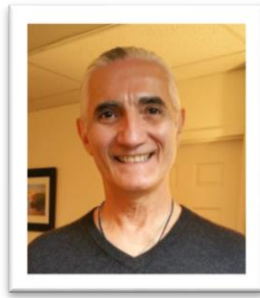


Anthony DeLaCruz



Owner of Innate Massage Therapy.

Licensed Massage Therapist

Bureau of Workers' Compensation Certified

Licensed by the State Medical Board since 1996

5 years at the on-site Occupational Medicine and Rehabilitation Clinic located at Honda Manufacturing

5 years as Director of Massage Therapy at the Mary Rutan Hospital Rehabilitation Center

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.

Company Address

870 High Street, Suite
19 Worthington, OH
43085



614 505-6282



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

Letter from Anthony

Hello Friends and welcome to our initial newsletter. It is our intention at Innate Massage Therapy to use this tool to educate and inform our clients and the public in general of the benefits of our work. We would like to use this forum to update you on any events that we may have scheduled at Innate Massage Therapy that we believe may be of interest. We welcome your feedback at innatemassagetherapy@yahoo.com and of course you may also call us at 614-505-6282. Thank you for your support and for taking a few moments of your time to look through our newsletter. Good health and good life to you all.
-Anthony

Inspirational Messages:

Learn from yesterday,
live for today,
hope for tomorrow.

Innate Massage Therapy
Semi Monthly Newsletter

Issue: # 01

May, 1 2018

Elevate

Raising the vibration

This Month's Issue:

- Letter from Anthony Delacruz
- Inspirational Messages
- Testimonials

- Staff Introductions
- Staff Articles

Introducing Staff:



Carisa Holmes

Performer of the Healing Arts, Creativity Coach, author and artist.

My mission is to facilitate the birth of creative power and to promote the acknowledgement and recognition of the creative arts as vehicles for self-expression, healing and evolution.

I Write. I am co-author of The Eleven Series fantasy fiction novels. I am also a songwriter and compose solo and choral music for the Columbus Center for Spiritual Living.

I Sing. I am a member of Tingari (electronic dance music) and Sanjati (music for meditation and journeying), perform jazz and new thought music. I host sound therapy, meditation gatherings and use my voice in private energy work sessions.

I play the flute, didgeridoo, piano and other instruments.

I Create. I am a mixed media visual artist and take commissions for custom musical instruments and other pieces.

I Coach. I am a member of the music team at the Columbus Center for Spiritual Living and help conduct the choir. I also offer music therapy and programs centered around creativity for the Mount Carmel Cancer Survivorship Program and the Mount Carmel Healthy Living Center.

Using my training in music, Reiki, Polarity Therapy, and holistic health, I offer events, classes and private coaching sessions for people dealing with stage fright, writer's block, and those seeking to unlock their creativity and their full potential.



Megan Therese Fiscus

A Registered Yoga Teacher 200, Meditation Instructor, and a Reiki Master.

One-on-One Yoga

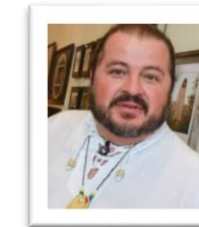
- Individualized Attention
- Personalized Fitness Plan
- Photos and Guided Audio

Meditation

- Pranayama Breath Practice
- Varying techniques will be taught to find your best practice
- Learn to manage your emotions and tune into your truest nature

Reiki

- Reduce Stress
- Encourage Healing
- Bring peace to your nervous system



Iggy Garcia

Hi, I'm Iggy, I'm an entrepreneur, writer, radio host and an optimist dedicated to helping others to find their passion on their path in life.

Ignacio (Iggy) Garcia is a Native of Peru South America and has been taught in the sacred ways and arts of Peruvian Shamanism, and also walks the red road with The Native American Church of Nemenhah and is recognized as a Medicine Man, Minister, Chief, and elder. Iggy is a spiritual leader in his community in Columbus, Ohio. He is also a speaker, writer, entrepreneur, radio host and is the editor & producer for www.withinsightsradio.com and hosts a weekly internet radio show for last 10 years.

Iggy Garcia is Chief of Public Relations for the Nemenhah and is a Holistic and Metaphysical Practitioner and is a member of the Nemenhah Indigenous Traditional Organization (NAC) is certified and in good standing of the afore said Native American Church and are Shahaptian Guide Medicine Man. And as such is authorized to perform all the ordinances pertaining to their calling, including the use of Plants, Animals, Stones, Feathers, and so forth in rites and ceremonies which do pertain to the Tents of the Scared Shahaptian Healing way as restored to the Nemenhah by Wyakin and as set forth in the Constitution of the Nemenhah. We are members of Condor Eagle Chapter House in Columbus, Ohio. Great Lakes, Chief of Tiwehktihmpt of Itsipi Society, Intuitive Mentoring, Drum Healing, Drum Circles, Remote Healing, Body Energy Work, Inca Meditation, and Open Chair Gestalt and other modalities.

