

## ALTERNATIVE THERAPIES FOR OPTIMAL HEALTH AND WELLNESS

**Stress Relief** - We all have stress in our daily lives - 80% of all disease is stress related!

Simple ways to relieve stress:

1. Breathing – belly breathing, relaxing music, meditation, etc.
2. Stretching – shoulder shrugs, neck stretches, shoulder rotations and lower back stretch

**Massage Therapy** - improves an individual's health and well being through the hands-on manipulation of muscles and other soft tissues of the body.

1. Benefits of Massage
2. Types of Massage Therapy
3. Hands-On Massage Techniques

### Neck & Shoulders

1. Rest hands on top of shoulders near neck
2. Firm compressions along the top of shoulders from neck to arm
3. From neck to arm, make circles with your thumbs (work the fleshy part of shoulders)
4. Glide back to center and repeat circles

### Back

1. Using the entire hand, stroke down the middle of back, beginning at the base of the neck
2. Do not remove the hand until the opposite hand is at the neck to repeat the stroke
3. Alternate hands firmly, yet gently, down the back for 3 minutes

### Hand

1. Compression (and application of lotion) all over the hand
2. Fan the top of hand
3. On each finger, use compression (squeeze) and small circles
4. Turn hand over
5. Stretch palms with fanning motion
6. End in hand-shake position with compressions
7. Repeat #1-6 on other hand

**Acupuncture** – promotes healing in the body by inserting fine needles into the body at specific points for different problems.

1. Suitable for treating several conditions
2. How does it work?

**Herbal Remedies** – natural ways, available in bulk, liquid and capsule, of promoting good health and wellness

1. Be knowledgeable of their benefits and how they react with your body
2. Different Types: essential oils, diffusers, tinctures, extracts

Sandy Anderson, Certified Massage Therapist, 414-977-5056  
sandy@stanncenter.org



2801 E. Morgan Ave. Milwaukee, WI 53207