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70th. Anniversary Convention Recap

By Craig Philhower

It was 70 years ago today that the FSMTA put into words our mission statement. "To Unify the Massage Therapy Profession While Creating, Representing and Promoting Standards of Excellence in Health Care" the FSMTA was founded June 15th. 1939. What a vision we had back then and to have it carry throughout all those decades to where we are today, a respected, well educated and now Health Care Professionals. It is to you the members that made all of this possible, a dream 70 years ago that is now a reality.

Wow where to begin, if you missed this year's convention, you missed a great time. The convention started with a bang with the Successful Start Program on Wednesday night. If you never have attended this event you missed a good one. Each vendor donated prizes so every body walked away with a gift or had a chance to win a raffle. A big thank you needs to go out to the main sponsors this year, the FSMTA, Massage Warehouse, Performance Health, Inc. without them much of what we have would not be possible without their help.

The vendors were excited with the new hours that allowed LMT's and the public to shop with ease. I lost count, but I visited around 83 vendors some of them twice over the course of 4 days. Everything from Cupping, Acupuncture, Bamboo Fusion and Himalayan Salt Stone Massage to name a few, to clinic's giving free demonstrations. Everybody was there for us to enjoy and learn for four days, Barber Brennan, David Kent, Ultra Sports Massage Therapy, Unledger Institute the list goes on and on.

Some of the classes to name a few were Don McCann, David Kent, Russian Sports Massage, CranioSacral Therapy, Sciatica and Lower Back Pain, Bamboo Fusion, Water Based

Therapy, Shoulder Pain Tips & Techniques, Hawaiian Lomi Lomi, Lymph Drainage, Rossiter Stretching System, Indian Head & Face Massage, Elder Care & Hospice & how to get paid (always nice) and Margie Meshew Table Top Massage. Whew that's a list, hopefully many of you had the chance to attend these classes.

Friday night was party night number one; it was open to all the chapters with some chapters opting to have their own theme. I have to give credit where credit is due to our sister chapter in Dade County once again, they owned Friday night's party. Some of the best food to be had was at their pavilion and well as the entertainment. A conga line was started with a Dade member playing a drum and before you knew it that line snaked all through the pool area, what a trip it was to watch. The food offered at a few chapters rivaled any restaurant around, Italian, Mexican, Latin, wings, burgers and sushi. Needless to say no one went to bed hungry, very tired, but not hungry. The Broward chapter had one of its best attendance, 30 members were at the convention.

Saturday night party, number two was the Awards Banquet to celebrate 70 years so why not have a 70 disco attire party. You have not lived until you've seen Michael McGillicuddy and James Waslaski as the dueling Travoltas. White suits, white vests, black shirts and James wearing an Afro wig, it was a moment to behold. That's not to say nobody else was subdued in their dress. We had Blues Brothers, Go Go Dancers and every other tacky clothes from the 70's including our own president Thiam dressed as a hippy. These pictures as well as many more will be posted on the website so the black mailing can begin, lol. When posting these photo's well'll leave the names off and see if you can identified who's

who. Sunday was a half day session, lucky for some, but as they say all good things must come to an end. Conventions offer a wonderful opportunity to not only for learning, but for renewing old friendships, hope to see you there in 2010.

2009 Meeting Schedule

**September 1st. Elisa DiFalco
Sound Therapy**

**October 6th. William Doreste
Cranial Release Technique**

**Nov. 3rd. Kathleen Lanucci
Asian Cupping**

December — No Meeting

Massage Awareness Week

Every October, for one week, members of the Florida State Massage Therapy Association (FSMTA) celebrate the massage profession and promote the health benefits of massage during National Massage Therapy Awareness Week.

2009 marks the 13th annual Week, designed to raise public awareness of the benefits of therapeutic massage and encourage Americans to seek massage therapy for stress relief, pain management and general health.

The goal for this week is to provide an avenue for massage therapists to successfully spotlight the profession, their business and the association. "This event will also be shared on a national level along with the AMTA, it would also be interesting to learn how our members celebrate as well."

