



Relaxation & Retreat Massages
of York, LLC
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*Located at the intersection
of Richland Avenue and
Country Club Road*

Raking Without Breaking

Once again, Autumn has arrived with its cooler weather, the leaves changing colors, and the flooding of Christmas items into every nook and cranny of your favorite department store. Although we can finally give our air conditioners a break, the one thing that often doesn't get a break is our backs.

They call this season Fall for a reason. As the leaves begin to accumulate around the base to our trees, we all don our gloves, grab our rakes, and seek to once again restore order to chaos. We rake the leaves, clean out the flowerbeds and pack away the summer furniture. Some of us even risk life and limb climbing up precariously positioned ladders to get the leaves out of our gutters. The more the leaves fall, the harder we work.

At the end of the day, we stand erect, smile smugly and survey all of our accomplishments as we bitterly notice that new leaves have already fallen to take the place of their missing comrades. We bite our tongue, grunt ever so quietly, and turn to head towards a hot shower.

By now, the aching in the shoulders, arms and lower back are beginning to set in. The hot water will help to relax those sore muscles, but sometimes that's not enough.

For those of us too foolish to pay the next door neighbor boy \$10 to rake our leaves, R & R Massages does have two products that can further help to reduce your pain and suffering. The first is **Biofreeze**. This popular product uses a roll-on application to provide soothing *cold* therapy. The Other product is **Prossage Heat** which provides a *warm* therapy. We highly recommend both. If you are uncertain which product would work better for you, just talk to one of our staff.

Good luck with your raking and remember, shoveling season is just around the corner.**

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Before you begin reading the following article, please be aware that it is being written to be informative to both men and women. Many men will look at the first line and incorrectly assume that it does not pertain to them. If so, they would be mistaken. The topic is breast cancer. Yes, men do get breast cancer as well, but more likely, the men will know a female afflicted with breast cancer. Therefore, the information in the following article might be of benefit to themselves, their spouses or loved ones, or simply a friend.

As some of you may know, the month of October is designated as "Breast Cancer Awareness" Month. Breast Cancer, although predominately found in women, does inflict itself on both genders. In addition, this geographic area (South Central PA) statistically has a higher number of incidences of Breast Cancer per capita than the national average. We also rank higher in other forms of cancer as well.

There are many different types of breast cancer. They range from isolated or very slow growing to very invasive or aggressive. Once discovered, the treatment for breast cancer can also vary widely depending upon the type of cancer and the personal treatment options employed by the attending physician. Medications, radiation, and surgery, or a combination of all three are the most common treatments.

Hot Stone Massage

A Letter by Laura

As the warm days of summer fade into crisp cool autumn, the therapists of R & R Massages of York invite you to come enjoy a relaxing hot stone massage. Hot stone massage is a variation on classic massage therapy. Heated smooth, flat stones are placed on key points on the body. The massage therapist will also hold the stones and use them to massage certain areas of the body.

It is a deeply soothing massage that will use the heat and pressure of the rocks to release stored tension in the muscle. Due to the warmth of the stones, it is always a highly relaxing, stress reduction massage. The heat warms and relaxes the muscles, which allows the therapist to apply deeper pressure, if desired. The hardness of the stones allows the therapist to address specific problem areas with more detailed work or deeper pressure.

Many people find the warmth of the hot stones to be comforting. Hot stone massage is suited to people who tend to feel chilly or who have cold feet. It's also suited for people who have muscle tension but prefer a lighter massage. The heat relaxes muscles, allowing the therapist to work the muscles without using deep pressure. The stones are used in two ways during the massage. One is to impart heat onto the body by laying stones under the client



with a layer of fabric between the client and stone (a sheet or towel) and/or on top of the client, again upon a sheet or towel. Stone layout typically will be along both sides of the the spine, or along the chakra centers on top and baseball sized stones would be placed in the hands. While these layout stones are delivering concentrated centers of heat, the therapist is simultaneously massaging the client with oiled, heated stones held in the palm of the hand with firm strokes along the muscles of the legs, arms, and torso areas.

An authentic hot stone massage is not simply the "gliding" of heated stones lightly upon the surface of the skin, but rather the stones are used as tools to deliver effective tissue and muscle massage at a pressure level comfortable to the client. The client can request light, medium or deep pressure, which is the beauty of the hot stone massage technique. It can be customized in an instant to the request of the client. The hardness of the stones makes for a fantastic deep tissue massage and is easy on the joints of the therapist's hands.

A good stone massage, when properly performed, will accomplish many of the goals and benefits of other massage modalities. Many paths often lead to the same destination - and so it is with a great stone massage.

The heat from the stones relaxes muscles and increases the blood flow to the area being worked on which further accelerates the healing process. The heat also greatly aids in mental relaxation. The warmth of the hot stones improves circulation and calms the nervous system.

