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WEBSITE ACCESS UPDATE

Some members have been experiencing difficulty accessing their personal profiles on the website.

If you have forgotten or misplaced your username and password, or your account was never set up when the website was developed, or you have recently had internet/e-mail installed, please contact Jayne at the MTAS office so that we can get you set up.

Your username is the e-mail address we have on file for you, and the database generates a random four-digit numeric password.

The initialization must be done from the office - it is a quick procedure for us to re-initialize your account, then the website automatically sends an e-mail with your new access information.

We apologize for any inconvenience or confusion you may have experienced in the past.

IT’S MEMBERSHIP RENEWAL TIME!

Your membership renewal form for 2007-2008 is enclosed with this newsletter. If you did not receive one or have misplaced it, please let us know and we would be happy to re-send one to you.

The registration form is also available on the MTAS website. (From the home page, go to “About MTAS”, then “Forms” from the drop down menu).

The membership year runs from November 1st to October 31st. All members are required to complete the renewal form and send it to the MTAS office along with copies of current insurance and First Aid/CPR certificates. In the past, renewals have been accepted by telephone - please note that this is no longer acceptable. Your renewal will not be confirmed until we receive the fully completed form.

Renewals received after December 1st, 2007 are subject to a 10% late fee compounded for every month they are late.

For your convenience we now accept Visa, MasterCard and debit cards in addition to cheque, money order and cash.

Some of you do not have an e-mail address on file. We would appreciate you completing all relevant sections of the membership form in order that we may maintain accurate and complete membership records.
MTAS BOARD OF DIRECTORS & STAFF

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Jayne L. Little               Executive Assistant

Tel: 306-384-7077      e-mail: mtas@sasktel.net
Fax: 306-384-7175

#16 - 1724 Quebec Avenue
Saskatoon, SK.  S7K 1V9

PRESS RELEASE - September 2007

Massage Therapy Radio brings industry leaders home - literally!

Massage therapists work one-on-one with clients and are often isolated from colleagues and professional associations. These therapists lack the opportunity to explore issues that affect their daily practices... until now.

Massage Therapy Radio is a free Internet radio program that brings relevant content home. Massage therapists can listen to the broadcasts live through streaming audio on their computers. All they need is an Internet connection and speakers.

The hosts of the show interview industry leaders in a talk-show format. Participants of the free broadcasts can even ask the guests questions, either before or during the program, and get the opportunity to have their questions answered "on the air".

Therapists wishing to attend the live show but who do not have Internet access can dial in to the broadcast by phone. For those who can't listen to the shows live, recordings of the program are available almost immediately after each broadcast.

Massage Therapy Radio already contains a bank of interviews from well known teachers in the field such as Tom Myers (author, Anatomy Trains), Paul St. John (St. John Neuromuscular Pain Relief), Fiona Rattray (author, Clinical Massage Therapy), Eric Brown (Bodyworkbiz.com, the popular massage business website), Don Dillon (author, Better Business Agreements for Massage Therapists and Charting Skills for Massage Therapists) and Barry Jenings (Jenings Myofascial Release), and many more therapists and industry leaders. These interviews are archived on the Massage Therapy Radio website and can be accessed at no cost.

Massage Therapy Radio is an official media sponsor for the American Massage Therapy Association and has arranged to provide training calls with speakers from the AMTA National Convention that will be held this September in Cincinnati, Ohio. These pre-convention broadcasts are scheduled every Thursday at 3PM EST until the convention starts.

Some of the guests on these training calls include Ruth Werner (author, Pathology for Massage Therapists), Doug Nelson (The Mystery of Pain), Meir Schneider (Massage and Aging), Jenn Sommermann (Marketing Massage), Bryan Born (Pharmaceuticals and Massage), and Cheryl Chapman (Mastectomy Massage).

Visit www.massagetherapyradio.com for a list of upcoming guests and the talk-show schedule.

Massage Therapy Radio will shortly be announcing another series of training calls with speakers from the upcoming Massage Therapy Canada Expo taking place in November 2007.

