

**AMTA LA/SOUTH BAY UNIT**

**VIBRATIONS**

**VOLUME 16, ISSUE 3 July/ August 2010**

***President's Message***

In March of 2005, when I rather timidly raised my hand and volunteered for the Board, I privately decided to give it five years, max. Well, it's been five years and I am delighted and grateful to be your new Unit President. Believe me, no one is more surprised than I. When I heard other members talk about how rewarding volunteering can be, how they felt they got more than they gave, I would do a mental eye-roll, certain it was just a sales pitch. Well, guess what? They were right. Yes, volunteering is work, but it is also a whole lot of fun, and rewarding in more ways than I ever imagined.

My fellow Board members are a big part of what makes it fun. I want to thank Adrienne Montoya, Dora Bendahan and Mia Miller for their remarkable work and time they generously give to the Board and offer a big welcome to our newest member, Jim Carson, Communications Chair. Many thanks go to our Immediate Past President, Laura Havlik and outgoing Secretary Arlene Estrella-Buccat. They have both helped to move our Unit forward in so many ways, including the introduction of all day workshops. Happily, Laura will continue to manage our Unit pages on the Chapter website (<http://www.amta-ca.org>) and serve as NMTAW Coordinator. Arlene is starting a new life in Hawaii. We wish her all the best; Hawaii AMTA is getting an extraordinary woman!

We still need help and there are several ways you can be of service. Currently two Board positions, Treasurer and Newsletter Editor are open. Mentoring is always available and as is the option of assisting or job sharing. In addition we occasionally need volunteers for one-time events and small jobs. So, if you have a little spare time and could help out in a small way without a long-term commitment, please consider joining our team.

The May 2nd Kinesio Taping workshop we co-sponsored with NHI was a huge success. With over fifty people in attendance, twelve hundred dollars was raised for the Massage Therapy Foundation.

The Unit's schedule will be quiet this summer, but looking ahead to the fall calendar, our first eight-hour workshop, **Lymphatic Drainage Therapy** is scheduled September 19<sup>th</sup> with Julie Beck, DC. **National Convention** begins later that same week on **September 22<sup>nd</sup>** in Minneapolis. **National Massage Therapy Awareness Week ( NMTAW)** is October 24-30; more information is forthcoming in our next newsletter. Laura is looking for a venue, if you have suggestions, please contact her. Rounding out the year with **Ethics**, Julie Beck is presenting for us again **November 21<sup>st</sup>**. We will keep you posted, also see our Unit page (<http://www.amta-ca.org>) for more information.

Have an enjoyable summer; we look forward to seeing you at our next meeting!

Warm regards,

*Karen*

## YOUR UNIT OFFICERS

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BRENDA BAKER

### NEWSLETTER

EDITOR  
POSITION OPEN

### TREASURER

OPEN POSITION



## **AMTA– CA LA / SOUTH BAY UNIT 2010 CE PRESENTERS**

**September 19    Lymphatic Drainage Therapy - 8CE's  
Dr. Julie Beck- NHI**

**November 21:    Ethics - 2 CE's  
Dr. Julie Beck– location TBA**

**AMTA LA/South Bay Unit invites you to:**

**Lymphatic Drainage Therapy**

**September 19, 2010**

**10am - 7pm**

**8 CE**

**National Holistic Institute (NHI)**

**10969 Ventura Blvd.**

**Studio City, CA 91604\***

*\*Please note new location*

**Cost: Early Registration \$75 Members & Students, \$125 Non-Members/Guests  
(Early Registration ends Sept 12, 2010)**

**At the Door: \$90 Members & Students, \$140 Non-Members/Guests**

**Price includes light snacks and lunch.**

**Directions: Conveniently located near the intersection of Highway 101 and I-405, NHI is on the south side of Ventura Blvd at Haskell. (McDonald's, located just east of NHI, is a good landmark.) The entrance to the Unit Meeting is through the back of the building.  
\*\*\*Plenty of Free Parking in the Rear of the building on Sundays.\*\*\***



**LYMPHATIC DRAINAGE THERAPY WORKSHOP**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_

**AMTA MEMBER # (OR STUDENT ID #)** \_\_\_\_\_

**Please send checks to: Dora Bendahan  
454 N Sweetzer Ave.  
Los Angeles CA 90048  
(310) 736-8264**



*Dr. Julie Beck received a Doctorate in Chiropractic (DC) from the Southern California University of Health Sciences and a Masters in Nutrition from the University of Bridgeport. She is a Certified Clinical Nutritionist (CCN), a Frequency Specific Microcurrent (FSM) Practitioner and Certified Strength and Conditioning Specialist (CSCS).*

## **LYMPHATIC DRAINAGE THERAPY**

The proper functioning of the lymphatic system is critical to our body's health and wellbeing.

