*Bodywork for Wellness*

Manual Physical Therapy & Therapeutic Massage, PLLC

Services Provided by Jennifer Catino, MPT, LMT

2 Tower Place, Albany, NY 12203 (518) 424-6487

**Fall 2012 Newsletter**

Notice of Enhanced Service and Fee Adjustment My passion has been for many years now, to study and to the best of my ability understand the human body. To learn how the body works, how to help it heal, or adapt to injuries so that we can be healthy, mobile and in as little discomfort as possible.

As many of you know, I pursue many continuing education courses per year from coast to coast to gain the most current and diverse treatment information, which allows me to offer you the *best care possible*. Each seminar I attend adds valuable tools to my toolbox and allows me to offer the most effective and complete treatment skills and tools possible. I always do my best to balance my costs of education and business with the cost of treatment, and it has been 2 years since the last rate adjustment.

I want to thank you in advance for you continued support as I remain committed to providing you with the very best bodywork and manual therapy care available. As of October 6, 2014, I will have new rates for my sessions. My one hour session will be valued at $115, and my initial session for the evaluation will be valued at $135.

***Laugher as Medicine:*** Would you have guessed that laughter can decrease pain? We know that laughter can reduce stress but did you also know according to the Mayo Clinic (http://www.mayoclinic.org/healthy-living/stress-management/in-depth/stress-relief/art-20044456?pg=1) there are many short and long term benefits of laughter. So see below on the good news about laughter and spend some time each day with a friend that makes you laugh, your favorite funny TV show or movie, or even the comics. Due to the daily stresses of life it’s good to have the benefits of a daily chuckle.

**Short-term benefits of laughter**

* **Stimulate many organs.** Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain.
* **Activate and relieve your stress response.** A rollicking laugh fires up and then cools down your stress response and increases your heart rate and blood pressure. The result? A good, relaxed feeling.
* **Soothe tension.** Laughter can also stimulate circulation and aid muscle relaxation, both of which help reduce some of the physical symptoms of stress (ie pain spasm pain cycle.)

**Long-term effects**

* **Improve your immune system.** Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. In contrast, positive thoughts actually release neuropeptides that help fight stress and potentially more-serious illnesses.
* **Relieve pain.** Laughter may ease pain by causing the body to produce its own natural painkillers. Laughter may also break the pain-spasm cycle common to some muscle disorders.
* **Increase personal satisfaction.** Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.
* **Improve your mood.** Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety and make you feel happier.

If you have a comment or question, or to learn more about Bodywork for Wellness please call or email:

**(518)424-6487**

[**Bodyworkforwellness@yahoo.com**](mailto:Bodyworkforwellness@yahoo.com)

\*If you would rather not receive emails from Bodywork for Wellness please send a request for removal from the mailing list to [Bodyworkforwellness@yahoo.com](mailto:Bodyworkforwellness@yahoo.com)