

Body Movement Therapeutics

The Science of a Healthy Lifestyle

ALLERGIES WEIGHING YOU DOWN?

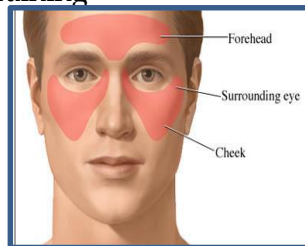
Suffering from blocked or irritated sinuses can be a very debilitating reoccurring condition. Taking over-the-counter medication offers some short term relief of symptoms, but may not resolve the problem. Some of the medications may cause drowsiness, lack of focus, thickening of the mucus and actually make the blockage in sinuses worse.

The pain and feeling of pressure because of allergies, is a direct result of the irritation and buildup of mucus within the sinuses. There are 4 main pairs of sinuses in the head, which are air-filled continuations of the nasal passages and are lined with mucous membranes. Their function is to defend against viruses and bacteria, trapping them and propelling them outward.

Draining sinuses is a natural way to prevent mucus build-up, and therefore eliminate the pain caused by the pressure. **Massage is an effective technique** used to help with this natural draining

process, and associated tension in head and neck.

Treatment consists of massage to 4 problem areas of the face, as well as connecting musculature of the face and neck region. This provides opening of those passages, encouraging proper drainage in addition to general relaxation of head and neck.



CLINIC NEWS

**LAST MONTH FOR
REFERRAL PROMO!!
DON'T MISS OUT ON THIS
GREAT OFFER!**

Refer a friend or family member for a Massage Therapy appt. with Heather Rutherford, Massage Therapist & Sports Injury Therapist- Receive your next **60min Treatment for \$50!**

(SAVINGS of \$30)

BOOK NOW!

(519)853-1200

**JOIN BODY MOVEMENT
THERAPEUTICS AT THE
LEATHERTOWN FESTIVAL**

On August 12th from 11-5pm on Mill St., Downtown Acton. The festival features a wide variety of vendors, exhibitors, crafters, food and artists. Come visit our booth for great raffle prizes, deals, smoothies, goodie bags & much more!! Let us help you learn the Science to a Healthy Lifestyle!



WHAT ARE ALLERGIES?

Allergies are fairly common and are our immune systems reaction to foreign substances in our environment. These foreign substances, such as: dust, bacteria, smoke etc. are referred to as allergens. An allergen enters our bodies through a specific route, which will dictate the type of reaction and systems affected. i.e. mouth, nose, skin. Once in our system, our body treats it as a harmful material, causing an exaggerated response. Allergens are generally not harmful to us, but the reaction is as a result of a hypersensitive immune system.

IMPORTANCE OF IMMUNE SYSTEM

The immune system is an important network of cells, tissues, and organs that work together to defend the body against attacks by "foreign" invaders. It recognizes, attacks and removes debris, bacteria, viruses etc. from our bodies to keep us strong and

CAUSES OF ALLERGIES?

The following are common allergens that cause allergic reactions:

- *DRUGS
- *MOLD
- *POLLEN
- *DUST
- *FOOD
- *INSECTS
- *PET DANDER
- *TEMPERATURE
- *SUNLIGHT
- *METALS

i.e. nuts, shellfish

TREATMENT OPTIONS

There are several different steps that can be taken to ease your symptoms of seasonal allergies.

1. Check local pollen count- stay inside when its high (5am-10am)
2. Change furnace/air filters regularly
3. Wear filtered mask when working in the y
4. Limit amount of carpet in the house
5. Medication-antihistamines
6. Clear nose effectively- one nostril at a time, blocking the other to properly clear
7. Fascial steams and vaporizers- can use essential oils ex: eucalyptus
8. **MASSAGE THERAPY-natural nasal drainage & reduce tension!**

SYMPTOMS

LUNGS

- COUGHING
- SHORTNESS OF BREATH
- WHEEZING

EYES

- BURNING
- ITCHINESS
- TEARING
- RED/SWOLLEN

SKIN

- RASH/HIVES
- ITCHINESS
- BLISTERS

NOSE

- RUNNY NOSE
- CONGESTION
- ITCHINESS

OTHER: HEADACHES, ITCHINESS OF THROAT, CRAMPING, DIARRHEA, VOMITING ETC.

For more information, or treatment of Sinus Pain and discomfort Please contact Body Movement Therapeutics at (519)-853-1200 Let us help you enjoy the Summer, and not be weighed down by Allergies!



*Summer 6 weeks series has begun all classes full and focused on training for the

Upcoming 'true team' events

URBAN WARRIOR – sept. 8th
CN TOWER CLIMB – oct. 20th

Join the true team & register today!

Registration is coming soon for new seires!!

Fall 8 week 'true success' challenge

Great results & prizes!

times & dates tba

visit online for more information @

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Special thanks to all our supporters, especially one of our sponsors treadmill factory, who helped to make this

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