For more information on Massage Therapy Radio, please email yourhost@massagetherapyradio.com or visit the website at www.massagetherapyradio.com.

Aromatherapy for Massage Practitioners

This course is designed as a 200 self-directed hours course text to be worked through systemically by the reader. Each section builds on the previous one, from the more theoretical foundation knowledge of aromatherapy, Part I to the more practical aspects of safe use in Part II, an actually aromatherapy session in Part III, (Parts II and II are meant to be practiced either in a classroom setting or with friends and colleagues, before being applied to professional massage sessions.) and ending with how to deal with specific problems and issues in Part IV and V.

MTAS 12 secondary continuing education credits

All out of town students welcome

For more information: http://oceanessentialoils.com
Does massage work by getting rid of toxins?

Dear Straight Dope: After the first softball game of the season, I thought I might relieve some of my pain by getting a massage. As I attempted to perform one on myself to save money, I wondered what massaging does to a muscle that makes it feel better. As a biologist I know, or think I know, why they hurt - anaerobic respiration causes muscles to produce lactic acid, causing pain and stiffness. So how does a quick rubdown alleviate the pain? It seems to me a massage wouldn't be an adequate catalyst in causing the acid to undergo a chemical change. Please don't tell me it's related to hippie body-wraps that squeeze the toxins from your body. —Ian

Dear Straight Dope: Almost every time I get a deep-tissue massage, the masseuse says, "I released a lot of toxins, so make sure you drink a lot of water." I've heard this line, or some very close variation, from nearly every masseuse who has worked on me. My questions to you: Are any "toxins" released by massaging of muscles? For that matter, are muscle cramps or spasms in any way caused by the build-up of toxins? If toxins are released by massage, what are they? How are they excreted? One would imagine, based on the admonition to drink lots of water, that they are excreted via the kidneys in urine. If that's true, can the amount of toxins that are released be measured in any way? —Peter

See me, Feel me, Touch me, Heal me —"We're Not Gonna Take It," Peter Townshend (1969)

The earliest claim we could find that massage releases "toxins" was in an 1866 booklet called An Illustrated Sketch of The Movement Cure by George H. Taylor. Taylor was a New York practitioner of the kind of muscle manipulation now known as Swedish Massage. His claim was that the muscle kneading and respiration (breathing) during massage removed waste products, cleansed the colon, relieved the liver, and conferred a multitude of other benefits.

A hundred years ago, lactic acid was believed to cause the pain and stiffness after muscle exertion. Athletes were long warned to stay below their "lactic threshold" lest the accumulation of lactic acid cause undue pain.

It's fairly easy to put these two bits of information together and deduce that massage removes the toxin called lactic acid from the muscles, and increased massage-induced blood flow then carries away the lactic acid for disposal. We could even add the common "drink lots of water" recommendation, on the theory that the lactic acid would be flushed out by increased urine. Problem is, we'd be wrong. Very wrong.

First of all, lactic acid isn't a byproduct of muscle exertion, toxic or otherwise. Lactic acid theory is so last century! As reported in the New York Times, Dr. George Brooks of the University of California at Berkeley blew this theory out of the water after his research showed that lactic acid is produced by muscles from glucose and glycogen and used as fuel by the mitochondria, the cellular structures that generate energy. Rather than worry about some mythical lactic threshold, a better exercise strategy is to keep working out long enough to increase mitochondrial mass in the muscle cells.

Of course, working out more doesn't reduce pain and stiffness (often called delayed onset muscle soreness, or DOMS) - if anything the opposite is true. Since lactic acid dissipates within an hour of exercise, something else must be causing pain the next day. The current thinking is that the something is plain old water. Working out causes tiny tears in the muscle fibres into which water infiltrates. That causes stiffness, the way a balloon filled with water is stiffer than an empty one, and soreness, by pressing on nearby nerves. This process is commonly known as inflammation.

