in the past few years with new drugs to relieve symptoms, but wouldn't it be better to prevent the headache altogether? Maybe it's time to address any pent-up anger, frustration and anxiety in your life that tends to create an ideal situation in which a headache can develop. Try a natural approach. It may not work the first time, or even the fourth or fifth, but keep trying. If you feel a migraine coming on, try one or more of the following (from Dr. Christiane Northrup's book 'Health Wisdom for Women' published in 1997)-

- 1) Lie down immediately in a darkened room with an ice pack under the back of your neck and a hot water bottle on top of your feet. Cooling the blood flow through your neck while warming your feet can sometimes halt the blood vessel reaction in your head.

- 2) Warm your hands by placing a hot water compress on them or holding something warm to get blood circulating in your hands. Conversely, try holding ice cubes in each hand to stimulate blood flow. Experiment to see what works best for you. In addition, almost any relaxation technique such as visualization, meditation or biofeedback will increase blood flow to your hands and throughout your body.

- 3) Sniff cayenne pepper. Dip the flattened end of a toothpick into some red pepper, and sniff a tiny bit into each nostril. Although no one knows why this works, many have found it to help.

- 4) Breathe deeply. Hold your breath for five seconds, then exhale forcefully. Do this several times. In women, if your migraines tend to happen 2-3 days before your menses begin, check with your doctor about hormone therapy, such as natural progesterone to counter the effects of rising estrogen levels. If migraines tend to happen with your menses, try these herbs- black cohosh (preferably the fresh bark) or dong quai.

Prevent migraines from taking hold by recording your dietary patterns for two months, along with notes about how you feel. Write down everything you eat and, if you get a migraine, go

back to see if you can locate a "trigger". Try dietary modifications. Adopt a diet that is low in simple carbohydrates and high in protein. Omit foods with high levels of tyramine (dairy products, bananas, tomatoes, yeast, red wine, and aged cheese). Try to avoid preservatives like nitrites and MSG, as well as spicy foods, aspirin, chocolate and alcoholic beverages. Add exercise to your life. Manual stretching of the head and shoulders is beneficial.

Try to limit over-the-counter painkillers. Once the drug wears off, the pain is often worse. If you take conventional prescription drugs, consider that all drugs have side effects and work only between 60 and 75% of the time. Remember that a migraine is not caused by a drug deficiency. Survey the field of natural remedies. Several herbs are available to decrease and help control symptoms. Not all herbs are created equal. Follow the manufacturer's advice on the label for recommended intake.

If your headache is of the vasodilating sort (i.e., your head feels like it will explode, bright lights hurt, ear turns red, everything tastes bitter, nausea/vomiting), the herbs you consider should have a vasoconstricting effect (such as feverfew, clematis, and hops). Vasoconstriction headaches (your head feels like it is in a vise, throbbing) may benefit from herbs which dilate blood vessels (such as ginger, ginkgo, and kava root). Kava root possesses antispasmodic, analgesic and anti-convulsant properties. In addition, kava biochemically primarily affects the limbic system. Clinical trials have demonstrated that kava reduces anxiety and leads to an enhanced sense of wellbeing. Research continues to try to understand the chemistry of this fascinating plant.

It can be tempting to go for the quick fix if you're in headache pain, but once the fog clears, take a look at what is triggering this urgent body message. Once you get to the root of it, you won't have to rely on palliatives and pills. Defuse the stress in your life. Pick approaches that work best for you. You have nothing to lose but your headache.



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