

Newsletter



Welcome to River Rock's Fall 2025 edition of our newsletter!

We're so excited to share what's happening inside River Rock Massage Therapy Clinic and to keep you connected to the people, services, and stories that make our clinic so special. Whether you're here for healing, wellness, or just some well-deserved relaxation, this is your go-to space to stay in the loop on new services, seasonal tips, and staff highlights.

A note from Jenn

If you had told me in 2013 that this little clinic would turn into a full-fledged wellness hub, I would've smiled and said 'that's the dream!' And here we are, living it—one massage, one client, one connection at a time. This newsletter is our way of staying in touch, celebrating our incredible team, and maybe even teaching you something new along the way (yes, even about fascia and red light therapy!).

Grab your latte, light a Fall candle, cozy up under a blanket and enjoy our Fall Edition. Here's to making wellness a priority this season!

With gratitude,

Jenn x



In this newsletter...

FREE Nutrition Webinars with Sandee & Elizabeth

Hormonal Harmony: Understanding the Menstrual Cycle

Aligned for Life: The Osteopathic Way

Clinic Happenings

Heat, Heal, Repeat: Discover our Infrared Sauna

Sandee & Elizabeth's Corner

Welcome to our October newsletter, dedicated to all things women and hormones! This month, as we honour Breast Cancer Awareness Month, we're excited to dive into the rhythm of the menstrual cycle, share self-care tips to uplift your well-being, and offer ways to support your hormonal health. Let's empower ourselves with knowledge and care!



NEW UPCOMING FREE WEBINAR



October 20 @ 6:30PM

Unlocking the Menstrual Cycle

We're excited to announce a **NEW Short Educational Webinar!**

Join us for an engaging session where we'll explore the four phases of the menstrual cycle, demystify how hormones shape your body and mind, and share practical tips to feel your best.

Learn how to track your cycle, recognize patterns, and embrace your body's natural rhythm. Whether you're navigating PMS, curious about ovulation, or seeking balance, this webinar is for you!

Webinar is over Zoom (link provided upon registration)

To register for one, or all of our **FREE** Webinars, please email

Sandee@rrmtc.ca

OR

Elizabeth@rrmtc.ca

Lifestyle Tips for Hormonal Balance

Supporting your hormones is key to feeling your best.
Here are practical ways to nurture your body through every phase:

- ✦ **Nourish Your Body:** Eat a balanced diet rich in whole foods. Include omega-3s (found in salmon, chia seeds), magnesium (leafy greens, nuts), + fiber (fruits, vegetables) to support hormone production + detoxification.
- ✦ **Move Mindfully:** Regular exercise, like walking, yoga, or strength training, can stabilize hormones. Avoid over-exercising, which may disrupt your cycle.
- ✦ **Prioritize Sleep:** Aim for 7-9 hours of quality sleep to regulate cortisol and melatonin, which influence reproductive hormones.
- ✦ **Manage Stress:** Chronic stress can disrupt estrogen and progesterone balance. Try deep breathing, journaling, or time in nature to stay grounded.
- ✦ **Stay Hydrated:** Drinking enough water supports overall health, including hormone regulation and digestion.
- ✦ **Seed cycling** is a fascinating, gentle practice that gained popularity for supporting hormonal balance through nutrient-dense seeds timed to your menstrual cycle (or lunar phases if your cycle is irregular). It's based on the idea of eating specific seeds to nourish estrogen in the follicular phase (days 1-14, starting on the first day of your period) + progesterone in the luteal phase (days 15-28). Aim for 1-2 tablespoons of freshly ground seeds daily (grinding helps with absorption—use a coffee grinder or food processor). Store in the fridge for freshness.

Here's a couple of simple, versatile recipes to incorporate them easily—one for each phase.

Follicular Phase Recipe: Flax & Pumpkin Seed Energy Balls (Estrogen Support)

Ingredients:

- ½ cup ground flaxseeds
- ½ cup ground pumpkin seeds
- ½ cup almond butter (or any nut butter)
- ¼ cup honey or maple syrup
- 1 tsp vanilla extract
- Optional: pinch of sea salt, dark chocolate chips, or shredded coconut



MIX the ground flaxseeds and pumpkin seeds with the almond butter, honey, and vanilla until a dough forms (it should hold together when squeezed).

