



# LONGEVITY

## HEALTH CENTER

# November 2018 Newsletter

From the Longevity Health Center Team

### MODALITY SPOTLIGHT: MASSAGE THERAPY

Massage as a therapeutic modality has deep roots into many ancient cultures. Hippocrates, the father of modern medicine, wrote of using friction through rubbing joints for circulatory problems. Ancient Egyptians, Hindus, and Persians all utilized massage techniques for treating various ailments. Chinese Medicine records describe the use of massage, a form of Tuina, dating more than 3,000 years ago. In modern medicine, we describe the benefits of massage as a method of increasing circulation of blood and lymph. Classically Chinese medicine refers to the circulation of Qi, pronounced Chee, as the vital life-force which can determine health or illness. Blood, Qi, Lymph and all other matter which circulates in the human body must be fluid and free moving to maintain longevity. Massage therapy is a physical tool to do just that.

Much like the long history of massage therapy would suggest, many styles and techniques have evolved and multiplied. The State of Hawaii has some of the most demanding requirements in the U.S. for a massage therapist to gain licensure to practice. At Longevity Health Center, our LMTs are not only extensively trained, but they all have more than ten years of experience, as well as complementing their resumes with continuing education on various specialization techniques. Our therapists are able to offer both the best in relaxation massage, as well treating patients with top-notch medical massage therapy.

We have multiple massage therapists available six days a week to suit various therapeutic styles and patient's schedules.



Giselle Peterson



Dean Nicklaw



Kyla Schwartz



Kathrine Lindeman



Hiroko Kawachi



Emily York

### LIFESTYLE EDUCATION SEASONAL RECIPES:



### PUMPKIN MISO SOUP & GINGER TEA

#### INGREDIENTS:

- 4 Cups broth (Chicken, Dashi or Vegetable)
- 1 inch fresh ginger, sliced
- 2 Tbsp dried wakame seaweed
- 2 Tbsp organic miso paste
- 2 Cups roasted pumpkin (Kabocha or butternut squash)
- 1 Tbsp oil (avocado, coconut or olive)
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 Tbsp green onions, sliced

#### HARDWARE:

Soup pot, roasting pan, parchment paper, ladle.

#### DIRECTIONS:

##### Roasted Pumpkin:

Peel and cube pumpkin into 1 inch chunks. Toss with 1 Tbsp oil and 1/2 tsp salt & 1/4 tsp pepper. Place on a parchment paper lined roasting pan and roast at 425\* for 45 minutes, turning every 15 minutes.

##### Miso Soup:

Add broth, ginger and wakame to soup pot, bring to simmer. Simmer for 15 minutes until ginger permeates the broth. Mix miso paste with a little water to thin. Turn off heat and add miso mixture. Ladle broth and pumpkin to serving bowl and garnish with green onion.

## Schedules

### HOLIDAY SCHEDULE

OUR OFFICE WILL BE CLOSED ON:  
 Veteran's Day Nov. 12  
 Thanksgiving Nov. 22 & 23

### MOVEMENT CLASSES

**YOGA THERAPY**  
 Wednesday 4:00 - 5:00 p.m.  
 Sliding Scale \$20 - \$35

**SOMATICS**  
 Tue, 9:00 - 10:15 a.m.; Thu, 10:30 - 11:45 a.m.  
 Sliding Scale \$17 - \$20

### COMMUNITY ACUPUNCTURE

Monday 3:00 p.m. - 6:00 p.m.  
 Tuesday 3:00 p.m. - 6:00 p.m.  
 Wednesday 10:00 a.m. - 1:00 p.m.  
 Thursday 3:00 p.m. - 6:00 p.m.  
 Friday 3:00 p.m. - 6:00 p.m.

*Last appointment is 45 minutes before closing time.  
 Drop ins may be accepted, but appointments are encouraged.*