It seems logical that massage wrings water and salt out of the muscles and increases local circulation so that the excess is carried away in the blood and excreted. Drinking extra water is probably useful only if you're dehydrated and isn't directly involved in reducing pain and stiffness. According to a 2005 review in Sports Medicine by Pornratshanee Weerapong and colleagues, research support for this theory is inconclusive, but for the sake of argument we'll assume it's possible.

That brings us to the $64,000 question: is water a toxin? Our dictionary gives the following definition: "A poisonous substance, especially a protein, that is produced by living cells or organisms and is capable of causing disease when introduced into the body tissues but is often also capable of inducing neutralizing antibodies or antitoxins." Water is produced by living cells and is capable of causing disease or death if introduced in sufficient quantity, so I suppose under some circumstances it could be called a toxin. However, when we consulted Qadgop the Mercotan, a Straight Dope Message Board member who's a physician, he noted that a more reasonable clinical definition would limit toxins to those substances that are harmful to human health at standard doses. That definition excludes both salt and water. In short, we're best off ditching the idea that massage gets rid of toxins and instead thinking of it as reducing inflammation.

The other benefit to massage we haven't mentioned, of course, is increased production of endorphins, the natural painkillers built into our systems. Massage simply feels good, and it feels better if someone else does it, Mr. Big Spender. In particular, researchers say, massage increases the level of a specific group of endorphins called plasma beta-endorphins, leading to enhanced feelings of well-being and warmth.

A final comment about whether you should drink extra water when getting a massage: When this topic was discussed on the Straight Dope Message Board, a poster noted that some Taiwanese doctors wrote a letter to the journal Nephrology Dialysis Transplantation blaming a case of rhabdomyolysis in a "gentleman [who] was quite healthy in the past" on a massage he'd gotten. The letter's authors suggest consuming fluids in order to "prevent unusual episodes of rhabdomyolysis-associated ARF [acute renal failure], which is exacerbated by volume depletion." According to eMedicine.com, rhabdomyolysis is a syndrome caused by injury to skeletal muscle and involves leakage of large quantities of intracellular contents into plasma. Rhabdomyolysis has many etiologies and is often multifactorial in adult patients.
Several things make this report inconclusive. First, as the authors note, the massage wasn't typical; it was a two-hour session given by two therapists. "The strength of this massage session was significantly stronger than that of the past. He drank little water before and after the massage session." Second, all we've got here is a case report. The fact that the episode was preceded by a massage doesn't prove the massage caused it. As the authors admit, rhabdomyolysis "has never been associated with body massage," and lots of things can cause it. Third, even if we accept the idea that massage caused this guy's problem, drinking water isn't going to solve it.

Rhabdomyolysis is a serious condition. The recommended treatment includes intravenous fluids and monitoring of urine output - in other words, you're going to be in a hospital bed. If you get rhabdomyolysis as a result of a massage (which as I say is doubtful, but let's just suppose), you don't need water, you need a different therapist.

References:
Lai, Ming-Yu et al., "Fever with Acute Renal Failure Due to Body Massage-Induced Rhabdomyolysis," Nephrology Dialysis Transplantation, 21(1), 2006, pp. 233-234: http://ndt.oxfordjournals.org/cgi/content/full/21/1/233

### NEW MTAS CLASSROOM - RENTAL RATES

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<tr>
<th></th>
<th>Full day rate</th>
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<th>Evening rate</th>
<th>Weekend rate</th>
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<td><strong>8am - 4pm</strong></td>
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<td>$45.00</td>
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<td><strong>Monday to Friday</strong></td>
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<td>$33.75</td>
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**RENTAL RATES SUBJECT TO GST**

* Further discounts may be available for multiple/regular bookings *

Rentals include:
3 x 8ft. classroom tables; 1 x 6ft. classroom table; 12 executive boardroom chairs; 7 stacking chairs; small desk and chair at front of room; water and glasses; coffee maker and supplies.
(Classroom dimensions: 18ft. X 26ft.)