The FSMTA members and chapters present public massage demonstrations and educational sessions on the benefits of massage, and provide massage therapy for charitable events.



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Your Broward Chapter Monthly Meetings: All meetings are held on the 1st Tuesday of each month at 7:00pm in the Auditorium at Imperial Point Medical Center, 6401 North Federal Highway in Fort Lauderdale. Park in the North Parking Lot and enter through the doorway that is located to the left of the emergency room entrance. Do not enter through the emergency room entrance and do not park in the Emergency Room Parking Lot. Instead park in the adjacent lot. If you arrive 15 minutes after the presentation begins, do not stay till the end of the presentation or do not pick up your CEU certificate after the presentation. You will not receive your CEU's for the night. There will be no exceptions! No refunds will be issued. All meetings are for two CEU's this year. There will be no charge to FSMTA members for any of these meetings. Non-members will pay \$20.00. **Required Meetings** are \$10.00 for members and \$30.00 for non-members. **Students** are always welcome. Have your school contact us and we will try to get your school to give you clinic hours. Become a student member and save money!



A Holistic Approach To Wellness Copyright, Sylvia Carlson

President's Message

Normally President Thiam Bowe article would be here. With no fault to Thiam, delays with articles, the convention and with me being sick, time sensitive materials were affected. Thiam has worked very hard this year trying to keep the Broward Chapter the best in the state. The next time you attend a FSMTA Broward Chapter meeting be sure to take some time out and thank Thiam.

Right now Thiam is visiting her family on a much needed vacation over the next two months. We wish Thiam all the best and hope she comes back with lots of stories and pictures. There will be one more newsletter going out this year and I promise Thiam's Presidents message will be included.

YOUR ARTICLE COULD

BE HERE! If you have an article to contribute to the newsletter, send a copy (in MS Word format if possible) to any board member, we will do the rest

Ideals are great. They give us goals to move toward. But ideals can also make us feel like we are not doing anything right or that we just can't seem to move toward that goal. We need to remember that optimal health and [wellness](#) is an ideal. Whatever you do to enhance your health and wellness is always one step forward. One ideal, when it comes to health and [wellness](#), is to take a holistic approach. Look at the big picture, and how all of the different parts of you interact. A holistic approach includes: your body, mind, emotions, and Spirit. Here are a few suggestions and questions you might ask yourself if you want to take a holistic approach to your health and wellness:

Wellness in Body What does your body need to be healthy? Some of the ways you can look after your body include: good [nutrition](#), medicines, warmth, comfort, [exercise](#), physical activity, medicines, sleep, [self-care and body treatments](#), hygiene, rest and

[massage therapy](#). Listening to your body is probably the best way. **Wellness in Mind** What are you mostly thinking about? Is your glass half-empty or half-full, so to speak? Are you constantly worried or obsessing? Do you get enough mental stimulation and challenges, such as reading, problem solving or being creative? Do you practice any type of meditation or relaxation techniques? **Wellness in Emotion** Do you care for and nurture yourself? Do you allow yourself time to deal with and release your emotions? Are you afraid to show your emotions? Do you journal or find ways to express yourself? **Wellness in spirit.** Do you spend time alone in quiet reflection? Do you enjoy nature? Do you pray or engage in some sort of religious ritual. Believing in a higher power or simply being in awe of everyday wonders can help to nurture your spirit.

Try being in the moment wherever you are and what ever you are doing.

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Sylvia Carlson

From Chapter Office Manager

Janet Wiseman
Member Messages

If you have an announcement for the rest of the gang, e-mail it to me. Please keep it brief and ready to cut & paste. BrowardFSMTA@aol.com

E-mail Blasts

www.browardfsmta.com
email.com

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The Broward Chapter assumes no responsibility for any ads or articles on our website or newsletter.

It is solely up to the individual responding to do their own research.



