



The Dorn Method

"The Dorn Method is a gentle, safe and effective treatment designed to alleviate back and joint pain in people of all ages. It is used to correct misalignment of the spine and other joints, thus addressing many health issues from back pain and sciatica to migraines. It focuses on restoring balance to the body and promoting long-term health through a combination of three elements: the actual treatment, encouraging better posture and a set of self-help exercises to practice at home."

So much from the blurb. I have been using it for the last months, incorporating it in many treatments. It has been amazing, for example the leg length correction worked every time, and mostly, the legs *stay* the same length!

Tell your massage story - and win a prize

I would love to hear about your massage experience via the Touching Well website. My motivation behind the massage story section is to tell the whole wide world (www) about the power of touch! And to draw together the people who love it, or at least appreciate it, to create a community. A bit grand, I guess, but I have to start somewhere...

Please leave some feedback. There are links on the Touching Well website. You can win a copy of the one and only massage novel on the market, Gerry Pyves' "*Mavis and I*", plus a £10 Touching Well voucher.

A gift for life

A timely reminder about Touching Well gift vouchers - for the person who would love to receive an experience to be treasured forever.

Wishing you a spring in your step,

Regina Dengler



In this issue

On-Site Massage

- Chair massage brings high blood pressure down
- On-site massage eases painful tension
- Chronic stress *does* cause heart disease - the proof

Massage with a difference

- Sense of touch can relieve pain
- Self massage
- Slimmer ankles in pregnancy
- Smell of jasmine 'as calming as valium'

MLD

Manual Lymph Drainage

- Deep Oscillation
- Recent feedback



Chair massage brings high blood pressure down

Chair massage, plus teaching deeper, diaphragmatic breathing brought the blood pressure down in a study amongst African-American women.

Forty four per cent of African-American women suffer under high blood pressure, surely one of the highest rates in the world. Therapeutic chair massage not only decreased the blood pressure in these women, but it also reduced anxiety and stress levels.

J Natl Black Nurses Assoc. 2010 Jul;21(1):17-24.

On-site massage eases painful tension

This study looks at cardiac sonographers, also known as ultrasound technicians. These people give patients ultrasounds after a suspected heart attack. They often have work-related muscular discomfort, like most of us, I guess.

Forty five full-time sonographers received a weekly 30 minute chair massage, or a massage plus a stretching routine, or nothing (i.e. control group). They found, perhaps not surprisingly, that the sonographers liked it better to have a massage than not to have one. They also had less physical discomfort. Obviously, with 45 people this is a small pilot study, and the researchers recommend to study on-site massage more.

BMC Complement Altern Med. 2010 Sep 16;10:50

Chronic stress *does* cause heart disease - the proof!

Scientists have finally been able to prove what we've always known – long-term stress, from worries such as financial, marital and job problems, causes heart problems. Scientists at the University of Western Ontario in Canada have come up with a hair analysis system that can detect stress over a long period. Until now, serum, urine and saliva analysis could tell if the person was stressed only at the time the sample was taken, whereas heart problems are associated with chronic stress. As hair grows at around one centimetre a month, a hair sample that is three centimetres long gives a picture of stress levels over a three month period by measuring the levels of cortisol, the stress hormone. To test the



theory, the researchers took hair samples from 56 heart attack patients and 56 hospital patients without heart problems. After adjusting other risk factors of heart disease, such as smoking and diabetes, they discovered that heart patients had indeed higher cortisol levels deposited in their hair. This suggests that chronic stress over the three month period is indeed a contributory factor to heart disease.

Stress. 2010 Sep 2

Sense of touch can relieve pain

Scientists have discovered a distinct set of "pleasure nerves" in the skin that can alleviate pain when gently stroked. They believe the discovery could lead to new treatments for conditions ranging from chronic itching to depression.

The nerves respond to being brushed slowly and they appear to be sensitive to the type of stroking and cuddling provided by a mother to an upset child, scientists said.

There is growing evidence that touching the skin and gentle stroking of the body stimulates an evolutionary ancient part of the nervous system that makes people feel good when cuddled by a loved one or groomed by themselves.

Independent on 8 September 2008

Self-massage

is something that most of us do instinctively when we get a sudden jabbing pain. It is a very effective way of reducing pain levels, especially after an injury. That is what researchers from University College London have discovered.

