

AMTA Alaska Chapter



PO 220232 Anchorage, AK 99522

Special points of interest:

- * Upcoming State Conference
- * Upcoming elections
- * Upcoming National Conference
- * Meet your board of directors

Changes

Thank you Anna Remick for your 5 years on the board in the position of president and for your service to the massage community of Alaska. Your tireless efforts for licensing legislation have furthered our efforts to be recognized as the health professionals we all aspire to be. We will travel this journey to its completion with your continued support and expertise.

I have been honored to serve on the board of directors for AMTA in the role of vice president and am equally honored to be the interim acting president. In my new role I will be focusing on creating community within our profession as well as looking at ways to further recruitment, education and legislation toward licensure.

We have a new website. Please take a look www.akamta.com we are happy to have a site that is easily updated so please check back often for continuing education offerings, legislation updates, meeting minutes and other news. Thank you,

Jamie Elswick Interim President

AMTA Alaska State Conference

The conference this year promises to be a great one. Kay Rynerson LMT and registered Thai therapist is presenting a Passive Stretching workshop. This course was taken by Jim Cohen and comes highly recommended. I have been reviewing the course materials and her work looks amazing and easy to implement into practice. This

course will be 16 CEU's cost is 325.00 for non members and 300.00 for AMTA members

Jamie Elswick will be doing a 4 hour course on HIV/AIDS and massage on October the 12th. She is a Red Cross certified instructor. Course cost is 25.00

Kathy Ungerecht will be doing an 8 hour course on Raindrop Therapy on Sunday the October the 12th.

For more details please go to: www.amtaak.com The conference will be held at the Senior Center and conference registration will open September 1st



Website update

Our website has a new look. We are now hosted by holistic alliance which has provided us with an attractive and easy to update site. Our web address is still the same.

www.akamta.com. If you would like something posted. Just send Jamie an email to jamie.elswick@yahoo.com

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Volunteerism: The Heart of AMTA

Where do you see the future of massage? Where would you like to see changes? You have a chance to make a difference by volunteering your time and enthusiasm for our profession by joining our board or committees on a local level right here in Alaska. Our profession is about service to our clients and our community; serving on our board is an extension of service that has far reaching effects for all massage therapists in our state.

This year at our state conference we have several positions:

President

1st vice president

2nd vice president

Persons that are running for these positions are:

President: Jamie Elswick she has been appointed temporarily at this time.

1st vice president: Natalee Kline Nat is a long time therapist with primary care at the Alaska Native Medical Center. She is a graduate of the University of Alaska's massage therapy program. She will be taking over education night and recruitment.

2nd vice president: Laura Moscatello Laura graduated from Brenneke's School of Massage in Washington. She is interested in taking over the newsletter as she has experience in this

area. She has been appointed temporarily at this time



If you are interested in running for these positions please notify us as soon as possible.

Essential Oils by Kathy Ungerecht

Essential Oils come from various parts of plants. **Essential Oils** are not really "oils", they are the highly concentrated liquid that comes from the root, stem, leaf, or bark of the plant. For example, Rose (*Rosa damascena*) oil has a beautiful, strong floral and sweet fragrance that is intoxicating and highly romantic. It takes thousands of flower petals to create the drops that are in a single bottle.

Adding a single drop of peppermint oil to a glass of water has approximately the same concentration of 28 bags of tea.

The practice of using essential oils is commonly referred to as aromatherapy, and is used for physical and psychological well-being. In ancient times, sweet smelling oils were more respected for both medicinal and their healing properties than scent, while today the opposite is true. Thus, modern society is ignoring the greatest attribute of essential oils -- their health-giving properties.

For best results, use only pure and

natural products; referred to as therapeutic grade. The origins of aromatherapy and historical references date back thousands of years. From documented uses by Napoleon, to references in the Bible, fragrant oil and spices have played a prominent role throughout world history.

Understanding Grades of Oils

Where you aware that there is a BIG difference between the types of Essential Oils? I used to think, oils were oils, and even though I knew about lavender scented products in my grocery store - I had no idea about the possibilities of supporting my health, naturally, with Essential Oils. Let me explain, all Young Living Essentials Oils are pure Therapeutic Grade Essential Oils. That means that care has been given to every single drop, to ensure that the medicinal properties have been retained. Young Living uses a low-pressure, low-temperature steam distillation system that protects and preserves the quality of the oils.

