

Total Body Harmony News

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Thank you for your interest in my newsletter. I hope to educate and inspire. Here you can find upcoming events, Massage Therapy articles, and my favorite new recipe. Enjoy and Be Well.

Get the most from your next Massage

Have you ever received a massage and felt uncomfortable, didn't like the music or loved it so much but wasn't sure how often you should get one? Many people feel the same way you do.



- If it is your first session arrive a few minutes early to fill out the necessary forms your therapist gives you. This way your therapist will be able to focus on you for the entire time of the session.
- Try not to eat anything too heavy 30min-1hr before your session to avoid discomfort lying on the table.
- Make sure to be hydrated before and after your session, this will nourish your muscles, reduce soreness and prevent dehydration. [Read On](#)

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Instructional Videos are becoming more and more popular. The demand for knowledge and visual instruction is on the rise. Three years ago I taped some instructional massage videos for ExpertVillage.com which is now [eHow.com](#), the videos can also be found on [Youtube](#). The results have been nothing short of amazing. The views have reached over 300,000 on Youtube. Next month I am going to be taping more videos on about 30 new topics related to Massage Therapy. Some of them are:



Abdominal massage

- "How to Massage a Pulled Muscle"
- "Massage for Muscle Spasms & Cramps"
- "Massage Techniques for Migraine Headaches"

Is there something about Massage Therapy or Alternative Medicine you want to know? Questions and comments are always welcome.

Sincerely,

Nicole Aleskas

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Nutritional Yeast



Nutritional Yeast Cheese Sauce

"Cheese"?

Lactose Intolerant?
Looking for a Healthy
Alternative? Going Vegan?

I use this "cheese" sauce on everything. Check out the recipe [here](#).

Sincerely,

Nicole Aleskas