

Getting the juices flowing

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can roll over into their own beds and take a nap and most of them do," she said.

RISDORF DESCRIBES the work she does as a preventive measure for what might ail you.

"It's somewhat like seeing your dentist regularly, who can spot and take care of what might become a major problem," she said. "If I touch a muscle that jumps or comes across an unusually sensitive spot I know there is potential trouble for some part of the body. I've just triggered something that is already there that needs attention."

Risdorf says the very seldom gives "the acupuncture-board" massage. Most clients ask for a massage for a specific reason. When a client's complaint is only a vague reference to not feeling up to par, Risdorf said she invariably can find a specific trouble spot and then will work on that.

She guesses that about half seek relief for something from a minor ache to a problem that stemmed from a major accident. The other half are in stressful jobs or in stressful domestic situations.

"These people need to get the juices flowing. I get the lymph glands back to doing what they should be doing. I get the neuro system and then you move. I assist you in getting things moving. I help you help your body achieve a healthy — or healthier state," she said.

"So many of these people are so tightly wound, so tightly coiled, they've accepted this as a normal state. Being healthy at a normal state and these people have forgotten what a normal state is like," she said.

RISDORF'S CAREER as a myomassage therapist with a course in reflexology offered in Oakland Community College, a course she took, a kind but

not of eminence she admits, and only in the hope of helping herself, her family and friends.

"It always had a desire to help people," she said. "It bothers me to see people hurting."

Subsequent studies with Irene Gamber, a Southfield resident recognized for her expertise through the metro area, led to Risdorf's certification from International Myomassage Federation.

Risdorf will not take clients who have contagious diseases, severe varicose veins, broken bones or heart problems. She has, however, accepted clients with some of these problems with either written permission or request from their physician.

Risdorf is negotiating to open a salon in downtown Plymouth, but says she will continue making home calls.

"My prices are affordable to everyone," she said. "I want to encourage people to know the benefits that massage can bring."



Farmington Hills and he is the son of Henry Hook Sr. of Detroit and and Nancy Hook of Birmingham.

The bride wore a gown of white summer satin fashioned with stately stand-up collar and close fitting bodice trimmed with lace applique, sequins, crystal and pearls. Her full skirt extended into a chapel train.

Sandra Eoy served as maid of honor for her sister wearing a pink tea-length gown. Bridesmaids Lisa Burk and Rachel Hook wore matching gowns in lilac.

Thomas LaBret served as best man with groomsmen Joseph Freedman and Matthew Hook. David Letwinski and Ronald Letwinski seated the guests.

The bride is a graduate of Farmington High School, holds a real estate sales license and is employed with Park Graphics in Southfield.

The groom is a graduate of Groves High School in Birmingham and is employed with Volk Corp. of Farmington Hills.

The couple received guests immediately after the ceremony in Botsford Inn before leaving for a honeymoon in Toronto, Ontario.

Hook-Letwinski

Carmie Maria Letwinski and Henry Hoover Hook Jr. were married by Judge Edward Somack in Botsford Inn garden. She is the daughter of Mr. and Mrs. Michel Letwinski of

Seimer-Wurstner

Mr. and Mrs. John Seimer of Farmington announce the engagement of their daughter Lynette to Don Wurstner, son of Mr. and Mrs. Donald Wurstner of Farmington.

The bride-to-be and her fiancé are both graduates of Farmington High School. She attended Oakland Com-

munity College and is employed as an account representative with Kelter-Thorner, Inc. in Southfield. He attended Lawrence Technical Institute it is now serving with the U.S. Army in West Germany.

A January wedding is planned in St. Paul Lutheran Church in Livonia.

Massage is a natural method of healing

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The last client is as important as the first client of the day. Massage is the way I keep myself relaxed and fresh. I believe that this is one of the reasons the Myers Institute Health Association. Massage is the way I can keep myself always tranquil and always serene."

About 15 percent of Piper's and Coleman's clients are women. For no other reason than that they work in a female-based salon.

"FOR YEARS the salons advertised their massages as a way to pamper yourself and of course some of them still do," Piper said, who gives clients a massage to feel rejuvenated, relaxed, and to realize that people were ready to realize the benefits of massage as being much more than that."

Both Piper and Coleman say much of their work is in the way of educating clients, who might come to be pampered, to knowing that massage

can not to maintain good health as well as prevent a problem that could be building up.

As an example of this Piper says, "While giving a massage you feel adverse, tension, fear, stress, lymphatic collections. When I run across one of those little clumps in the lymph system I can break it down and flush it out. That's when massage goes way beyond pampering. That's when massage becomes therapeutic."

Piper and Coleman are both emphatic about not being a diagnostician and both are emphatic about never overstepping a medical line.

"Massage is a natural method of healing," Piper says. "It's slower than Aspirin or valium, but a lot cheaper on all counts, in the long run."

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Wellness in the mind, wellness in body

Continued from Page 1
Megatrends "The more high technology around us, the more the need for human touch," which some speculate is the reason why therapeutic massage is now gaining its way into the American mainstream.

Meanwhile, dancers the world over, and athletes, mostly in Europe, have always included massage in

their regimes.

It wasn't until the 1970s that those in the U.S. who were "sticking" get in touch with your body" started to get the benefits of massage across the board. Top U.S. athletes were the first to get the message when they discovered that spending some time on a therapist's table was helpful for a peak performance on the field.

Masnick is perfecting her art now

to specialize in sports massage. She said it is not unusual for massage therapists to take their training, gain their certificates and then find one area in which to specialize.

"You can specialize by just working with people who have arthritis, or in colonies (detoxifying the colon) or repairing tears in muscle tissue, or in as many areas as there are parts of the body," she said.

She already has one specialty, which is teaching her clients visualization. If you've got a bad back, for example, Masnick will show you how to visualize a bright neon light running up and down your back, using the mind's power on the body, to give relief.

Sessions is at 3925 Grand River, in Pepper Square Shopping Center.

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