

Portobello Massage Newsletter

November 2012

Dear lovely Clients

Hello and welcome to the November edition of the Portobello Massage Newsletter!
So far, so good for this lovely month. We still have some beautiful leaves on the trees and no signs of hurricanes. I reckon we're all blessed.

A wee while ago I took a course on taping - you know, the tape you see on athletes. There was plenty of blue tape on some champions at the Olympics and Paralympics. I've used tape on a few clients now and the results have been impressive (if I do say so myself). The tape can help with realigning posture, supporting an injury or help to reduce swelling. I taped up a client the other day and she said the pain was gone and she felt like she was being hugged. What a lovely thought! If you wonder if tape might help you, please drop me a line. It's always worth a go!

Stretch of the Month!

Back in August we had the quadriceps stretch, followed in September with the hamstrings stretch (little aside; the term 'hamstring' originated in 18th century England. Butchers would display pig carcasses in their shop windows by hanging them from the long tendons at the back of the knee. We are so alike other animals). It seems only right that we include our calves in the stretches so this month we focus on the gastrocnemius and the soleus - those lovely muscles on the back of the calf.

1. With an in breath, place the ball of the foot on a step or curb and on the out breath allow the heel of the foot to drop below the level of the step. Keep the knee straight as you stretch the calf. Hold this position for 25 to 30 seconds.

2. Stand approximately a foot away from a wall, placing your hands on the wall at chest height. On the in breath, place the leg to be stretched approximately a foot and a half behind the other leg, keeping the toes of both feet facing the wall and the feet hip-width apart. On the out breath, bend the front knee, keeping the rear leg straight. Hold this position for 25 to 30 seconds.

Please give it a go - and please let me know if the description is helpful and worked for you.

Please remember that if you're interested in looking up the previous stretches, they can all be found in the newsletters in the [Contact](#) section of the Portobello Massage website.

Positive thoughts

"As we work to create light for others, we naturally light our own way." - Mary Anne Radmacher

"Take a deep breath. Then take another one. Repeat until you feel better." - Action for Happiness

"Have the courage to follow your heart and intuition - they somehow already know what you truly want to become." - Steve Jobs (for my friend Ben)

The groan worthy jokes...

I thought about writing down the Halloween jokes I heard yesterday, but they were truly terrible! Still, they all got A for effort. Instead, let's have a little humour around the US presidential election. Here are a few relevant, piquant quotes...

"There are few things in life harder to find and more important to keep than love. Well, love and a birth certificate." - President Barak Obama

"These stories about my intellectual capacity really get under my skin. You know, for a while I even thought my staff believed it. There on my schedule first thing every morning it said, 'Intelligence Briefing.'" - President George W Bush

"In my many years I have come to a conclusion that one useless man is a shame, two is a law firm, and three or more is a congress." - President John Adams

"Being president is like running a cemetery: you've got a lot of people under you and nobody's listening." - President Bill Clinton

"If I were two faced, would I be wearing this one?" - President Abraham Lincoln

Thanks Stewart!!

Please remember to [pass this newsletter on](#) to someone you know who might appreciate it. Maybe together we can help someone smile! Please note that past newsletters are now posted on the website under [Contact](#). Please remember that [gift vouchers](#) are always a popular gift.

Also, if you like this newsletter and would like a bit more of wacky Portobello Massage humour, click 'like' on the Portobello Massage Facebook page, available [here](#).

I hope you've enjoyed this newsletter and I look forward to seeing you very soon for a massage.

Enjoy!

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