Broadly stated, there are three main actions of lymphatic drainage are:

1) Stimulation of body fluid circulation: LDT stimulates lymph function and circulation, indirectly stimulating the body's blood circulation (increases capillary resorption and pulsation, activates venous circulation, etc.).

2) Stimulation of the immune system: The passage of lymph through lymph nodes stimulates and enhances immune system function (B & T-cell immunity; antigen presenting cell function).

3) Nervous system: LDT stimulates the parasympathetic nervous system (relaxation effect, antispasmodic effect, etc); while also stimulating a type of mechanoreceptor (C-fiber) that has inhibitory effects on nociceptors (analgesic, anti-pain effects).

This class will cover:

- The Circulatory System = Cardiovascular and Lymphatic System
- The water element and the liquids of the body.
- The anatomy and physiology of the lymphatic system.
- Understanding the unique mechanics involved in delivering an effective lymphatic "wave".
- The technique: lymphatic drainage therapy "pattern".
- Indications and applications of lymph drainage.

**Julie Beck, DC** has advanced training in lymphatic drainage therapy under Sky David, RPT, a colleague of Dr. Emil Vodder, the founder of Manual Lymphatic Drainage. She studied macrobiotics at the George Oshawa Macobiotic Foundation and Taoist Medical Qi Gong under Master Su Jian Wan, Medical Director of the Beijing Red Cross Traditional Medical Center & Hospital.

# Kinesio Taping Class Review

By Mia Miller

The Kinesio Taping workshop held on Sunday May 2, 2010 proved to be a prime example of strong collaboration. Several players came together for this allowing the workshop's instructor, Mike McGillicuddy, a most engaging, experienced and passionate practitioner to focus completely on his material and our experience of it. NHI, National Holistic Institute of Encino and the Los Angeles/ South Bay Chapter of the AMTA co-hosted the event, allowing for a cross pollination of organizational support, ensuring a good day for all. Registration fees were all donated to the Massage Therapy Foundation, a groundbreaking research organization.

We discussed some basic treatment protocols for injury and recovery at which time Mike recommended the text "Cryotherapy" by James L. Knight. We reviewed the logistics and safety of the use of ice in treatment. This led to Mike's demonstration of the targeted use of Biofreeze and Prossage in conjunction with standard treatment. We were all eager to actually get to stretching the colorful stuff across each other's bodies, but only after we learned just how it works. While first hitting it big in the Seoul Olympic games in 1988 and seen stretched across sharp frames of competitors in the US in 1995, this innovative tool is now being used by massage therapists, chiropractors and other health care providers.

The KinesioTaping method involves taping over and around muscles (using various directions and shapes) in order to assist and give support or to prevent overcontraction. It can be worn up to 3-5 days and allows muscular, circulatory, joint and lymphatic movement and function to continue unobstructed while healing is taking place. Enhancement of exchange between tissue layers, improvement of joint biomechanics, and decrease in muscle guarding are a few of the known benefits of this fun taping method.

Mike reminded us that if we truly want to enhance and prolong the effect of our massage treatment then we might want to consider the efficacy of Kinesiotape. He showed us various taping techniques for common neck, forearm and low back complaints and weaving his own confident massage style into the mix. He was clearly more than a skilled sports massage therapist and presenter and this became evident when he got to the heart of our work. He was discussing something and just veered off for a moment to say, and I paraphrase, "when two people get together and focus on the same thing, you and your client, when together you focus on the same cells, well magic happens."

It is always refreshing to be learning a new technique, getting specific instructions and get thrown back to the very essence of why we are all here learning this in the first place. We may be eager to add a new tool into the toolbox but we are also ultimately trying to be more efficient at facilitating this magic, allowing our clients to find relief and recover from what ails them. Thanks Mike for the reminder and for bringing this wonderful workshop to our members. While the colorful tape has long since been torn off, this healing message certainly stuck.