

# IN TOUCH

S P R I N G 2 0 0 2

*"Let us be grateful to people who make us happy. They are the charming gardeners who make our souls blossom."*

*-Marcel Proust*

## WELCOME TO BELVA!

As spring draws into summer you will notice an important change at Basichealth. I am excited to introduce you to Belva. A new look for a new season.

As a massage therapist, I seek to create a holistic connection with my clients. I strive to be in tune with their feelings and to create a safe and healing environment. As such, I have embarked on a "holistic" image for my practice. I hope you will enjoy the warmth, the feel and the enhanced personal relationship.

*Belva Cunningham*

## THE WONDER OF TOUCH

*From an article in Body Sense, Spring 2002 by Shirley Vanderbilt.*

"Each time we are touched, the emotions related to the touch are stored in our mind and in our body's tissues. We not only store the emotions of pleasure and happiness, but also stress and fear. These stored experiences show up in bad posture, aches and pains or, when we're fortunate, healthy, functioning muscles and joints. Just as it takes the use of more muscles to frown than to smile, the effort it takes to tuck away experiences or feelings we'd rather forget can cause fatigue and painful tension.

When you receive a massage, the

muscles and tissues release on an emotional level in much the same way they release physical tension. This letting go manifests in many forms - an audible sigh, laughter, muscle twitching or even tears. In the safe, nurturing space of a therapy room, people are able to let down their defenses, making these kinds of emotional releases a common occurrence.

"Crying is a pretty normal response." says C.G. Funk, branch director at the Utah College of Massage Therapy, Arizona campus. It can be about something in particular, or about nothing at all. "It can come from a variety of things, including having work done on a part of the body where the person holds the memory of emotional or physical trauma. Of course, physical trauma has an emotional component to."

Massage is a healing touch that relaxes and releases. Welcome that release, accept it as your body's way of finding balance and leading you to a higher state of health, both emotionally and physically. If you find yourself on the massage table laughing or crying, you are in a true state of body-mind connection. Go with the experience. Relax, breathe deeply and allow your body and mind to free itself of the past.

## A NEW, GREAT ADVENTURE IN MY LIFE

When I became a massage therapist, I assumed I was giving up the travel to new cities and countries and I would store my suitcase on the top shelf. I am honored to have a client include me in travel plans to the Ukraine for medical treatment that is not available in the US. I am excited, anxious, fearful and hopeful with all the options this trip may offer her in quality of life. It is a wonderful affirmation of the value of massage to provide increased circulation, endorphins, assist with lymphatic drainage and to facilitate the body's ability for healing. Increased range of motion, mobility and comfort in the day to day moments are a part of our work together. I will be taking notes, pictures and compiling memories of each new experience. It will be interesting to meet the challenges of international travel with a massage table as luggage. This wonderful opportunity means my office will be closed June 7-18, so please schedule appointments after these dates. Your understanding of this interruption in services is appreciated, as are all prayers, positive thoughts and or distant healing. What-ever your belief in higher powers, please share it with us as we travel and she receives this gift of hope for better life.

*Belva Cunningham, LMT  
PO Box 150827  
Nashville TN 37215  
Telephone: 615-297-8183  
Email: Belva@Belva.net  
www.Belva.net*

# BELVA

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