

It is really hot and humid in Florida, and I've seen that it's pretty hot other places in the USA too. Hopefully August will just fly by quickly!



On the plus side, lots of people go on vacation in August to escape the heat, and I do too. 😊 On July 26th I went to Denver to go hiking with good friends. They are both forest rangers, so they know their way around the mountains.

As I'm writing this newsletter, we took a long hike of 6 ½ miles up to an elevation of over 6500 ft. For a "flatlander" from Florida, that was incredible! The picture isn't my best, but it was close to the end of the hike, and I was exhausted. LOL.

We're also planning on going stargazing one night and I have my fingers crossed that it will be a clear night so I can experience John Denver's song that says, "I've seen it raining fire in the sky..." I want to see the Milky Way and shooting stars! Hopefully the clouds will cooperate.

This newsletter is a bit longer than normal, but there are a lot of changes happening and I want to share them with you, so I hope you'll read until the end.

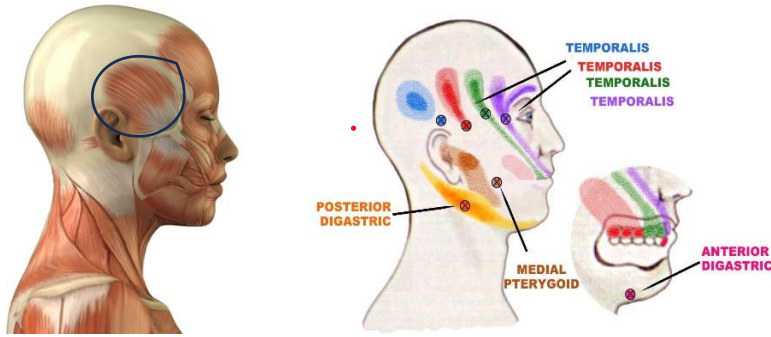
I was trying to decide what to write about this month until a new client came in with horrible, chronic, migraine headaches every day! Sometimes even more than once a day! I'm very happy to say that she came this past week and told me she has gone THREE WEEKS without a headache!

I decided that is a perfect topic, and the Julstro self-treatments are simple to do and very effective.

Migraine Headaches Caused by Stress

True migraine headaches are caused by a hormonal problem, and they are treated with medications. However, many times (I think it's most of the time, but I'm not a physician so I can't say that) it's actually caused by tight muscles pulling on either the cervical vertebrae, or the muscles in your skull.

In the past I've discussed the cervical vertebrae situation, and I've given pictures of the Julstro self-treatments for the muscles of your neck and upper back. Today I want to explain how a muscle in your temple causes headaches, primarily on the side of your skull.



The temporalis muscle (circle on left graphic) is on the side of your scalp, just above your ear. The insertion of the muscle is on your lower jaw. If you put your fingers on your temple and then clench your teeth, you'll feel the muscle bulge. The graphic on the right shows the referred pain pattern for the temporalis muscle. You'll notice that it not only goes into the side of your head, but also down into your teeth.

Often, when we are stressed, we clench our teeth, perhaps without even being aware that it's happening. To compound the problem, if you hold your teeth clenched you are causing a repetitive strain on the temporalis muscle. As the muscle contracts and shortens, it puts a strain on your temple.

Look at the graphic on the right side above. This is the pain referral area for the temporalis muscle. Plus, a tight temporalis muscle will put a strain on your jaw and is part of a condition called TMJ. I've spoken about TMJ in the past so I won't go into it now, but just be aware that you can also have jaw pain from a tight temporalis muscle.

How to Release Tension in Your Temples



Place your three fingers on each side of your head as shown in the picture to the left.

While clenching your teeth again, rub from just above your ear to the top of the muscle. As you keep clenching and releasing, you'll feel the entire length of the muscle. Then move your fingers toward your eyebrow, and then toward the back of your head, clenching and releasing the entire time. You'll feel the width of the muscle as you do this movement.

Now that you have located the entire muscle, rub your fingers from above your ear to the top of the muscle. It will be more effective if you don't slide on your scalp, but rather, move the skin up and down without sliding.

When you want to move to a different spot, just pick up your fingers and move. Repeat this several times on the entire muscle.

If you have a headache when you're doing this treatment, the muscle will really be bulging, and it will hurt. You're looking for pressure that "hurts so good," not pressure that makes you want to scream. This means, if you have a headache don't press as hard as you will when you are treating yourself as a prevention.

When you finish, put the length of your four fingers on the entire muscle and rub in a circular pattern to help blood to circulate along the entire muscle.

Other Muscles that Cause Stress Headaches

Some key muscles are:

- Levator Scapulae
- Trapezius
- Splenius Capitis
- Splenius Cervicis
- Erector Spinae

I've shown them in previous newsletters, and I teach each of them in my books: *Treat Yourself to Pain-Free Living* and *The Pain-Free Athlete*. I'm currently working with a web designer, and it is my plan to have an archive where you can search for previous newsletters. When it is complete, I'll let you know.

Future Plans that Need Your Help

You may already know that I'm planning on focusing my attention on teaching massage therapists and physical therapists who want to specialize in the treatment of chronic pain. With this in mind, I am searching for a licensed massage therapist that I can train to take over my therapy practice in Sarasota.

If you are an LMT, or you know one who might be interested, please contact me.

Another Exciting Plan...

I helped a client who has chronic, repetitive low back pain recently. He is a snowbird so he can't come in every time he is in pain, and I know I won't be here forever, so it was important to show him how to thoroughly treat himself to get pain relief.

It worked perfectly! He's told me that he can stop his pain fast by himself, and he's even spreading out and using my book to learn other areas that occasionally give him distress. Again, it's working perfectly. With that in mind I'm creating a therapy technique that will help all of my chronic pain clients.

The new therapy involves two sessions with me, but different than what is a normal Julstro Osteopathic Muscular Therapy session. During the first session is about 90 minutes long. I will

treat you to discover which muscles need to be treated, and then we'll spend about 1-hour showing you how to self-treat each of the muscles involved in your problem.

Plus, the package includes all the tools you need to do your therapy at home:

- A printed copy of either *Treat Yourself to Pain-Free Living* or *The Pain-Free Athlete*, whichever you prefer.
- A Perfect Ball.
- A TotalTX Tool that was specifically designed to self-treat muscles from head to toe.
- A TotalTX Instructional Booklet.

AND....

A second 60-minute session where I watch you self-treating and help you with any questions you have regarding the techniques, or other aches and pains that are bothering you now.

AND THERE'S MORE!!

A client asked me if she could arrange Zoom consultations while she is up north for the summer. That worked its way into an add-on where you can pre-pay (at a discount) for six Zoom meetings over the course of a year.

I've been doing Zoom consultations for several years with clients all over the world, and I'm happy to say they have been very successful at enabling clients to find and self-treat problems without even coming into the office! I'm still working out some of the details, but I wanted you to be the first to know that it is on the horizon. If it's something that is of interest to you, please either email me (Julie@JulieDonnelly.com) or call me so we can discuss it.

Enjoy the Rest of the Summer...

If you are up north, you still have months of great weather ahead of you. I hope you enjoy it and get outside to have fun and relax. School re-opens in Florida next week, and while it's certainly hot enough, thank heaven we have our beautiful beaches, and we'll soon be moving into cooler weather.

Wishing you well,

A handwritten signature in cursive script that reads "Julie".