Hot stone massage is excellent for relaxation, but it also holds many health perks. Clients with back pain and aches, osteoarthritis and arthritis pain, or poor circulation will especially enjoy the benefits of stone massage. The calming effects will aid those struggling with stress, anxiety, tension, insomnia or depression. Those with Fibromyalgia or Multiple Sclerosis may also see relief of symptoms after experiencing a hot stone massage.

The use of hot stones for healing dates back to ancient times, but it wasn't until Arizona massage therapist Mary Nelson introduced her hot stone massage technique called LaStone Therapy that the use of hot stones for massage caught on. As with general massage, after learning the basic application, the therapist will then incorporate his or her own techniques to develop a style that can be tailored to the individual client. Every person has their own tolerance to heat and pressure which a good therapist will monitor during the course of the massage.

As always, the knowledgeable staff at R & R Massages of York is always happy to answer any and all questions you may have about hot stone massage or any of the other therapies we offer. We encourage you to call for more information or to book your massage appointment.



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(The purpose of this article is not to describe the different types of breast cancer, to review the different treatment options, or to address the other physical, emotionally, hormonal or social implications caused by breast cancer. It does, however, address the benefits of massage for the breast cancer victim during both the treatment and recovery process.)

Initially, the signs of breast cancer are usually discovered in one of the three ways. The most common method is the mammography exam. The second is through a palpation examination by either yourself or a physician. The third is the recognition of physical changes to the breast tissue such as hardness, changes in contour, leakage from the nipple, skin discoloration, etc.

Once breast cancer is suspected or confirmed, the doctor will schedule the appropriate procedure. Below are a list of various procedures and how massage can help prepare the recipient for each one and how it can help speed up the recovery time.

Biopsy: When suspicious growths or cell cluster show up on a mammogram, the most common procedure selected is to biopsy (Needle or Image-guided,). 12 to 24 hours before a scheduled biopsy, massage can be used to clear the excess lymph fluid from the breast tissue, increase blood flow, and set the stage for optimum healing. One week following the biopsy, massage can again be applied to promote rapid healing, minimize scarring and scar tissue buildup, reduce swelling and pain around incision site, and prevent lumping or dripping on the skin surface.

Lumpectomy: A lumpectomy is a biopsy where a portion of the breast tissue is removed including marginal tissue surrounding the suspected cancer cells but is focused on breast conservation. Again 12 to 24 hours before the surgery, the breast tissue should be prepared for this more aggressive procedure. The better the breast tissue is prepared, the quicker the healing and the less chance of infection. One week following the surgical procedure, massage can start again. This will keep excess fluid (a seroma) from building up inside the breast tissue. (Excess fluid causes expansion, tearing, and cell destruction around the injury site encouraging more scar tissue to build up.) As scar tissue works to mend the injured tissue, massage therapy can keep that scar tissue pliable and minimize excess scar tissue from forming within the breast.



Partial or Full Mastectomy: Unfortunately, there are times when part or all of the breast tissue needs to be removed to avoid the risk of metastasis (the spreading of the cancer cells to other parts of the body). Approximately 12 to 24 hours before surgery, the patient should receive a full body lymph drainage massage including the breast area. This massage will prepare the entire body by clearing out all excess lymph, remove toxins, emptying the axillaries lymph nodes, and buffering up the body's immune system. One week after the surgery, lymph drainage massage can start to be applied to speed healing. Depending on the extent of the surgery and what all was done, post-surgical massage can begin within 1-4 weeks following the removable of any drains. During the recovery, medical massage should be applied as often as can be afforded to help minimize scar tissue accumulation, reduce pain, irritation and redness, hide surgical incision scars, promote muscle healing, minimize lymph accumulation, and optimize healing.

For more information about breast cancer, mastectomies, or lymphedema, stop by our office and pick up some free literature.

Client Testimonials

Hi my name is Kim and I'm a breast cancer survivor. In January of 2004 I was diagnosed with DCIS (Ductal Carcinoma In Situ) which in plain English means cancer that is localized in the milk duct of the breast and has not spread beyond the place of origin. Eighteen months before that I had found a lump in my breast two months after I had a screening mammogram. My doctor immediately sent me for a follow-up mammogram and nothing showed. The radiologist who read the mammogram suggested that for a year I follow-up every six months with a mammogram which I did. In between the second and third mammogram the lump vanished but I noticed a small spot, no bigger than half the size of a pea in my bra and I thought that perhaps I had scratched myself. When I went back for the next mammogram I informed the radiologist about it after more discharge had come out during the mammogram itself. He urged me to let the doctor know and he would document it in the report. A few days later the doctor's office called and scheduled me to see a surgeon the next day and the rest is as they say history.

