



Sunday News

**"TELL ME AND I FORGET. TEACH ME AND I REMEMBER. INVOLVE ME AND I LEARN."**

*~ BENJAMIN FRANKLIN ~*

CMMOTA

Sunday News – June 18, 2023

To all the Dad's out there – Happy Father's Day! Whether you are a Dad, or whether you are celebrating Dad, we hope that this day finds you filled with joy! We are glad you have joined us to take the time to read through this edition of CMMOTA Sunday News. We have some excellent articles on business tips, aromatherapy, explaining pain, and so much more ... but first, as always, before we get started highlighting those here is the #DadJoke of the day – "Why did the boy stay on the merry-go-round for three straight days?" Find the answer to this one by reading on – the answer below somewhere...

Business Tip - Are you a giver? Many therapists are – it is one of the traits that this profession seemingly attracts, and in many cases helps make your business a success. But as with everything that is positive, often negative can come out of it too! If you are a giver, or don't know what that term means, then this article is one that you should take the time to read - <https://www.massagemag.com/give-and-take-how-to-build-a-business-when-you-are-a-giver-140916/>

Smells have a huge impact in life – whether it is the ability to smell fresh baked pie, or chocolate chip cookies that we had when we were kids coming home from school, or the wonderful smell of hotdogs cooking over a summer campfire. There are also smells that serve as warning signs, like the smell of sour milk, or the rotten egg smell

that is added to home heating gas. Some smells have proven to be beneficial too, which is why aromatherapy is a huge, and continuously developing industry, and this article from the American Massage Therapy Association looks at a recent study that suggest which asked wither massage with essential oils can reduce anxiety and depression for older adults living in a nursing home setting. Read all about it by visiting <https://www.amtamassage.org/publications/massage-therapy-journal/research-massage-and-aromatherapy/>

Pain is something that therapists provide treatment for on a daily basis, and seeking to understand pain is something that now takes a whole field of scientific study. But does explaining pain actually help the one in pain? This article examines "the dark side of explaining pain" – have a read by visiting <https://www.painscience.com/blog/explaining-pain-gaslighting-pain-patients.html>

When it comes to Chronic Pain research, this article looks at a piece of cutting edge research from the field of Chronic Pain – have a look at the way that technology is having an impact on the understanding of chronic pain - <https://www.sciencealert.com/small-study-reveals-how-to-measure-chronic-pain-using-brain-signals>

As therapists you see clients that come in presenting with both headaches and migraines – but are you able to easily identify and provide treatment for both? This article is a great refresher on headache and migraine treatment – have a look by visiting <https://massagefitnessmag.com/massage/migraine-vs-headache/>

Self Care - Exercise is known to have many benefits, but perhaps you have never heard of this benefit that is gained from exercise – that of a higher pain tolerance level. As it turns out, this is one of the benefits that comes from getting out and moving more – who knew! Read about it by visiting <https://theconversation.com/exercise-linked-to-higher-pain-tolerance-new-study-206253>

Podcast Highlight – How is your practice going? Do you find yourself completely immersed in day-to-day practice, or do you find yourself wanting to head in a different career path for any number of reasons? This podcast looks at two different ways in which you may wish to practice massage – either as a career or as a hobby.

Produced by the Associated Bodywork and Massage Professionals association in the US, this podcast is one that you may want to have a listen to if you find yourself with similar questions – listen in here - <https://www.abmp.com/podcasts/ep-351-business-or-hobby-business-or-pressure-allissa-haines>

Finally – here is our FOUI article of the week – maybe you have seen the little fluttering destructors on a warm summer day, or early in the fall as all things bug try to make their way into the warmth that a house can bring, or maybe you have just found the results of these little devils in your closet when you suddenly find an unexplained hole in your favorite sweater. Maybe you have had neither experience, but for what it is worth this article on the Clothes Moth makes for an interesting read - <https://theconversation.com/clothes-moths-why-i-admire-these-persistent-destructive-difficult-to-eradicate-and-dull-looking-pests-200048>



Are you registered yet for the Fall Education Conference September 16-18, 2023. We have an exciting lineup of course opportunities that are currently available at Early Bird Discounted Pricing! The conference will be hosted at Westerner Park, 4847A 19 St Red Deer, AB. For more information on the conference please visit <https://cmmota.com/2023-fall-conference/> or to register right now visit <https://www.eventbrite.ca/e/2023-cmmota-fall-education-conference-tickets-638464694087> This conference is open to all

Massage and Manual Osteopathic Therapists from ALL associations, so please share this information with your non CMMOTA colleagues and friends. Members do have preferential pricing, but all are welcome.

Members – Did you know that as CMMOTA members you can streamline your practice with GoRendezvous the all-in-one practice management software. Enjoy amazing features such as 2-way SMS reminders, automated waitlist, online payments, electronic charting, intake forms and more. For more information on pricing and to start a 14 day free trial, [please click here.](#)



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Not yet a member of CMMOTA?? – there is no better time to join over 2400 members of this incredible association - 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](mailto:jeremy@cmmota.com).

#DadJoke answer:

Because he was trying to break a whirled record! 😊



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