

Therapeutic Touch Nurturing Wellness ...

Massage Therapy:

Therapeutic touch eases physical discomfort, improves athletic ability, reduces anxiety, fosters peace of mind and a general sense of well-being. Massage therapy is clinically proven.

Hot Stone Massage:

Deeply penetrating warmth from heated stones multiplies the soothing, therapeutic effects or regular massage techniques.

Infant Massage:

Gentle therapeutic touch helps to increase your newborn's sense of well-being – and it helps you to bond with your child.

Reiki Healing:

A perfect compliment to all other healthcare programs, Reiki is a form of therapeutic touch/laying on hands that is powerfully relaxing.

Foot and Hand Reflexology:

This ancient relaxation technique helps to restore your body's equilibrium.

Ear Candling (for relaxation only):

A simple home remedy, this relaxation technique dates back at least 2,500 years.

Energy Advantage Massage Therapy



Energy Advantage Massage Therapy

2712 Court Street
Sioux City, IA 51104
www.geocities.com/energyself.html

(712) 258-0561

Reiki Enhanced Massage and Bodywork

Betsy Singh-Anand, R.N., B.A., L.M.T.

Why Massage?

Massage therapy helps many people cope with a number physical and mental conditions.

- Massage therapy helps to relieve stress; it is wonderfully relaxing.
- Massage therapy enhances athletic performance.
- Massage therapy helps to ease discomfort during pregnancy.
- Massage therapy is used to treat musculoskeletal problems.
- Massage therapy is used the the rehabilitation process of after surgery and injuries.
- Massage therapy helps to heal strained muscles and ligaments. Not only does it lessen pain, it also reduces the formation of scar tissue.
- Massage therapy lowers your blood pressure.
- Massage therapy strengthens your immune system.
- Massage therapy promotes deeper breathing and improves blood circulation.

(Source: American Massage Therapy Association)

For more information,
or to schedule an appointment,
please call (712) 258-0561.

A Lifetime in the Healthcare Professions:

I bring a lifelong interest in the health science to my training and experience.

By about the third grade, I had all the health books in the children's section of the public library in the small Ohio town where I was raised.

After graduating from high school, I went to Kent State University where I graduated with a B.A. in psychology. I helped to put myself through college by working as an EMT for the campus ambulance service.

My degree in hand, I enrolled in Akron City Hospital's nursing program and graduated with honors. In nursing school, I learned about holistic health. What was fascinating about this was that patients were regarded as people, rather than organ malfunctions to be fixed or diseases to be cured.

I was first attuned to Reiki in 2000, becoming a Reiki master/teacher in 2003. In August 2004, I completed my massage therapy training at Sioux City's Bio-Chi Institute.

I bring fifteen years of nursing experience to my practice, and a lifetime of caring.

What is Reiki?

The perfect compliment to all other healthcare methods, Reiki is a therapeutic touch/laying on hands method developed by Dr. Mikao Usui in Japan. It does not interfere with any medication or medical treatment, and it can be used on persons of any age.

Currently, a small but growing number of hospitals and specialty clinics offer Reiki as an adjunct to medical care.

Living With Fibromyalgia

I am particularly interested in helping people with fibromyalgia. If you suffer from this condition, let me assure you that I know what you are going through. You see, I have been living with fibro since 1995.

No, I do not have a secret cure. I cannot give you specific medical advice, and I won't tell you that you are taking some sort of "chemical poison" just because it comes from some "pharmaceutical cartel".

But I can pass on information you may find helpful to discuss with your physician. I can work with you and your body to help you regain some degree of comfort and well-being. Most importantly, I understand that massage for a person with fibro is not the same as for others.