Touching the area in pain seems to help the brain form a representation of the body. This, in turn, lets the brain integrate the signals, and this means you feel less pain.

Something similar is going on when people still feel pain in a phantom limb that has been amputated. Only when the brain 'gets it' that the limb is no longer there does the pain finally stop.

The researchers conclude that any therapy that allows the brain to form a better representation of the body could be a useful method for pain reduction.

Curr Biol, 2010 Sept, 20(20), 1819-22

Slimmer ankles in pregnancy

Many women have swollen legs towards the end of their pregnancy. This is (mostly) entirely normal. It's annoying that the shoes don't fit any more, and some women worry that their legs stay permanently swollen. But they do go back to their normal size after the birth.

A recent study looked at whether foot massage would actually help to reduce swollen legs in pregnancy. There were two groups: 40 women received five daily 20 minute foot massages, and 40 women served as a control group. It was found that the foot massage had reduced the swelling significantly after five days.

If you do have swollen legs in late pregnancy, I suggest you give your partner (or friend) the job of a daily foot massage. Obviously another alternative would be to enjoy a reflexology session, foot massage or Manual Lymph Drainage (MLD) by a therapist.

Int J Nurs Pract. 2010 Oct;16(5):454-60

Smell of jasmine 'as calming as valium'

The sweet smell of jasmine is as good as valium at calming the nerves with none of the side effects, according to new research.

Inhaling jasmine oil molecules is said to transmit messages to a brain region involved in controlling emotions, and tests showed mice calmed dramatically when their cage was filled with jasmine scent, causing them to cease all activity and sit quietly in a corner.

Professor Hanns Hatt said the results published online in the Journal of Biological Chemistry can "be seen as evidence of a scientific basis for aromatherapy".

Daily Telegraph on 10 July 2010

Deep Oscillation

I never thought I'll buy a machine to do massage!

Actually, I didn't – the Hivamat 200 will enhance the massage and MLD I do with my hands.

Let me explain:

Deep Oscillation® creates low frequencies of gentle electrostatic impulses that 'knead' the skin's tissue by attracting and releasing it between 5-200 times a second. This feels very relaxing with a slight vibration. It reaches between 8 and 12 centimetre into the body, gently pulling and releasing all layers between the skin to the muscles and even the internal organs.

Deep Oscillation® is very safe; it does not produce heat or electrical stimulation (a circuit is not completed – this is part of the patented circuitry). It can be used very gently and in situations where massage is not yet beneficial, for example hours after an injury, the day after surgery or on wounds – *and* it enhances and multiplies the benefits of massage and manual lymph drainage in chronic conditions.

Deep Oscillation® is helpful for anything that involves inflammation and cell regeneration. When I researched inflammation on Wikipedia, even obesity was described as an inflammatory process. Perhaps it would go a bit far to claim that Deep Oscillation® is good for weight loss per se, but it can be

Deep Oscillation® is good for

- reducing fibrosis, acute and chronic
- reduction in bruising
- stimulating wounds to heal, even open wounds
- stimulating flow of nutrients to targeted tissue
- treating cellulite (orange peel skin) and detoxification
- stimulating collagen production in the connective tissue
- stimulating cell regeneration
- lifting and toning muscles
- respiratory problems
- people with lymph oedema
- scar tissue, after injuries, surgery, burns or radiotherapy
- general and surgery after care , from 1st day post-op
- aesthetic surgery rehabilitation, pre- and post-operative liposuction.
- stimulating milk flow and unblocking milk ducts
- (sports) injuries

used to support a weight loss programme. And reportedly it is fantastic for “orange peel skin”, which affects more than 80% of women (I certainly have some!).

Excellent for oedema

Deep Oscillation® supports and accelerates the effects of Manual Lymphatic Drainage (MLD) in reducing and preventing oedema (swelling). During treatment it first mixes up the stagnant fluid and fibrotic tissue in the space between the cells (the interstitium) and then encourages its flow into the lymphatic vessels.

During treatment with Deep Oscillation for oedema you will usually first be treated with a faster vibration. To complete the treatment, the frequency used is much slower.

Recent feedback

“I like the feeling of my own body.” Sofie, Carrington, Nottingham

“I feel I have got a new pair of feet.” Zoya, Sneinton, Nottingham

“After each session with Regina I feel like I am floating. Free to move, all the tension in my back gone and spiritually refreshed. Divine.” Nicola, Sherwood, Nottingham