



Elevate

Raising the vibration

We always welcome your feedback at innatemassagetherapy@yahoo.com and of course you may call us at 614-505-6282.

Letter from Anthony:

I can't hardly believe that it was just a year ago this July 6th that I opened my door to the public for the first time. Since then I have brought on board a few great people who are able to incorporate other services for your needs. I have been delighted with the response I've had and nothing makes me happier than talking to satisfied customers. In return, I will be giving \$10 Dollars off your next appointment. All you need to do is mention this newsletter when making your payment. Thank you for your trust, your support, and for taking a few moments of your time to look through our newsletter. Good health and good life to you all.

Inspirational Messages:

When "I" is replaced by "We" even illness becomes Wellness.

Mission Statement

- ✓ Our goal is to provide quality services to each patient as an individual with specific needs.
- ✓ We are dedicated in promoting a soothing relief in a nurturing and therapeutic manner to maintain and maximize a healthy life.
- ✓ To provide a pathway to wellness and well-being by educating our patients on how to regain, achieve, and maintain optimum health.
- ✓ We strive to heal, ease, restore, and to give the best possible care to all in an ethical, moral, and professional environment.

This Month's Issue:

- Letter from Anthony Delacruz
- Inspirational Messages
- Testimonials

- Staff Showcase
- Staff Articles



Company Address

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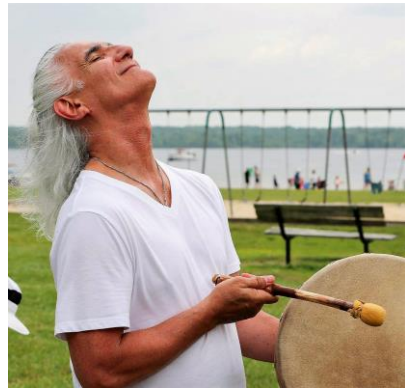


614 505-6282



<http://www.anthonidelacruz.massagetherapy.com>

Showcasing our Staff:



By: Anthony Delacruz

Owner and a practitioner at Innate Massage Therapy. I have been practicing as a Licensed Massage Therapist since 1996. I have a strong background in rehabilitation using advanced massage techniques. I have also developed a set of protocols and procedures that are unique and effective in the treatment of soft tissue pain called DeLaCruz Protocols and Procedures Rehabilitation Massage or DP&P Rehabilitation Massage for short. These protocols and procedures are the result of many years of service in rehabilitation settings.

I practiced for 5 years at the HealthPartners Clinic in their rehabilitation department located on site at the Honda Manufacturing Plants in Marysville, East Liberty and Anna, OH. We served injured Honda associates in all departments. Plant workers and office associates.

While practicing at the HealthPartners Clinic I was recruited by the Director of Mary Rutan Hospital located in Bellefontaine, OH, to start a program of Massage Therapy and become the Director of Massage Therapy at the Mary Rutan Hospital Rehabilitation Center. In the beginning I practiced on patients referred by the Occupational Medicine Department solely but, the hospital quickly realized the benefits of this work and opened the Massage Therapy Department to all of the rehabilitation patients. I served as the Director of Massage Therapy at Mary Rutan Hospital Rehabilitation Center for 5 years.

I opened my office called Innate Massage Therapy in July of 2017. It is my great honor to serve all those in need of this vital service. I have worked with MD's, DO's, Chiropractors, Physical Therapists, Occupational Therapists, Podiatrists, Mental Health Counselors, Acupuncturists and fellow Licensed Massage Therapists. I am Bureau of Workers Compensation Certified and accept clients and referrals from those who have BWC claims. All I need is an approved C9 form for my services.

Good candidates for this work include anyone who has soft tissue pain including but not limited to: neck and shoulder pain, back pain, arm or leg pain, foot pain, elbow and hand pain, knee pain, tendonitis, carpal tunnel or thoracic outlet syndrome and headaches. Those diagnosed with fibromyalgia can be helped by this work as well. Anyone that is unable to tolerate the rigors of physical therapy or found that PT did not give them satisfactory results can be helped by this work.

DP&P Rehabilitation Massage does not focus on the symptoms alone. We seek the primary or core problems which can be located in an area that is not near the symptomatic area of pain. Many times, if a health practitioner focuses on the area of the symptom(s) and only that area the symptoms can become worse. By finding the primary or core problem area of instability and working from there out, we can achieve much better and lasting results. In DP&P Rehabilitation Massage the clothes are left on but if the client can wear loose fitting clothing it is helpful. This work does not resemble relaxation massage at all. The practitioner works on releasing very specific muscles in a specific sequence that produces the desired outcome of reducing or eliminating the discomfort felt by the client.