There are 4 Grades of Essential Oils:

- Grade A oils are pure therapeutic quality and are usually made from organically grown plants distilled at the proper temperatures using steam distillation.
 - Grade B oils are food grade; they may contain synthetics, pesticides, fertilizers, extenders, or carrier oils.
 - Grade C oils are perfume grade and may contain the same type of adulterating chemicals as food grade oils. They usually contain solvents which are used to gain a higher yield of oil per harvest. Solvents are normally cancerous. Floral Water is a byproduct of the distillation process, a very high quality if it comes from a Grade A distillation process. Accordingly it is of low quality if it comes from poor quality raw materials and or poor distillation processes. It is usually found in skin and hair products.
- Did you know that essential oils greatly enhance the body's absorption of nutrients, and add exponentially more concentrated effectiveness, not to mention

Passive Stretching workshop comes to Anchorage



How do you stretch your client on the massage table safely, effectively, and painlessly? Come to the workshop with Kay Rynerson, LMP, RTT (Registered Thai Therapist) for Passive Stretches: Table Thai and More. For 20 years Kay has collected, refined and road-tested stretches that can be done with the client awake or asleep, draped or fully clothed on the massage table.

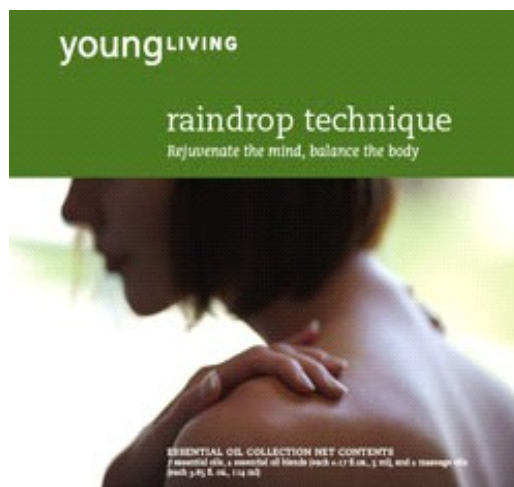
Adapted from Thai massage and many other modalities, these stretches address every part of the body. You can add a few as needed to the work you already do, or create a whole routine based on stretching. You take away a fully illustrated textbook. Kay Rynerson will be at our state conference and she can be reached for more information at: www.learnthaimassage.com

Raindrop Therapy by Kathy Ungerecht

The Raindrop Technique, developed by D. Gary Young, N.D. and a Lakota medicine man almost two decades ago, uses a sequence of nine highly immune enhancing essential oils. They are dropped like rain from a height of about 6 inches onto the spine and then lightly massaged in using various hand to body techniques. This stimulates energy impulses and disperses the oils along the nervous system throughout the entire body. We all carry immune system depleting viruses and bacteria.

Essential oils applied to the spinal column are absorbed through the nerves that feed the entire body.

Wonderfully soothing, nurturing and relaxing, the Raindrop Technique can work its benefits in the body for days, weeks or months. With essential oils applied via the Raindrop Technique, the body can be brought into balance and the energy centers can be cleared and re-aligned. The Raindrop Technique also helps reduce spinal inflammation, creates an inhospitable environment for the viruses that hibernate along the spinal column, and may help to straighten any spinal curvatures. Although a session lasts about 45 minutes to an hour, the oils will continue to work in the body for a minimum of a week following the treatment.



Oils cont.

The almost intangible "feel good" benefits. I call it Feeling Fitness as I believe the oils most profoundly heal at the level of feelings and attitudes. I have always enjoyed the smell of some oils, but it has taken me years to appreciate the inherent wisdom of how they work, within me and the people I have had opportunity to share them with.

Kathy Ungerecht is the Senior Jin Shin Do Acupressure teacher in Alaska and teaches Reflexology. She has worked with Young Living Essential Oils since 1998 incorporating them into her practice, teaching and personal health regime for her and her family. Kathy can be reached at kungerecht@gci.net

"Learn your techniques well but be ready to drop them as you touch the human soul".

Carl Jung

Tui Na Acupressure Massage – for Pain Relief

By Anna Remick, LMT

Tui Na is now being popularized in this country as a powerful therapeutic extension of traditional western massage methods.