[Ok I admit it, I did ask John Romano for a detailed Bio on what he did prior to and now in Massage Therapy](#)

Spotlight On The Broward Chapter Board John Romano 1st. Vice President

John grew up in the suburbs of West Chester, PA, at the age of 7 his father, who was a drummer and was the original drummer for the recording of Bill Haley and the Comet's "Rock Around The Clock", got him into music by teaching him the drums. John didn't mind the drums but wanted to pursue other instruments. He then started playing the piano and then ultimately the guitar, which seemed the best fit for him. He got into art at an early age and also horticulture as his family grew a lot of their own fruits and vegetables. Horticulture/botany took him to growing tropical plants where he took a liking to rare exotics and orchids after his first trip to Hawaii. He graduated from West Chester East High School in 1984 where he was in the high school band playing the tuba/sousaphone and was on the varsity gymnastics team as an all around participant within the sport and was very involved within the art department.

John decided to go to Kutztown University for a degree in Fine Arts, honing in on his color pencil and charcoal drawings and working with alkyds, a type of paint that is similar to oil paint but dries a bit faster. He also studied Biology as a minor but possibly as a double major with an interest in illustrating biology text books. While going to college, John started a band that ended up playing the Philadelphia club scene. A chance opportunity happened when a local producer heard one of his songs on the radio and contacted him about producing an independent EP, which was later recorded and titled "Attack and Control", John was the main songwriter, vocalist and guitarist. He played the clubs with such bands as Poison, Metallica, Cinderella, Trixter, and Britney Foxx. He promoted his music on a radio show that he had at KU, (WRKU) and a couple of his songs were highly requested on the play list. It was also in college that he started working in a massage clinic in Allentown, PA to help pay for college expenses; there he got his PA certification through an apprenticeship program. Realizing he had an interest in health and healing, he decided to continue on that path.

Having had prior experience with plants and herbs, this led him to aromatherapy and natural forms of healing, including herbal remedies. During this period of time John developed a product called "Easy Breathe" to help soothe his own breathing, respiratory and congestion problems which were often encountered during the northern winter months. He started building a massage clientele during this time which often included professional bodybuilders, actors, musicians and sports figures.

He was legally ordained in 1996, and, with the assistance of a few close friends, started the annual Chester County Witches Ball; a Halloween costume party which raised money for local HIV organizations. At this time he became certified in the levels of Reiki.

In 1999, John opened a merchant's tent at the Pennsylvania Renaissance Faire, and worked as the Fair's official massage therapist also offering a "World Traveler's Trading Post" importing exotic and rare items from around the world. He started working the health fair and expo circuits at this time.

In the late winter/early spring of 2002, after being afflicted with a triple pulmonary embolism, John moved to South Florida and ended up going back to school for an advanced massage therapy program to take his NCBTMB national board exam to get his Florida state licensure. He graduated at the top of his class at Everest University/NST and passed the National Boards with all high marks. Then he started to network with other highly qualified specialists in his field to bring together his Other Worlds business to include massage services; previously it included aromatherapy, homemade candies and horticulture.

In 2005, John started teaching massage therapy as a Professor/instructor of Anatomy & Physiology, Florida law, Chinese Medicine and clinical and medical massage, at the reputable Florida College of Natural Health, main campus in Ft. Lauderdale/Pompano Beach. He worked there until Sept 2008.

The philosophy that John has for Other Worlds Massage is by concentrating on the sacrum. By working the muscles of the sacrum (lower back), the body relaxes along the sacrum and spine to keep the body in optimal health. This can be done either in a medical type application (neuromechanical acupuncture/ETPS) or with relaxing applications (Swedish style or deep tissue). Most of John's students follow this same concept and he utilizes them in his practice when possible.

In January 2009, he was elected 1st Vice president of the Broward chapter of the FSMTA (Florida State Massage Therapy Association).

In April 2009, John was accepted into the Madison Avenue's Who's Who of Top International Entrepreneurs and Business Professionals for outstanding work and massage applications.