We educate the client on gentle exercises, modifying lifestyle and ergonomic changes that will help maintain the release of the musculature.

In addition to the treatment work, Innate Massage Therapy also has a One on One Yoga program that helps with strengthening and lengthening the shortened muscle tissue and retraining and reeducating the body to maintain the release brought about by the DP&P Rehabilitation Massage. In this program a Certified Yoga Instructor and I consult on which muscles need to be strengthened and which need to be lengthened in a custom yoga program that is designed for the client in a one on one session with the Certified Yoga Instructor. The custom yoga program is then emailed to the client for practice at home. This program is an option that has helped many clients maintain their relief and reduces the frequency of re injury.

It is my hope that this information is helpful and useful to you. It would be our honor to work with you should you need our services.

Showcasing our Staff:



By Carisa Holmes

The Importance of Play

Have you lost your sense of humor? When was the last time you had actual fun?

Not, “we’re at the holiday picnic and I’m smiling because I’m supposed to be enjoying time with my relatives in a backyard full of mosquitoes and the scent of lighter fluid and charred hot dogs” kind of fun, but the fun that lights your whole face, your whole being up with that genuine, brilliant smile?

In this culture, we value hard work and worship “busy-ness”. Unfortunately, both of these practices can lead us away from our creative souls. Many people are so identified with work that they have forgotten how to play.

Lightness, excitement, and enjoyment are foundational aspects of the creative process. In fact, I believe that creating is a form of Divine Play that we participate in as fractal aspects of the Great Spirit, All That Is.

It’s what we are meant to do here!

Creativity is Divine Play

I acknowledge, accept, and celebrate the fact that there is more to life than the flesh-and-bone, brick-and-mortar realm we interact with on a daily basis.

The energy that animates this dimension of “ordinary” reality animates many others, and I work intentionally with the seemingly mystical energies that come to us from outside this ordinary world.

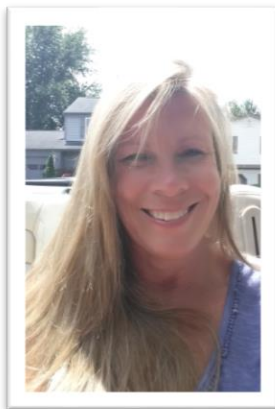
To me, the finest and most complete definition of art is “a surrendering to and expression of that which is beyond this world.”

I play in multiple dimensions of reality, and through multiple mediums and aspects of creativity. I move fluidly from one stream of consciousness to the next, and never question where I am being led. I trust that each twist and turn I am asked to perform is part of a dance that allows art to be born, through me and through my clients.

As we reconnect with our creativity and our ability to play, we experience the natural joy that is available to us no matter what our life circumstances. As we tap into our innate generative capacity, we can innovate, expand, and inspire, enlivening ourselves, our businesses and everyone around us.

Are you ready to lighten up, brighten up, and experience the power of inter-dimensional play?

www.CarisaCreates.com
[www.Facebook.com/CarisaCreates](https://www.facebook.com/CarisaCreates)
Instagram @CarisaCreates



By Debbie Husted

Debbie has been providing massage therapy and wellness services for over 20 years. She specializes in deep tissue, relaxation, Swedish, pregnancy massage, and aromatherapy. Debbie has a holistic approach and considers mind, body, and spirit.

Relieving Headaches

Our bodies suffer from the effects of work and stress which can cause headaches. This month I want to focus on relieving headaches using essential oils. Using essential oils with massage helps ease pressure brought on by a tension, migraine, or a sinus headache. The massage techniques would focus on the head, neck and shoulders while using essential oils peppermint (cooling and soothing effect) mixed with a carrier oil. Lavender is also good for stress headaches.

Lavender is known to help calm anxiety. Combined they can be just what you need to alleviate that painful headache. Call today to schedule your appointment and receive \$10.00 of your next massage using the code Stress Relief.

For more information call 614 595-1112 or email deblmt68@gmail.com

Testimonies

Featuring: Carisa Holmes

Jill Nielsen-Farrell: Carisa is one of the most multi-talented human beings I have ever met - she can write bar none, she is an accomplished musician and singer, and she facilitates deep transformation within others through her healing and artistic work. She's in her element in this type of highly creative space; space where she can share her wisdom, passion, and talents with either an individual or a group. It's an effortless thing for Carisa. I appreciate Carisa's integrity, honesty, humor and willingness to pursue her own evolution through the fantastic work she does with others. I highly recommend Carisa as a wellness coach, creative arts or healing group facilitator, as a professional writer and a one-to-one soul healer.

Anne Gadd: Carisa's services are intuitive and personal. She makes a big difference in a small amount of time, I would definitely recommend her to my friends and family if they were feeling stuck in their creative projects!"