

## Karen Small *Creating space for healing and change*

Wellness is so much more than the absence of illness...  
It is a path towards a healthy balance in mind, body and spirit.  
Regularly receiving bodywork is a fundamental step along that path.

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### **Announcing the launching of my new website!**

You can find my website at [www.KarenSmall.com](http://www.KarenSmall.com). Please take a moment to acquaint yourself with the useful information about my business and bodywork. If you have comments or suggestions, I'd love to hear them.

**Referring your friends** to my business is even easier now with all the info available online. Don't forget that for every person you refer who purchases a session with me, you earn a **10% discount** for my services!

I'm collecting **client testimonials** and posting them on the website. If you'd like to contribute a testimonial, you can send it to me by email, by the contact page, or by mail. I truly appreciate your kind words.

### **How can massage and Lymph Drainage Therapy (LDT) help you this winter?**

**Combat the winter blues!** Many people suffer from **Seasonal Affective Disorder (S.A.D)** a type of depression occurring in the winter months partly due to low light levels. Symptoms may include anxiety, depression, lethargy, weight gain and sleep loss. Massage has been shown to increase serotonin and endorphin levels which can help combat S.A.D. Massage also reduces levels of stress hormones which helps reduce anxiety. What else can help? Light therapy with a lightbox or full spectrum lightbulbs as well as lots of natural sunlight. Get moving with your favorite exercise. Find ways to relax and enjoy life.

**Protect yourself from the latest "bug"!** Massage and LDT are wonderful for boosting your immune system. Stress reduces the function of your immune system. Both massage and LDT are proven to reduce stress factors in your body. There have also been studies showing that massage directly improves the immune system's function. LDT also directly affects the immune system by increasing the flow of lymph in the body which helps to detox your body and improve immune function. In addition, LDT will help relieve edema, inflammation, recent injuries and sinus congestion.

Consider scheduling an LDT or massage session regularly to keep your immune system function optimal and to deal with the aches, pains and discomforts of everyday life.