

# MYOCARE NEWSLETTER



**MYOCARE, L.L.C.**  
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**602-687-8741**

www.Massage-O-Gram.com

## Massage may help relieve the following:

Sciatica, Fibromyalgia, Plantar Fasciitis, Carpal Tunnel, Back and Neck Pain

## STRETCH OF THE MONTH Trapezius



Sitting straight in stable chair hold on to one side of chair and lean to the opposite side letting gravity stretch the neck. Hold for 20 seconds. Come up, then look at bent elbow and lean over same side and you can feel the stretch in lower neck, hold for 20 seconds. Switch sides. Don't force the stretch.

### Did You Know?

Sunscreen that is past the expiration date or is more than 3 years old should be discarded.

If you do not wish to receive e-mails from Myocare, please advise and we will remove you from the list Thank you

## Skin Health

### “Protect yourself from the sun

The most important way to take care of your skin is to protect it from the sun. Ultraviolet light — the invisible but intense rays from the sun — damages your skin, causing deep wrinkles, dry, rough skin, liver spots, and more serious disorders, such as noncancerous (benign) and cancerous (malignant) skin tumors. In fact, most of the changes seen in aging skin are actually caused by a lifetime of sun exposure.

For the most complete sun protection, use all three of these methods:

1. Avoid the sun during high intensity hours. The sun's rays are most damaging from 10 a.m. to 4 p.m. Reduce the time you spend outdoors during these hours.
2. Wear protective clothing. Cover your skin with clothing, such as long-sleeved shirts, long pants and wide-brimmed hats. Also, keep in mind that certain clothing styles and fabrics offer better protection from the sun than do others. For example, long-sleeved shirts offer better protection than short-sleeved shirts do. And tightly woven fabrics such as denim are better than are loosely woven fabrics such as knits. Several companies now make sun protective clothing (SPF clothing), which is specifically designed to block out ultraviolet rays while keeping you cool and comfortable.
3. Use sunscreen. Choose a broad-spectrum sunscreen with a sun

protection factor (SPF) greater than 15. Apply liberally 20 minutes before going outdoors and reapply every two hours, after heavy sweating or after being in water.

### How much sunscreen is necessary, and how often should it be applied?

Most people use sunscreen too sparingly. A liberal application is 1 ounce (29 milliliters) — the amount in a shot glass — to cover all exposed parts of the body. If you have a 4-ounce (118-milliliter) bottle, you'll be using about one-fourth of it for one application. Be sure to rub the sunscreen in well.

To maximize protection, apply sunscreen liberally 30 minutes before going outdoors and reapply every two hours, or sooner as needed.

### Choose products with built-in

**sunscreen.** When selecting skin-care products, choose those with a built-in sun protection factor (SPF) of at least 15. Also, be sure to select products that block both UVA and UVB rays.

A healthy diet can help promote healthy skin. In particular, antioxidant-rich foods seem to have a protective effect for the skin. Good-for-skin foods include: Fruits, especially cherries, berries, melons, apples and pears. Vegetables, especially spinach and other green leafy vegetables, eggplant, asparagus, celery and onions. Legumes, especially broad and lima beans. Fish, nuts & olive oil.”

Source: MayoClinic.com

## Massage-O-Gram® Massage

1 Hour Full Body Mobile Massage **\$65**

**July AZ Special\* The 15th person to receive a massage this month will receive a free “Chillax Basket”** Includes: Relaxation CD, Eye Mask, Lavender Sachet, Lavender Spritz & Lavender Reed Diffuser

## Your Help / Referrals are Needed

If you or someone you know could use my services, please pass on my information. Whether its office Chair Massage or a Full Body Therapeutic or Relaxing Massage (for example someone you know has back or neck pain or speaking about massage). Thank You, it is appreciated.

**“There’s nothing that can’t be done if we raise our voice as one” Michael Jackson**