He is currently looking for another teaching position and working on a masters degree in Religious Science. He has 2 websites: <http://www.easybreathe.net> and <http://www.otherworldsmassage.com>.

Rev'd John Romano, LMT, NMA MA 44671

Unless we are notified by Imperial Point Hospital All meetings will be held in Auditoriums A,B,C



Election Time is Coming!!

ELIGIBILITY OF CANDIDATES

January 2010

A candidate for nomination to an Executive/Chapter Office shall satisfy the following requirements:

1. LMT Member in good standing
2. Florida residency, as evidenced by Affidavit or other proof submitted to the Nominating Committee at the time of application.
3. Nomination Application submitted to the Nominating Committee, including the specified office, qualifications for office, and signed consent for nomination. 4/25/99
4. Executive Committee Officers may not serve more than two (2) consecutive elected terms in the same office. 4/1/06

A candidate for nomination to Executive Office shall additionally meet the following requirements:

1. LMT Member in good standing for two (2) years. 4/23/99
2. held a position on the Executive Board or a Chapter Office for two (2) years. 4/25/99

A candidate for nomination to Chapter Office shall, in addition to the requirements in paragraph A above, satisfy the requirement of:

1. Membership assignment to the Chapter.
2. A candidate for nomination to Chapter President shall additionally meet the following requirement:
 - a. held a position on the Chapter Board for six (6) months, or 2/5/95
 - b. held a position on the Chapter Committee Chair for one (1) year. 4/25/99

Website, Website, Website, Where's My Website!

Good question, which was the question that we kept asking ourselves. The original website (the first one) ended when we severed ties with Joe Vargas our web master. We investigated several possibilities, should we go with the state or do it ourselves and have control over content and design. Being the individuals we are, we opted to have design and control over our web site. We discussed several ways to approach our problem, go with a company or stay in-house. Little did we know how lucky we were when we decided to stay in-house.

John Romano 1st. Vice President took on the task of re-designing and building our website. It took about a week before John had the chapter back on the web. Everything we asked for on our wish list John provided, life was good. Well nothing lasts forever, as you know our site went down for 10 days. It seems that the carrier for our domain name had difficulty switching ownership from our old owner to Central office. One would think it would be an easy task, but Noooooo! It's really a long complicated, boring, stressful story of what transpired over the last six days, but were up.

It would be wrong of me to end the story there, why? John Romano stood out as someone who would not except defeat on any level. We needed that website up and running and it was his knowledge and drive that made it happen. George Dauphin, Mitch Ruden and I stayed in the background making phone calls, keeping in touch and stressing while John did all the work.

STAY INFORMED, BECOME INVOLVED

John Romano was outstanding in his drive and vision not to fail, our chapter and board needs to acknowledge this and realize how very lucky we are to have someone like John.

Important!!

Please keep booked marked our old website address www.Browardfsmta.com. Once we are able to retrieve our old domain name we will be using that one as well.

Imperial Point & Our Meetings

Our last E-blast and opening remarks at August's meeting spoke of a possible scheduling conflict with our use of the auditorium at Imperial Point Hospital.

I will be contacting their staff for a meeting and hopefully be able to iron out any problems that they may have with us using these rooms. Just to let you know this problem has come up before and we were able to resolve the situation.

Imperial Point has a new board and they may not be aware of what we have done for the community and the hospital. The good news is several members have spoken to me of places that will allow us to use their room. This will take some sorting to figure everything out, but we will keep you informed along the way. Just to answer the main question, yes we are looking in the area where we now have the meetings, I don't see us moving south or going any further north.

Just to be on the safe side, if you do know of a room that will hold 100 people with parking, let us know.

But most of all do not worry, I feel this will be worked out.



Chinese Tuina for Acute Lumbar Strain by Zhou Tao

Tuina is an Oriental Bodywork Therapy that has been used in China for 2,000 years. Tuina uses various techniques to increase the circulation of Qi and blood in order to promote healing and relieve pain. The goal in every session is to balance the flow of Qi energy through the meridians and to harmonize the circulation of blood through the vessels. Pressure varies from light to heavy and the rate of application from slow to quick.

