



Sunday News – September 26, 2021 – Happy Sunday! As Autumn has officially arrived in the last week, we all know that snow may soon be in the forecast. In light of that unfortunate reality, here is the #DadJoke of the day – “What is a snowman’s favorite cereal?” The answer is contained below, along with research and news articles we are highlighting this week. Happy reading!

Our first article highlight of the week is a piece based on research coming out of the University of California San Diego School of Medicine which examines how stimulating the vagus nerve in the neck might help ease pain associated with PTSD – to read more follow this link: - <https://www.massagetherapycanada.com/stimulating-the-vagus-nerve-in-the-neck-might-help-ease-pain-associated-with-ptsd-4552/>

Knowing how to read and understand research articles is so incredibly important to providing evidence-informed or evidence-based treatment. This “article” is a link to a video series that will help all therapists to understand what they are reading, and how to interpret the research that is currently being done in the therapeutic world. <https://www.nccmt.ca/training/videos?v#ure1>

Learning from the experiences of other therapists can be so incredibly important – here is an article recently written entitled “Everything I wish I Knew About IASTM.” – have a look - <https://themtdc.com/everything-i-wish-i-knew-about-iastm/>

Connective tissue disease refers to pathology of tissues that link your body’s organs, joints, and other structures in place. This article summarizes what is know about connective tissue diseases and how research can help guide therapists to do their job as they provide care to clients who have it – check it out here - <https://massagefitnessmag.com/massage/connective-tissue-disease/>

As COVID Delta continues to rear its ugly head, here is a timely podcast which was done this past January entitled “Let’s Talk Massage ... and COVID” – might be worth a retrospective listen - <https://open.spotify.com/episode/4F6lEjFp1ziTqpxTigsH7k>

Finally – here is our FOUI article of the week – Look here for some brilliant life hacks, including why you should make sure to take a crayon with you on any trip - <https://itsthevibe.com/everyday-object-life-hacks/>

Members – did you know that your membership includes Member Perks? While we will be announcing a new Membership Perk later this week in our CMMOTA Knead to Know newsletter - here is our membership perk highlight for this Sunday. PDWorkshops.ca provides online learning for CMMOTA members! To find out more about this and other member perks, contact info@cmmota.com.

Not yet a member of CMMOTA?? – there is no better time to start the process of joining our 1900 + members than right now - here is the link to our application page - <https://app.cmmota.com/apply>

Do you have a podcast/blog/article/YouTube source that you would be interested in potentially having us share? If so, please send a link to jeremy@cmmota.com.

#DadJoke answer – Frosted Flakes! They’rrrrrrrrrrrrre Great! ☺

Strong Hands, Strong Hearts, Strong Minds!
The CMMOTA Team