What is Polarity Therapy? By Carisa Holmes

Polarity Therapy is a comprehensive holistic health program designed by Dr. Randolph Stone, D.C., D.O., D.N., that helps establish and maintain physical, emotional, and mental harmony.

Polarity Therapy operates by a set of principles of human energy flow that are similar to those found in Traditional Chinese Medicine, Ayurveda, and other ancient health systems, but free from the restrictions of any associated dogma.

A Polarity Therapy practitioner evaluates the ways in which an individual's energy may be imbalanced, and uses a variety of procedures - like stretching, postures, body work, and suggesting dietary changes - to help the individual restore the free flow of energy within their system.

While Polarity Therapy is more than just a physical technique, many people use the term Polarity Therapy to refer specifically to the body work portion of the practice.

Who Can Benefit from Polarity Therapy?

While each person I work with is unique, and the techniques and tools we use together in their process are customized for their needs, Polarity Therapy body work has been helpful to nearly 100% of my clients.

I have found Polarity Therapy body work to be very helpful in gently accessing and releasing stored trauma and stress in the body that may be blocking people from expressing themselves creatively, speaking up for themselves and setting healthy boundaries, and making behavioral and lifestyle changes that before seemed to ingrained to change.

Polarity Therapy body work is deeply relaxing and often induces a meditative state in the recipient. This allows your nervous system to shift into a healing mode where stress dissolves, ideas flow freely, and solutions become clear. If nothing else, it just allows you to relax and feel good!

I encourage anyone dealing with stress, anxiety, insomnia, or energy imbalances to experience at least one Polarity Therapy session, and preferably three for a more expanded result.

Those who experience regular Polarity Therapy may discover that it is more a "Polarity Process" - a transformation one goes through in order to build health, vitality, and capacity to create the life you intended.

Drum Life Ohio™ - Iggy Garcia

For thousands of years, group drumming has been part of almost every culture around the globe. Studies have shown that drumming can accelerate physical healing, boost the immune system, produce feelings of well-being and can have a calming effect on people suffering both emotional and physical pain. This ancient ritual remains alive today. If you feel called and would like engage me to organize and facilitate an event for you or your organization, our facilitators are ready to assist you.

The Benefits of iRest Meditation - Megan Fiscue

iRest is a form of Yoga Nidra meditation designed to support those who have experience with serious trauma, stress, insomnia, depression, PTSD, chronic pain or chemical dependency, but it is also a practice of meditation for everyday life. The pace of life can be so fast that we lose touch of ourselves in the never-ending attempt to stay on top. iRest is a 30-40-minute opportunity to build a sense of peace and calm in this otherwise challenging atmosphere.

Each iRest experience is different, and can be tailored to your intention, though you can come to the practice with no intention other than to seek relaxation for your mind and body. You can choose from two different methods of iRest, and this can alternate between. What else can you expect from an iRest session? It is a secular practice, meaning that no religious iconography or language is used. You can come as you are with no fear of indoctrination against your religious preferences. You may experience many emotions, sensations, or thoughts during your iRest session, so know that the space is held for you to be just as you are, no judgement, no assumptions made. You may experience joy and happiness, greater connection to yourself and therefore improved interpersonal relationships, improved ability to fall and stay asleep, and an overall sense of inner peace and well-being.

It might all sound a bit too good to be true, but the proof is in the pudding, so to speak: This practice is used by the US military to rehabilitate soldiers experiencing PTSD, and it is used in many other rehabilitative environments including for victims of domestic abuse and human trafficking. The creator of this program of meditation, Richard Miller, is a world-renowned Yogi and scholar who studied Yoga Nidra and developed this program to be as simple as possible to understand (no big words in other languages) and provide the most benefit in the least amount of time necessary to do so. Thousands of people worldwide both teach and practice this amazing technique that truly provides you with tools to help navigate life in all its myriad aspects.

Ready to begin your iRest journey? Contact the office to schedule an appointment with Megan today!



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.

“I believe that for every illness or ailment known to man, that God has a plant out here that will heal it. We just need to keep discovering the properties for natural healing.” - *Vannoy Gentles Fite*

Allergy season is upon us! - Debbie Husted

Many suffer with sneezing and itching eyes. One of the many the side effects with allergy medications is drowsiness. Try this recipe I use at my business “Stress Relief”.