**NOTE:** additional charges will apply for security personnel required for rentals on evenings or weekends.

**CONTACT JAYNE AT THE MTAS OFFICE FOR BOOKINGS**
Tel: 306-384-7077    Fax: 384-7175    E-mail: mtas@sasktel.net
On August 18, hundreds of cyclists from the Regina area biked from Rouleau to 51 Wing (airbase) in Moose Jaw. Moose Jaw was the overnight stop for this year’s MS 150 KM Bike Tour. Moose Jaw was also where Registered massage therapists (MTAS members) and massage school students were “on hand” to provide relief and relaxation as needed.

Ten massage tables were available to cyclists. The bikers had a strong tailwind and arrived earlier than expected. According to Sylvia Krueger, MTAS member who participated as a cyclist this year for her seventh time, they biked into a headwind all the way back to Regina. At last year’s MS Bike Tour cyclists had the reverse situation. From Regina to Weyburn they had a horrific head-wind, arriving exhausted and hours late. Unfortunately there were less massage therapists available than in 2006. The therapists who were there worked feverishly to keep up with the demand, some even working after supper to provide treatment for aching cyclists.

I’ve participated in several Regina MS Bike Tours as a massage therapist volunteer. Every Tour is different in terms of the weather. Every Tour brings fantastic people, cyclists and volunteers together. The MS Society event organizers are fantastic too. I can’t think of any other volunteer event where a therapist receives so many perks: tables and linens are provided; free lunch and supper and evening entertainment; free t-shirt and other promo items; your name prominently displayed on your table; mileage paid and if you choose, a tax receipt can be issued for the hours you donated as a volunteer. Of course, the cyclists are positively delighted to meet you too. Cyclists make appointments for a 15 minute massage, there is a five minute break between clients and one 15 minute break inserted in the schedule at appropriate times. It is a pleasant way to spend an afternoon and make a difference to individuals directly and over the long-term by supporting the fundraising for MS research.

In previous years there has been trouble recruiting enough therapists to work the MS Bike Tour. Consider working the 2008 Tour. It is a wonderful way to give back to the community that supports your business!

If you would like further information about volunteering for the MS Society, please call Kirsten Hanson at the Saskatchewan Division office in Regina, 522-5600 or 1-800-268-7582 toll free.

Cynthia Martin

Regina MTAS member, Linda Houston, working on a MS 150 KM Tour cyclist.
DID YOU KNOW?  Your MTAS membership entitles you to special rates at participating Saskatchewan hotels......
When travelling in Saskatchewan, you just need to confirm your reservation and request the SAHO rate in advance, then upon arrival at the hotel, show your MTAS membership card as proof of SAHO membership. Rates are effective until June 30th, 2008.

The following properties offer SAHO rates (single/double occupancy, per night):

**SASKATOON:**
- Delta Bessborough: 306-242-8881, $119.00
- Hilton Garden Inn: 306-244-2311, $109.00
- Holiday Inn Express and Suites: 306-384-8844, $115.00
- Parktown Hotel: 306-667-3999, $90.00/$98.00
- Radisson Hotel: 306-665-3322, $109.00/$119.00
- Ramada Hotel and Golf Dome: 306-667-6500, $85.00/$89.00
- Sheraton Cavalier: 306-652-6770, $119.00
- Saskatoon Inn: 306-242-1440, $102.00/$102.00

**REGINA:**
- Delta Regina: 306-525-5255, $110.00
- Hotel Saskatchewan (Radisson): 306-522-7691, $118.00/$128.00
- Quality Inn: 306-569-4656, $79.00
- Ramada Hotel and Convention Centre: 306-569-1666, $92.00
- Regina Inn: 306-525-6767, $99.00/$109.00
- Best Western Seven Oaks: 306-757-0121, $95.00
- Days Inn: 306-522-3297, $89.00
- Travelodge: 306-586-3443, $89.95/$99.95
- Sandman Hotel and Suites: 306-726-3626, $94.00