Tui Na's simplicity and focus on specific problems, rather than a more generalized treatment, make it both an excellent alternative and/or extension of the Swedish-style massage. Are you looking for another treatment option for your clients? Tui Na Acupressure Massage works. If you have clients who suffer from chronic pain I suggest that you learn and start using Tui Na with those clients. The following article describes Tui Na and it's benefits. Try the self-massage treatments described in this article and experience the benefits first hand.

What is Tui Na?

Tui Na literally translates to "push pull" and is the name given to Chinese Medical Massage. Based on Traditional Chinese Medicine and Taoist Philosophy, Tui Na incorporates techniques that are similar to Western and Asian massage, chiropractic, osteopathic, and western physical therapy.

How Does it work?

Tui Na is more specifically therapeutic than the simple relaxation of a Swedish-style massage. It uses rhythmic compression along energy channels of the body, as well as a variety of techniques that manipulate and lubricate the joints. Like acupuncture, Tui Na directly affects the flow of energy by holding and pressing the body at acupressure points. It uses a variety of hand techniques and passive and active stretching to restore correct anatomical musculo-skeletal relationships, neuromuscular patterns, and to increase the circulation of Qi and Blood to remove biochemical irritants. Acupoints are selected to rebalance and harmonize the flow of Qi and Blood through the organ meridians in order to facilitate healing and prevent further injury.

How is Tui Na different from other massage?

One of Tui Na's best advantages over simple massage is its ability to focus on specific problems, especially chronic pain associated with the muscles, joints, and skeletal system. Using treatments of shorter duration, and usually allowing the client to remain fully clothed, it can be used in a variety of settings, including home, office, clinic or hospital. It is well suited for both the professional massage therapist and the active, health conscious individual.

What conditions are appropriate for Tui Na?

Any musculoskeletal disorder may benefit from Tui Na. It is especially effective for joint pain such as arthritis, sciatica, muscle spasms, and pain in the back, neck, and shoulders. It is also well suited for chronic stress-related conditions, disorders of the digestive, respiratory and reproductive systems as well as back, hip, thigh, knee, lower leg, ankle and headaches (including migraines). Tui Na is appropriate for both acute and chronic pain.

Does a client need to be hurt to benefit from Tui Na?

No, although Tui Na may be used for any musculo-skeletal problem, it is a great bodywork modality for the maintenance of optimal health and the prevention of disease. Tui Na does not simply work on the muscles, bones, and joints. It works with the energy of the body at a deeper level. As the massage therapists senses the client's body with his/her hands, he/she is able to access the distribution of energy and affect its flow.

As with other styles of Asian bodywork, Tui Na is designed to prevent problems, not just correct them. By keeping the body's energy in balance, health is maintained. This is true not just for physical health, but for mental and emotional well-being as well.

Western style Tui Na can be thought of as a therapeutic extension of western massage, with an emphasis on restoring and balancing energy.

Is Tui Na right for everyone?

Tui Na is not especially useful for those seeking a mild, sedating and relaxing massage since it tends to be more task focused than other types of bodywork. Contraindications include conditions involving fractures, phlebitis, infectious conditions, open wounds, and lesions. Although, one of my favorite "generic" treatments is a Tui Na Organ Tonification protocol, affecting the entire body, this treatment focuses on supporting the functions of the Lungs, Spleen, and Kidney meridians, with the goal of boosting the body's inherent immune system and can be used with a wide variety of clients.

Can you and your clients learn and apply self-acupressure technique?

Yes, you can affect your own energetic system using simple methods of self-acupressure massage. Pressure points in your skull can relax your whole body. There are two very significant acupressure points at the base of the skull on what's called the occipital ridge and a variety of points on your ears and face. If you apply consistent pressure to these points, with practice, you can achieve total relaxation.

How do you find these points and apply pressure on those spots?

Neck Massage:

There is a simple solution. Put two tennis balls in a sock and tie the end. Lie on your back on the floor and place the sock behind the upper neck, so that the two balls each touch the skull ridge that's right above the hollow spot. Stay like that for 20 minutes. If you like, you can listen to soothing music. The pressure on those acupressure points send messages down the spinal column to relax all your muscles.