History of Tuina

Tuina dates back to the Shang Dynasty of China 1700 BCE. Oracle bones show that massage was used to treat children's diseases and digestive complaints in adults. By 600 CE Tuina was included in the Imperial Medical College as a separate department. Tuina flourished throughout China until the Qing dynasty where it was suppressed along with other Chinese cultural arts. Following the Communist revolution, Tuina was restored along with other traditional medical arts and was included in the creation of the current system of Traditional Medicine Colleges.

Acute lumbar strain

Acute lumbar strain is self-limited low back pain associated with muscle spasm with limitation of motion of varying severity. This is usually brought on by some type of sudden over-exertion while lifting, bending, straining, or abrupt movement. The symptoms may occur immediately or develop over the course of a day as muscle spasm increases. In the absence of fracture or herniated disc, symptoms subside gradually in days or weeks. If symptoms persist or are the result of a severe injury such as blunt trauma or a fall, X-rays are indicated to rule out a fracture.

The author found Tuina is very effective for treating acute lumbar strain using several types of Chinese Tuina techniques during her studying and practicing.

Chinese Tuina Techniques and Acupuncture Points

The commonly-used techniques of Chinese Tuina consist of twenty categories which are Pushing Manipulation with One-Finger Meditation, Rolling, Kneading, Rubbing, Scrubbing, Grasping, Pressing, Flat-pushing, Digital-pressing, Digital-striking, Patting, Tapping, Vibrating, Foulage,

Holding-twisting, Shaking, Wiping, Rotating, Pulling, Traction and Counter-traction.

The acupuncture points (or holes as the Chinese term xue is more aptly translated) are the locations where the Qi of the channels rises close to the surface of the body.

The following techniques and acupuncture points are used during the treatment of acute lumbar strain.

Gun-Rolling: Using the thenar or the ulnar aspect of the palm as the force-applying surface, the practitioner lowers his shoulder, drops elbow with his arm erected and his palm setting upright, performs cyclical flexion, extension, inward and outward rotating swinging of both elbow joint and forearm, to effect the extension and flexion of the wrist joint, rolling the round back of the hand to and fro on the region to be treated.

An-Pressing: This method involves pressing the surface of the body with one's fingers, palm and elbow with gradually increasing force. The direction of the force should be steady, perpendicular and downward. Violent force should be avoided.

Rou-Kneading: A circular movement is made on acupuncture points or certain locations of the body by using the palm or fingers, pressing the subcutaneous tissues to move together with natural movements of the forearm and wrist. The frequency is more than 120 times per minute.

Na-Grasping: This involves a 'grasp' on either acupuncture points, or certain locations of the body using the thumb, index and middle fingers (or the thumb and other four fingers). The movement involves squeezing the soft tissue fibres inward rhythmically and sequentially. The force exerted by fingers should be soft and consecutive as well as increased gradually. It is necessary to grasp as much of the muscle as possible by one's fingers (without using the nails).

Tui-Pushing: This involves pushing straight in a single direction with the fingers, palm or elbows. The fingers, palm and elbows must be moved slowly while pushing. The pushing should be conducted with even distribution of force

Qianyin-Traction: Fix one end of the extremity or joint and then pull the other side. The force should be even and consecutive. Violent force should be avoided. This method can be applied on the head, neck, shoulder, lumbar, wrist or fingers.

Yao-Rotating: This involves passively rotating the body by the axis of the joints. This method can be applied on the neck, shoulder, hip or ankles. The force should be gentle, steady and increase gradually. The direction and amplitude of rotation should be within the normal physiological range.

Ashi points: refers to pressure pain points.

Shenshu (BL23) Location: 1.5 cun lateral to the lower border of the spinous process of the second lumbar vertebra.

Wenzhong (BL40) Location: Midpoint of the transverse crease of the popliteal fossa.