No one can imagine the devastation a woman feels when she learns that she has cancer in her breast. The first image she sees in her mind's eye is one where she is standing in front of a mirror with a scar on her chest where her breast once was. That was my image when I was told. I had a partial mastectomy and thirty three radiation treatments. I was lucky the lymph nodes weren't involved and the 2 cm lesion had not spread. After a total of five surgeries, two to remove the cancer and attain good margins and three to reconstruct, I ended up with an infection that created mounds of scar tissue right at the nipple. After the last surgery my breast began to sink and I began to question the doctor's judgment with the amount of saline he put in the implant that was now in the bottom of my breast to replace what they had taken out, should there have been more?? By six months after the last surgery the front of my breast had flattened out and my nipple had become severely inverted. I was told if it remained this way I would be prone to

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My name is Nellie. I am presently 53 and a 5 year Breast Cancer survivor. I was diagnosed in June of 2002 with malignant tumors in both breasts. I underwent the surgery to have the tumors removed as well as the lymph nodes under my arms.

Following the surgery, I successfully completed all my chemo treatments and continued to receive good reports from my doctors. Unfortunately, however, a year and a half after my surgery, I still had a lot of tenderness at the surgery sites as well as a large build up of scar tissue. The scars were still red and created deep pockets in my breast tissue.

About 3 years ago, I was referred to R&R Massages of York. I began seeing Kevin Bruck as my massage therapist. Kevin worked on the scars on my breasts with special massage strokes to help reduce the tissue build up beneath the skin. He was also successful in bringing back the natural color and texture of my skin. Before the therapy started, my breast were very sensitive to touch and at times painful. Now, that isn't the case anymore. Even the deep pockets are pretty well gone and the nature shape and contour has returned.

Kevin has been very professional in dealing with the handling of my breasts and the scars. At no point was I embarrassed or uncomfortable around Kevin. He treated me in a very dignified manner and it was obvious that his touch was purely medical.

Even though the breast work is now complete, I continue to visit R&R Massages and take enjoy all the other wonderful services that Kevin and his staff has to offer.

I have and will continue to highly recommend Relaxation & Retreat Massages of York to anyone. They're excellent!

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infections and irritations which would create more scar tissue and pain. I went for a second opinion and was told I would have to live with it, that was the way it was which was exactly the same as what my plastic surgeon was telling me. My oncology surgeon and I were not satisfied we knew this situation needed to be rectified or I could have more of a risk of the possibility of a recurrence of the cancer at some point. We searched and searched and at one point I

even was wearing, for about nine months to a year, a nursing shield which did help somewhat but was still not the answer. Not only was my breast an issue, but this past year I started having bouts of hiccups, acid reflux and the abdominal muscles were spasming. Something had to be done.

This past spring my husband found an article in the paper about R&R Massages in York and brought it home. I read it and e-mailed Kevin Bruck about my situation and asked if perhaps he might be able to help. He e-mailed me back saying he thought he could and in June I had my first appointment. During the first visit Kevin put me at ease by providing the information that I needed to understand what he could do and how he would do it. He went over all the reasons for the problems I was having and demonstrated with models, etc. that he had in the office so that I would understand

what was happening in my body. With his help I understood that my body was producing scar tissue

at a good pace which was creating a lot of the problems. He told me what to expect, what I would feel and what his game plan was. Kevin has been wonderful, he's professional and appropriate with all of the treatments. He even asks permission to do certain aspects of the treatments which has created a mutual trust. He has used massage, suction cups and gentle stretching during my treatment up to this point. I am still being treated but as of this writing, my breast has a shape again, I am slowly but surely losing the flattening in the front and the nipple is starting to come out and look natural. Even my husband has noticed that I have more confidence now. I still have occasional bouts with hiccups, reflux and muscle spasms but they are far less than they were. Thank God I am cancer free for almost four years but I also thank God for Kevin Bruck. If you're out there and you are in the same situation I was, you don't have to take no for answer and you don't have to take your doctor's word that nothing else can be done. Get a second opinion and visit Kevin. With his hands and God's grace a better you is just around the corner.

Love and Peace,
Kim A From PA



We would like to express our gratitude for all of our clients and guests that took the opportunity to stop by our booth at the **2007 Women's Show** on Oct 7th and 8th. A special thank you for those of you who shared your testimonials with others as they visited our booth. By the end of the show, we had nearly 1000 people enter to win one of three (3) gift certificates for one hour massages we were giving away in a drawing. The three lucky winners were Betty S. from Littlestown, Sue S. form York, and Julie L. from York.

We plan to participate in the **2008 Women's Show** next year so be sure to stop by if you attend. We are the booth that always has the big crowd gathered around it. Thanks again!

QUOTE: *Enjoy yourself! These are the "good old days" you're going to miss in the years ahead.*

– Anonymous