Face Massage: Rub your hands together creating warmth and then just touch your face. There's no need to knead it. With a very light touch, cup your cheeks and temples with your hands using no more pressure than the weight of a quarter. Hold your hands there for a minute. The warmth of the hands relaxes the muscles and connective tissue, bringing on an overall sense of relief.

Ear Massage: Pull the sides of your ears gently straight outward, then straight up, then straight down. With your index finger, lightly press the tender spot next to your earlobe where it attaches to your head. Press and release. Now do it on the other ear. Repeat, alternating ears, 10 to 15 times.

This simple routine of self-acupressure massage can be done everyday or evening.

Tui Na is taught at an advanced professional certification level at the Oriental Healing Arts School of Massage Therapy. Call us for a fall class schedule or go to – www.touchoftao.com

The Center is located at 2636 Spenard Rd.
279-0135

Anna Remick is a member of The Oriental Healing Arts Center (OHAC) Professional Massage Therapy Group and maintains a private practice focusing on women's issues.

**AMTA –AK Chapter Budget
Mar '07 - Feb 08**

Income

AMTA

Chapter Fee	6,591.00
National Dues	7,760.00
Total AMTA	\$14,351.00

Education Fees

Membership Meetings	2,663.50
Total Education Fee	\$2,663.50

Interest

180 Day CD	204.27
Checking Acct	288.45
Total Interest	\$492.72

Total Income	\$17,507.22
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Expense

Credit Card

Discount	231.80
Credit Card - Other	30.00
Total Credit Card	\$261.80
Insurance	\$215.00

Legislative Funds

Advertising	7,799.00
Printing	1,571.22
Telephone	349.53
Total Legislative Funds	\$9,719.75

Meetings

Annual	2,955.80
BOD	316.18
Total Meetings	\$3,271.98

National Convention

President	1,147.90
Total National Convention	\$1,147.90

Office Supplies

Postage and Delivery

Newsletter	1,058.00
Total Postage and Delivery	\$1,058.00

Printing and Reproduction

Newsletters	1,847.09
Printing and Reproduction - Other	256.89
Total Printing and Reproduction	\$2,103.98

Professional Fees

Consulting	300.00
Website Maintenance	424.05
Total Professional Fees	\$724.05

Telephone

Conference Calls	387.28
Individual	237.09
Total Telephone	\$624.37

Total Expense	\$20,026.25
	\$-2,519.03

**AMTA-AK CHAPTER SUGGESTED BUDGET
FY 3/1/09 TO 2/28/10**

INCOME

Advertising	\$100.00
Total AMTA	\$13,500.00
Interest	\$400.00
Education Fees	\$2,000.00
TOTAL INCOME	\$16,000.00

EXPENSE

Education	\$3,000.00
Insurance	\$150.00
Meetings	
Monthly	\$600.00
Membership/Annual	\$1,500.00
BOD	\$300.00
Total Meetings	\$2400.00

Miscellaneous	\$200.00
NMTAW	\$600.00

National Convention

President	\$1,000.00
Officer	\$1,000.00
Delegate	\$1,000.00
Total National Convention	\$3,000.00

Office Supplies	\$600.00
Postage and Delivery	\$600.00
Printing and Reproduction	\$1,000.00
Professional Fees - Website	\$300.00
State Licensing Advertising	\$1,500.00
Printing	\$1,500.00
Telephone	\$400.00

Total State Licensing	\$3,400.00
Telephone	\$600.00

TOTAL EXPENSE	\$15,850.00
NET INCOME	\$150.00

Oils used in aromatherapy:

Thyme - One of the most antiseptic essential oils. It contains thymol, which has been studied for its effect on gingivitis and plaque causing organisms in the mouth. It may be beneficial in helping to overcome fatigue and exhaustion. This essential oil can easily penetrate the body, and may help kill any bacteria that may be present.

Valor - A special blend from YLEO that works on electrical and energy alignment of the body. The key to using this blend of oils is patience. Once the frequencies begin to balance in these areas, then a structural alignment can occur. This is the most important oil used in stress and physical weakness.

Oregano - Works similarly to thyme but is more aggressive and may help stimulate the immune system, balance metabolism and strengthen the vital centers of the body.

Wintergreen - Contains the same active ingredient (methyl salicylate) as birch and is beneficial for massage associated with bone, muscle, and joint discomfort. Elevates and increases awareness on sensory system.