Chengshan (BL57) Location: Directly below the belly of m. gastrocnemius, on the line linking Weizhong (BL40) and tendo calcaneus, about 8 cun below Weizhong (BL40).

Yaoyangguan (DU3) Location: Below the spinous process of the fourth lumbar vertebra, at the level with the crista iliaca.

4. Let the client hold the table and relax their waist. Hold the wrist joint and apply traction. Swing the waist for two to three minutes.

5. Rotation: With the client supine, bend the knee and hip joint. Hold the knee joint and apply rotation to the waist for one to two minutes.



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Massage May Help Dementia Patients With Agitation

Process

1. With the client prone, relaxing body. The practitioner stands beside the affected side, and applies rolling, pressing, kneading, grasping, and pushing to the muscles of the waist for ten minutes. It can relieve the spasm of muscles and improve local blood circulation.

2. Apply pressing to the Ashi points, Yaoyangguan (DU3), Shenshu (BL23), Weizhong (BL40), and Chengshan (BL57) for one minute respectively. It has the function of alleviating pain and releasing clutination.

3. Apply pressing and kneading to the spastic muscles for two minutes.

4. Let the client hold the table and relax their waist. Hold the wrist joint and apply traction. Swing the waist for two to three minutes.

5. Rotation: With the client supine, bend the knee and hip joint. Hold the knee joint and apply rotation to the waist for one to two minutes.

Notes:

1. It is good to sleep on a hard bed during the treatment, and prohibit movement for three to five days in order to heal the injured tissues.

2. The practitioner needs to apply all techniques gently so that new trauma does not appear.

3. The client should keep the local area warm, and enhance outside movement after the symptoms are relieved.

Bibliography

Tuinaology. Zhang Yisheng. People's Medical Publishing House.
Chinese Therapeutic Methods of Acupoints. Li Shaozhi, Tan Xiaohong Hunan.



Massage could offer a drug-free way to treat agitation and depression among dementia patients, but there are still too few studies about the practice to know for sure, according to a review of recent research.

In two studies, hand massage and gentle touching during conversation helped ease agitation and restore appetite in dementia patients over short periods of about an hour.

Although the available reliable evidence supports the use of massage and touch, it is so limited in scope that it is not possible to draw general conclusions about benefits in dementia," say lead authors Dr. Niels Viggo Hansen and colleagues.

"However, even if touch therapy aims only to reintroduce something which has been lost in the professionalization and institutionalization of care, it may still turn out to be a relatively effective, inexpensive and low-risk intervention," said Viggo Hansen, of the Knowledge and Research Center for Alternative Medicine, part of Denmark's Ministry of Health.

The review appears in the latest issue of The Cochrane Library, a publication of The Cochrane Collaboration, an international organization that evaluates medical research. Systematic reviews draw evidence-based conclusions about medical practice after considering both the content and quality of existing medical trials on a topic.

The Cochrane reviewers could only find two small studies, involving a total of 110 participants, of high enough quality to include in the review. Although the effect on behavior in the two studies was short-lived, some researchers and caregivers suggest that massage might also improve memory and cognition in those with dementia. Cynthia Bologna, a Petaluma, Calif., massage therapist who works extensively with people with dementia, said she often works with patients to bring

about short-term effects such as relaxation. However, Bologna has noticed some long-term effects and said her clients "respond with recognition to the quality of my touch" even when they don't remember her name or recognize her from visit to visit. "So whereas I'm not sure about long-term cognitive memory, it seems as though their sensory memory is being enhanced," she said.

Viggo Hansen N, Jorgensen T, Ortenblad L. Massage and touch for dementia

The Cochrane Database of Systematic Reviews 2006, Issue 4.

The Cochrane Collaboration is an international nonprofit, independent organization that produces and disseminates systematic reviews of health care interventions and promotes the search for evidence in the form of clinical trials and other studies of interventions. Visit <http://www.cochrane.org> for more information.