**MOOSE JAW:**
- Parke Lodge Motor Inn: 306-692-0647, $54.00/$64.00
- Super 8 Motel: 306-692-8888, $85.00/$90.00
- Temple Gardens Mineral Spa: 306-694-5055, $99.00

**NORTH BATTLEFORD:**
- Gold Eagle Lodge: 306-446-8877, $89.00
- Super 8 Motel: 306-446-8888, $67.00/$75.00
- Tropical Inn: 306-446-4700, $87.00/$97.00

**SWIFT CURRENT:**
- Comfort Inn: 306-773-9312, $77.00/$87.00
- Days Inn: 306-773-4643, $90.00

**OTHER TOWNS:**
- Derrick Motor Hotel (Estevan): 306-634-3685, $54.95/$65.95
- Bella Vista Inn (Humboldt): 306-682-2681, $72.95
- Waterbase Inn (LaRonge): 306-425-5550, $70.00/$75.00
- The Harbour Inn (LaRonge): 306-425-3262, $87.00/$97.00
- Tropical Inn (Lloydminster): 780-875-7000, $90.00/$95.00
- South Hill Inn (Prince Albert): 306-922-1333, $79.95
- Travelodge (Prince Albert): 306-764-6441, $74.70/$76.50
- Manitou Springs (Watrous): 306-946-2333, $79.95
- Days Inn (Yorkton): 306-783-3297, $75.00
- Best Western (Yorkton): 306-783-9781, $75.00/$85.00

Note that some properties include complimentary parking, continental breakfast, leisure facilities etc, others do not. Extra charges may apply for additional people sharing the room.
Mtas logo clothing still available

We introduced our new MTAS logo scrubs at the annual conference, and still have some sets remaining, as well as several other items of logo apparel. Sizes and availability are limited - see chart below. If you are interested, the items are all on display at the MTAS office. We would be happy to ship your purchases to those of you who do not live close to Saskatoon.

For your convenience we accept Visa, MasterCard, debit, cheque or cash.

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<thead>
<tr>
<th>ITEM NAME</th>
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MTAS LOGO CLOTHING ORDER FORM

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TOTAL PAYMENT INCLUDED $ 

Name: ____________________________________________________________________________

Method of payment: (circle one)  VISA  M/C  Cash  Cheque  Cheque #: ______________________

Credit card #: ______________________  Exp. date: ____________

I authorize MTAS to charge my credit card with the amount shown above

Signature: ____________________________________________________________________

All prices include tax, but are subject to shipping fees if applicable
MTAS - Cadaver Workshop

By Dr. Adel Mohamed
University of Saskatchewan, Saskatoon
107 Wiggins Road, Health Sciences Building A322

Lecture: “Appendicular Muscles - Embryology, Anatomy and Pathology”
Lab: “Muscles of the Upper and Lower Limbs”

Saturday September 22nd, 2007

Time: 9:00 a.m. - 5:00 p.m.
Cost: $125.00 GST included, prepaid & non-refundable
Credits: 8 CEU’s
Lunch: Pizza and pop

First 25 people to register will be accepted. Register early to guarantee your spot - you don’t want to miss this very informative educational event. Please bring lab coat and notebook.

MTAS Cadaver Workshop
Saturday, September 22nd, 2007
Registration Form

Name: __________________________________________ MTAS #: ________________________________
Address: ________________________________________________________________________________
City: __________________________________________ Postal code: ________________________________
Phone (home): ________________________________ Phone (work): ________________________________
E-mail address: ____________________________________________________________
VISA/MC (circle one) Credit card #: ______________________________________ Exp. date: ______
Chq #: _______ Therapist signature: ________________________________________________
Total payment: $__________ I AUTHORIZE MTAS TO CHARGE MY CREDIT CARD WITH THE AMOUNT SHOWN

Please send registration form and payment to:

Massage Therapist Association of Saskatchewan, Inc.
#16-1724 Quebec Avenue Saskatoon, Sask. S7K 1V9
Fax: 306-384-7175 E-mail: mtas@sasktel.net

(Please note that payment without registration form will NOT be accepted)