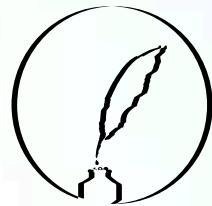


Moonshine Ink



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What's Brewing in Truckee

11 August - 14 September 2006

Priceless



Rebuilding Pakistan

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Mary Sutton, Jumpstart relaxation

(Courtesy Photo)

Feel the Music

By Susan Schnier
Moonshine Ink

Stress has become so ubiquitous in our personal and professional lives that we've come to think of it as normal. Living every day with high levels of tension makes it hard or impossible to break free from its clutches. Sound Therapy is designed to set you free by sending musical vibrations through your body and transporting you into a state of deep relaxation and healing.

A new addition to Sierra Sports & Physical Therapy's broad range of thera-

peutic treatments, it is designed to quickly reverse chronic stress. "Our bodies are constantly in a fight or flight mode," explains owner Mary Sutton. "In that mode, most of our blood is in our arms and legs and not in our gut, leading to digestion problems and stomach problems that more people are experiencing."

The American Medical Association reports that 45 percent of American adults suffer from stress-related health problems. "Fatigue and poor memory as well as diminished ability to fight disease are also consequences of being in a constant stress mode," says Mary. "Sound

Therapy aims to get you out of the stress cycle and put you into a healing and growth state."

The treatment starts with you on your back on a thick, cushy foam mat, called a So Sound Pad. The pad is connected to an amplifier on a standard stereo CD player. It uses solid steel transducers to convert music into vibrations, which are then sent through your neck, back, arms and legs.

Bring in your own music, or choose from a selection of vibration-centered music on-hand at Sierra Sports. A set of headphones lets you hear the music while you feel it resonate through your body. You can also achieve the desired effect without the auditory component, Mary says. Certain frequencies are more healing than others, and Mary usually recommends Solfeggio – music based on sound frequencies derived from ancient biblical codes.

"Our bodies are made up of vibrating atoms, so Sound Therapy is particularly powerful and effective," Mary says.

Sound frequencies affect the spinal cord, brain and brainstem directly, stimulating the tissue to increase nutrition and metabolism. The harmonious vibrations help your body become aware of its natural, balanced frequencies, evening out the peaks and valleys that occur when we

are sick or stressed.

Studies have shown that after lying on the So Sound Pad for 10 minutes, brain waves shift into a calm, meditative state and heart rate and body temperature stabilizes. The vibrations feel fairly subtle, more of a tingling, soothing sensation than a massage. I don't know if I entered a brain state of hypnotic Zen calm, but I did slip into sleep toward the end and I

awoke feeling refreshed – a welcome break in the middle of a hectic day.

Though achieving balance is an ongoing and lifelong process, Sound Therapy lets you access a stress-free healing state and temporarily experience being without tension, fatigue and pain. By creating this memory in our body, we can access the same state more easily in the future.

"When we opened this center 10 years ago, the community wasn't ready for this," says Mary. "Now I think it is."

More conservative patients can use the gym's fitness machines and weights and the therapeutic pool, but Sound Therapy, massage and yoga round out Sierra Sports & Physical Therapy's more traditional offerings. The center is located at 12257 Business Park Drive, near the Truckee Tahoe Airport. For information, contact 530-587-9355 or sierrasports@ltol.com, or visit Sierrahealing.com.

When we opened this center 10 years ago, the community wasn't ready for this. Now I think it is.

Mary Sutton, owner

Summer Transit Photo Contest

Win
\$500
cash!

Submit a transit photo and win \$500!*

Subject: "The Transit Experience"

- Photograph must include public transportation and/or people in or waiting for transit in the North Lake Tahoe area.
- Recognizable transit images could include but are not limited to bus stops, trolleys, buses and/or shuttles.



Contest Rules:

1. Open to novice photographers only.
2. Entries must be received by September 5th.
3. Entries should include name, address, telephone number (school grade if a student).
4. Maximum of 3 entries.
5. Submit entries following specs below to:
Truckee North Tahoe
Transportation Management Association
P.O. Box 7108 · Tahoe City, CA 96145

SPECIFICATIONS:

Submit digital files on CD (4 x 6 - 300 dpi) or prints. Do not send originals. Submissions will not be returned. Signed model releases must accompany your submission if it includes people. Photographs taken outside of the North Lake Tahoe area will not be accepted.

*Once submitted, photos are released to the TMA for unlimited usage to be used in future promotions with your photo credit. A signed waiver will be required in order to collect the \$500.

Truckee North Tahoe Transportation Management Association (530) 581-3922 · laketahoetransit.com