ROLL into 1-inch balls using your hands. & **CHILL** in the fridge for 30 minutes to firm up.

ENJOY 1-2 balls daily during days 1-14. **STORE** extras in an airtight container in the fridge for up to a week.

PRO TIP: These make a great on-the-go snack—pair with fresh berries for an extra estrogen-boosting hit.

Luteal Phase Recipe: Sunflower & Sesame Seed Butter (Progesterone Boost)

Ingredients:

- ½ cup sunflower seeds (raw or lightly toasted)
- ½ cup sesame seeds (raw)
- 2 tbsp coconut oil (or olive oil)
- 1-2 tbsp honey or a pinch of salt, to taste
- Optional: A dash of cinnamon for warmth



GRIND the sunflower and sesame seeds in a food processor until they release their oils and form a paste (about 5-7 minutes; scrape sides as needed).

ADD the coconut oil and honey/salt, then blend until smooth and creamy. If it's too thick, add a teaspoon more oil.

TRANSFER to a jar and **REFRIGERATE**

USE 1-2 tablespoons daily during days 15-28—spread on toast, stir into oatmeal, or blend into smoothies. For variety, swirl it into yogurt or use as a dip for apple slices to ease luteal-phase cravings.

Self Care for Women: Nurturing your body & Mind

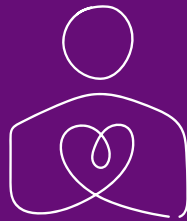
As women, we juggle countless roles, and prioritizing self-care is essential to thrive.
Here are simple ways to nurture yourself during any phase of your cycle:

Fuel with Intention:
Choose nutrient-dense snacks like fruit, nuts, or yogurt to keep energy steady.

Move Your Body:
Whether it's a brisk walk, dance session, or stretching, movement boosts mood and energy.

Pause and Reflect:
Take 5 minutes daily for mindfulness or journaling to connect with your emotions.

Connect with Community:
Reach out to friends or join women's groups to share experiences and support.



Rest Unapologetically:
Honour your need for rest—whether it's a nap or an early bedtime, it's a gift to yourself.

Self-care isn't selfish; it's the foundation for showing up as your best self.
Let's make it a priority!

October in Pink: A Month of Awareness and Action

October is Breast Cancer Awareness Month, a reminder to prioritize your breast health. Hormonal fluctuations, especially during the luteal phase, can cause breast tenderness, so it's a great time to perform a self-exam. Familiarize yourself with how your breasts feel normally, and consult a doctor if you notice changes like lumps or unusual pain. Regular screenings, like mammograms (recommended based on age and risk), are vital for early detection. Stay proactive and empowered!

Sandee & Elizabeth x

What is Osteopathic Manual Therapy?



One of the most common questions I receive as an Osteopathic manual practitioner is "what is osteopathy?". Osteopathy or Osteopathic Manual Therapy (OMT) is a hands-on, non-invasive form of manual medicine. It looks beyond symptoms to understand how the body's structure – bones, joints, soft tissues, organs – interacts with its function. In addition to relieving pain, osteopaths aim to enhance mobility, improve circulation, support nervous and lymphatic systems, and encourage the body's ability to self-heal.

Key Benefits for Patients:

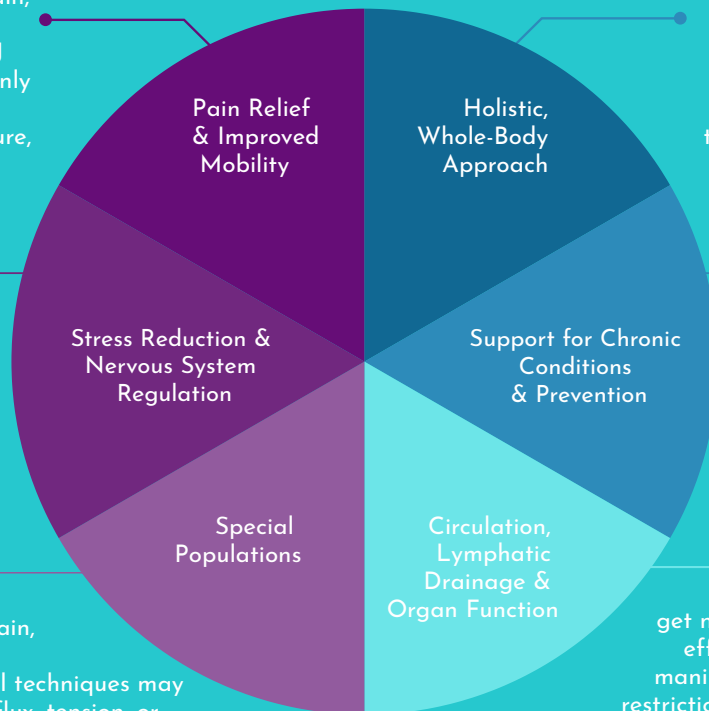
OMT is often sought for back pain, neck and shoulder issues, joint stiffness, sciatica, migraines, TMJ problems, etc. By assessing not only the painful area but related structures, movements, and posture, osteopaths can help restore the body's function.

Hands-on techniques like soft tissue work, gentle mobilizations, visceral release, and cranial techniques can help reduce tension, soothe the nervous system, and promote relaxation. Many people report feeling less stressed, sleeping better, and feeling more emotionally balanced after treatment.

Pregnancy: Helps with discomfort from musculoskeletal changes, back pain, postural shifts.

Infants/Children: Gentle manual techniques may help with conditions like colic, reflux, tension, or structural restrictions.

Older Adults: Preserving range of motion, reducing stiffness, maintaining mobility, improving quality of life.



Rather than treating just the site of discomfort, osteopathy looks for imbalances elsewhere in the body (posture, alignment, movement patterns, even visceral or organ tension) that may contribute to the lesion pattern. This approach can reduce the chance of recurring problems.

OMT is not just for acute injuries. It can help in chronic pain management (arthritis, degenerative joint changes, chronic musculoskeletal dysfunction) and may help prevent injuries by identifying and addressing structural or functional weaknesses before they become bigger problems.

Improved blood and lymph flow helps tissues get nutrients and eliminate waste more efficiently. Some techniques (visceral manipulation, for example) aim to ease restrictions around organs, which can have benefits for digestive health, pelvic health, and overall physiological function.

If you find yourself looking to live an increased quality of life no matter where you're at, I'm here to help you along your journey.

In health, your local manual osteopath,

Kristy Wick x

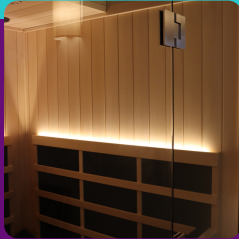
In Other Clinic News...

More than Reflexology



Did you know that Sihem is not only our resident Reflexologist, but she also does facials? She is trained in not only your classic facial, but is also able to do lymphatic, hot stone and cupping facials as well!

Heat, Heal, Repeat!



Have you tried our infrared sauna? Unlike traditional saunas which use heat to warm the air and subsequently your body, infrared saunas utilize infrared light waves to directly penetrate and heat the body. Our sauna is also equipped with Red Light Therapy which promotes cellular functions, offering a range of health and cosmetic benefits. We offer monthly memberships, session passes, as well as drop in rates. Leave the chill in the air behind, and come warm up in our clinic!

Product Feature: Toe Spreaders



Toe spreaders, also known as toe spacers, can improve foot health by enhancing alignment, relieving pain, and strengthening foot muscles. There are several types of toe spreaders available on the market today. Choosing the right type depends on your specific needs. If you think toe spreaders might benefit you, we have some available in our clinic's boutique!

Contact



1 - 7th Avenue, Gimli MB



204-642-3755



wellness@rrmtc.ca



www.riverrockmassagetherapyclinic.ca

Book Now!