**STAY INFORMED,
BECOME INVOLVED**



Here are 10 simple steps we can easily take to reduce stress:

Stress is a big challenge in life nowadays. The sources of stress are many and the helpful ways to reduce stress are also plentiful. Common symptoms of stress include skin problems, impotence, stomach ulcers, high blood pressure, fatigue, insomnia and frustration.

We don't need to set a time to reduce stress, we need to incorporate some strategies in our daily life routine to prevent stress and reduce its effect on the body.

10 simple steps we can easily take to reduce stress:

1. Define your goals: we must define our life goals and begin to achieve these goals; this action will support us against stress because we will feel that we know what our life purpose is and why, and that we control our own lives.

2. Take control of your diet: we can use simple ways in our diet plans to reduce stress by avoiding some stimulants such as coffee, alcohol, tea and sugar and we can use chamomile tea as an alternative because of its calming and relaxing effect. We need to eat slowly in a calm environment to allow our digestive system to work well. We can use honey as an alternative to sugar but in small amounts (one or two spoonfuls per day).

3. Take hot baths regularly: after a very busy day or when we feel that we need to relax (I do this three times a week). You can take a hot bath by sitting in warm to hot water and the water level should be above the waist, using lavender oil can also enhance this relaxing experience.

4. Aromatherapy: in the office you can use aromatherapy to relax and avoid stress. One of the best ways is to use lavender oil on a source of heat and take in the scent; this is a great way to relax during the day when you need it the most.

5. Exercise: This is one of the important things you can do which will reduce stress and bring happiness. When we exercise, our brains release substances which bring feelings of happiness and relaxation; we need engage in some exercise regularly such as walking, dancing or swimming.

6. Breathing techniques: Yoga, meditation and Tai Chi all use deep breathing techniques. To meditate, simply sit with closed eyes and concentrate on your breathing. Breathing deeply regularly is great for health and from there, you can learn various other breathing techniques to gain enhanced benefits.

7. Relaxation techniques and self hypnotherapy: we can easily do this after the hot bath to relax even more, simply sit or lie down in a comfortable place with your eyes

closed, imagine there is a spot light above your head and concentrate on it, then concentrate on your body part by part and try to relax the body and feel the relaxation deepening -- you can also use a self hypnotherapy audio tape to help in this process.

8. Massage: this is a great way to reduce stress, I do this when other ways fail, I feel better after receiving a massage. You can get a professional massage or you can simply ask your partner to massage you.

9. Spiritual healing: prayers and the act of helping others are very important components for happiness and stress reduction. You will feel calmer and have a sense of inner peace.

10. Talking through your problems: talking about your feelings acts as a releasing mechanism and you will soon find that talking about your problems with your partner or best friend may help the solution to the problem come to light and will help to release blocked emotions.

11. Multivitamins: I take a Vitamin B complex regularly to decrease stress and this has been a great help in my stress reduction.

I hope that you find these suggestions helpful, reading about this is not enough to reduce stress, you must take action.

Shelly Heisler

By Craig Philhower

Shelly is one of the most deserving chapter members that never received proper recognition of her work with the Broward Chapter. Over the last twenty years, Shelly has served on several positions with the Broward Chapter board. Shelly not only was the 1st Vice President, but also the news letter editor for several years. In addition, Shelly has consistently worked every sporting event that has come along. Shelly was a leader that we all looked up to and respected.

Shelly should have been recognized multiple times for these efforts during the time she has spent with the board by receiving the Sports Massage award, LMT of the year award, or the Chapter Service award. So I decided to rectify this gross oversight by starting a new award. This new award will be for those either overlooked or those that fall in between the standard awards. This award will be called the Chapter Service Pin. The Chapter Service Pin is a gold metal name tag with the FSMTA pin attached. This name tag will set you apart from others for your devotion and love of the FSMTA.

It is only fitting that Shelly Heisler is the very first one to receive this award. I wanted her to stand alone to be acknowledged for all her efforts at this time.

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CONGRADULATIONS SHELLY!!!!!!!!!!!!