



Elimination of Metabolic Waste

As important as nutrition is to the body, so is elimination of metabolic wastes. The body uses the bowels, lungs, skin and lymphatic system in elimination. To help these important functions: (1) breathe deeply (2) exercise daily (3) drink lots of water (4) have a massage regularly to assist the lymphatic system (5) eat a balanced nutritious diet (6) organic tastes better and has more nutrients (7) include plenty of fiber, vitamins and minerals in your diet.



Stay Well

Make massage a part of your health maintenance program. Massage is more than a way to pamper yourself. Massage can help you feel better while encouraging your body to heal itself. Working with other health care professions, a neuromuscular massage therapist's treatment may help speed injury recovery and compliment other treatments.



Essential Kneads Inc.

At Essential Kneads Inc. we believe that massage therapy should be considered as regular part of one's health regimen. Our services are moderately priced and our environment is both soothing and relaxing. We are actively taking on new clients by appointment only. Essential Kneads Inc. is what you need to get your body back on track to feeling great. Take care of yourself and good health to you!

After Your Massage:



Drink Plenty of Water



Take an Epsom Salt Bath



Stay Well

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Drink Water

After your massage, you will need to drink plenty of water to help your body flush out any toxins that may have been released during your session. This need is drastically increased during the first 24 - 48 hours after your massage.



Take an Epsom Salt Bath*

Epsom salt baths are a wonderful way to greatly enhance the benefit of your massage session. During your massage, your muscles may release toxins that have contributed to pain and stiffness. A warm soak in an Epsom salt bath may help your body rid itself of these. This is especially true if you have had deeper work done during your session. Here is a suggested method for an Epsom salt Bath.

Dissolve ½ of a four pound box of Epsom salt into about 2 or 3 inches of warm water in the bath tub. Get into the tub and rub remaining Epsom salt on your body, paying attention to sore places. The salt will melt right away since your body will be wet. Then, fill the tub about ½ full and soak for 20 minutes. Feel the soreness melting away!

BEFORE STARTING A BATH, PLEASE READ THE FOLLOWING WARNINGS:

*Please remember, this is **NOT for pregnant women, diabetics**, or persons with **high blood pressure** unless recommended by your physician. Do **NOT** use a **jetted tub** as the jets could be damaged by the salt.



Great Beverages To Help PH

The body functions better when a good PH balance is achieved. Here you will find a list of great tasting, highly beneficial beverages that will help you achieve and maintain that balance.

Fresh squeezed juices from any of the following:
pineapple, orange, grapefruit, tomato, apple, grapes, peach, passion fruit and berries
Apple Cider
Yogurt Drinks
Veggie Broth (see recipe below)

RECIPE

1 cup of carrots - shredded or sliced
1 cup of celery, chopped (leaves and all)
2 cups any other vegetable(s) - beet greens, turnip or collard greens, Swiss chard, kale, spinach or broccoli.

Add some garlic, onions, kelp, dulse or any other natural herb Spices (the ones mentioned here are high in potassium.)

Put all vegetables into a stainless steel pot, add 6 cups of Water, cover and cook slowly for about 30 minutes. Strain, cool and serve warm.

This vegetable broth is a very good cleansing, alkalizing and mineral rich drink. Recommended portion is one cup. Keep chilled up to three days. This broth is an effective detoxifier for people in urgent need of relief from neuromuscular pain, tension, anxiety, constipation, depression, tissue acidity, restlessness and fatigue.