Essential oil allergy remedy I use:

- ✓ 3 drops of Peppermint oil -used to clear sinuses
- ✓ 2 drops of Lavender oil - used to calm the system
- ✓ 2 drops of Lemon oil - used to cleanse the body
- ✓ 2 TBS of Carrier oil

Paired with a massage it is a great way to combat sinus headaches and allergies. Additionally, regular use of the Neti Pot will have you feeling relief in no time at all. For more information call 614 595-1112 or email deblmt68@gmail.com

Testimonies

Jackie Bird: I was in bad shape in January: in significant pain and severely limping from a decade-old hip injury. I could not even lie in bed without pain. I’d been the “normal” route, having seen an orthopedist last summer who prescribed physical therapy. This did improve things for a while, but it reverted. I tried a chiropractor, who—after several treatments and no pain relief—referred me to Tony de la Cruz, LMT.

The pain improved after just the first treatment. But it was the ONLY thing that had worked to relieve the pain. It didn’t completely go away on that first time, but it was improved. Tony took the time to show/teach me what was out of whack from the old injury and what his massage therapy was doing to correct it. Over time, the pain has almost completely resolved. I am no longer limping, I can again walk with my usual long and rapid stride, and my posture is much better.

This is not “relaxation” massage, but therapeutic. Over 40 years of training in anatomy and related sciences and hands-on experience, Tony has developed a very specific protocol. I was quite surprised at how much it relieved even some of the pain after the first session. I am three months in now, and a strong advocate of his protocols. They are helping me live a physically normal, pain-free life.

I would whole-heartedly recommend Tony’s protocol.



DP&P Rehabilitation Massage

By Anthony DeLaCruz, LMT

The “Weak” Muscle

If you have ever experienced treatment from a Physical Therapist you will have heard the term “weak” muscle used to describe the condition of a muscle that he or she has determined is the reason for an unbalanced situation in your musculature which may be the cause of your pain or discomfort. In this article I will attempt to describe the difference in the approach to muscular pain or discomfort between Physical Therapy and DP&P Rehabilitation Massage as it relates to this “weak” muscle diagnosis. I will do my best to keep my language plain so that it will be easily understood by the lay person.

Every muscle in the body has an opposing muscle with the exception of a couple of muscles in the ear. Muscular pain occurs when there is an imbalance in the tension of the two opposing muscles. Such as the biceps and triceps in the arm. One muscle is tight and the other is “weak” according to PT. The two muscles don’t need to have the exact amount of tension but there is a point at which they will be balanced enough that the pain associated with the imbalance will dissipate. This balanced state is what the Physical Therapist is trying to achieve by strengthening the “weak” muscle.

In DP&P Rehabilitation Massage we take a different approach. Instead of strengthening the “weak” muscle immediately, (which can be a very painful ordeal for many patients), we release the tension in the tight muscle and retrain the tight muscle to stay in a relaxed state through gentle lengthening exercises. As the tight muscle begins to normalize then we suggest strengthening of both opposing muscles with an emphasis on the weaker of the two to create a balanced state in the opposing musculature.

Another difference in the approach of DP&P Rehabilitation Massage is that we look at the whole body to determine where the primary problem area is as opposed to just treating the symptom area which may very well be a secondary problem. What I mean by this is many times the area that is experiencing the pain is not the area that is causing the pain. In fact, if the area in pain is the only focus of the treatment you may find your condition worsens. In DP&P Rehabilitation Massage we determine the area that is the primary cause of the painful condition and start our treatment correcting and retraining the musculature in this area in order to get a more permanent or lasting solution. Once the primary condition has been stabilized, then we move on to the secondary problem area and correct that area. Many times, when the primary area has been stabilized the secondary problem corrects itself with no or very little treatment needed.

The approach of DP&P Rehabilitation Massage is gentle. For clients that cannot tolerate the exercise of Physical Therapy this offers another approach that may be more suited to their tolerance level.

People of all ages have benefited from this work. I personally have treated people from 3-99 years of age. A concern for some folks that have received or considered traditional massage therapy is taking off their clothes. In DP&P Rehabilitation Massage your clothes are left on. Although I would encourage you to take off your shoes as sometimes I do need access to the feet.

Bureau of Workers’ Compensation Claims are accepted. If you have a BWC claim please contact us and we will give you directions on how to receive our therapy through the BWC.

I hope this article was helpful. If you are a client or have been a client in the past and our work has helped you, please pass this article on to a family member or friend that you think would benefit from this work. I will continue with informative articles in future newsletters. If your organization would be interested in having me come and do an informative and demonstrative event please give us a call and we would be happy to schedule something at your place of work or venue.

Peace and Good Health to You All,- Anthony

May

2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Meditation 6:30	3	4	5
6	7	8 Sanjati Meditation Concert 6:30pm	9	10	11 Reiki Share 6:30pm	12
13	14	15 Intro to Urban Shamanism 6:30pm	16 Meditation 7:30pm	17	18	19
20	21	22	23	24	25	26
27	28	29	30 Meditation 7:30pm	31		