Cypress - One of the oils most used to support the circulatory system.

Peppermint - One of the oldest and most highly regarded herbs for soothing digestion. Peppermint has been found to improve mental accuracy, and soothe the respiratory system. Jean Valnet M.D., studied peppermint's effect on the liver and respiratory systems. Other scientists have also researched peppermint's role in affecting impaired taste and smell when inhaled. Dr. William N. Dember of the University of Cincinnati studied peppermint's ability to directly affect the brain's satiety center, which triggers a sense of fullness after meals.

Basil - Can be relaxing to muscles, including smooth muscles (those not subject to our voluntary control, such as the heart and digestive system). It may also be used to soothe insect bites when applied topically. Beneficial for mental fatigue, basil may help stimulate and sharpen the sense of smell.

Marjoram - Used for calming the respiratory system and assists in relieving spasms and relaxing the muscles. It also assists in calming the nerves and is an antiseptic.

Aroma Siez - This special YLEO blend of essential oils may help relax, calm and relieve tight, sore, tired, and aching muscles resulting from sports injuries, fatigue and stress. John, feel free to share this message with someone that you know - that may benefit from strengthening their immune system. I'll look forward to speaking with you soon.

"As we respond with caring and vision to all work, we develop our capacity to respond fully to all of life. Every action generates positive energy which can be shared with others. These qualities of caring and responsiveness are the greatest gift we can offer." Tarthang Tulku

Disclaimer Notice:

This information is intended for educational purposes only and is not meant to substitute for medical care or to prescribe treatment for any specific health condition.

For more information contact Kathy Ungerecht @ kungerecht@gci.net or 278.4646

Future Continuing Education in Massage Therapy

Whitney Lowe Upper Extremities- Dates TBA

Oncology Massage and the Medically Fragile Client 5 day course 40 hour course University of Alaska Anchorage November and December 2008

Lomi Lomi I with Barbara Heard- January 9th, 10th and 11th 2009 University of Alaska Anchorage

Acutonics aSound Healing Levels I and II Intensive Oct 17-19 & Oct 24-26

9am-6pm
Alaska Massage Center
Wasilla, AK
John F. Barnes' Fascial-Pelvis Myofascial Release
Location: Anchorage, AK
Dates: October 3, 4, 5, 2008
Course Description: Learn how to treat patients suffering with lumbar, pelvic pain, and cervical pain and headaches. Your patients may have imbalances in the pelvis creating fascial restrictions

throughout the body. Learn a step-by-step progression of techniques for treating the lumbo-pelvic region in a comprehensive and effective manner. Participants will be able to: Explain pelvic alignment and dysfunction, Explain theory, anatomy and physiology of the lumbo-pelvic area, define and assess lumbo-pelvic dysfunction, apply and differentiate principles to problems of the abdominal and lumbo-pelvic regions, evaluate and assess the pelvic girdle and bring it into balanced

alignment, perform decompression techniques to the lumbosacral junction on a patient with compressive dysfunction, examine and assess sacral iliac mobility dysfunction and apply myofascial techniques to alleviate the dysfunction and develop home exercise instruction to diminish pain, improve mobility, and bring the lumbo-pelvic region into balanced alignment
Price: \$695 if registered two weeks prior to the seminar date.
www.myofascialrelease.com

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Acupressure & Meridian Massage
Traditional Taoist Medical QiGong

Career Enhancement

Chair Massage

Intro. to Acupuncture

Meridians & Points
Theory of Oriental Medicine

Asian Bodywork

Tui Na Acupressure Massage
Thai Yoga Massage

Put a Touch of Tao Into Your Practice



The Oriental Healing Arts
School of Massage Therapy



AMTA Alaska

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The mission of the American Massage Therapy Association is to serve AMTA members while advancing the art, science and practice of massage therapy.

www.akamta.com

Board Members

Immediate Past President Anna Remick
Interim President Jamie Elswick
1st Interim Vice President/Education - Natalee Kline
2nd Interim Vice President/Newsletter - Laura Moscatello
3rd Vice President/Legislation— Carl Kancir
Secretary Jim Cohen
Treasurer Andrea Lane
Education Chair and House of Delegates Rod Meeks



**Do all you can with what you have,
in the time you have, in the place
you are.**

Nkosi Johnson, AIDS Activist who died
at the age of 12.

