



Maryland Massage

AMTA Maryland Chapter Newsletter

Summer 2011

EAT TO LIVE—EAT TO HEAL

by Nina Wendt, LMT, CHHC

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I first learned that Doug Wittich had embarked on a program to improve his health when he asked if I would like to do article for *Maryland Massage* about the *Eat to Live* plan--a wellness program focused on the importance of good nutrition. In the same email, he told me he'd just bought a VitaMix blender and was excited about using it. I knew about this program from Dr. Joel Fuhrman's website and I knew his *Eat to Live* book, so I immediately realized that Doug was following this way of eating and living. What I didn't know was that Doug had participated in one of Dr. Fuhrman's seminars. Here Doug and I talk about his experience at that seminar and his commitment to improving his life through healthy eating.

What were the signs that you needed to do something about your health?

One of the first things we learn in massage school is body mechanics. This is important because if we don't get it right, we won't be massage therapists long. So we practice taking care of our bodies in the lab, under strict supervision. School is far behind me and although I still practice good body mechanics, I pretty much knew I wasn't taking care of my body. Recently, I've had some experiences where things

were not working well. I had pain in my feet and knees. I experienced such weakness climbing stairs that I thought about not going upstairs to bed at night! My body was failing me.

How did you get started on the path to healthy eating?

OK, I knew I was fat, extremely so, and I knew it was a risk to my heart. What I didn't know was that I wasn't feeding my body what it needed, which is nutrients! About that time, Cher Hunter told me about a "Total Immersion Weekend" in New Jersey with Dr. Joel Fuhrman. This was held in January, from Friday night to Sunday afternoon. It included seven lectures, six meals, two exercise classes and a screening of the new movie "Fat, Sick and Nearly Dead". The title of this movie was scary. Would watching it require self-examination? Was the message going to make me face up to what I had to do?

So, was it hard to make the decision to attend this Total Immersion Weekend? What did you have to do before you went?

I had actually read the *Eat to Live* book, first edition a year before. I had tried it, and was successful for a time, but got bored with eating the same things that had no

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TRIGGER POINTS

Issues that we are palpating

William (Bill) Haynes, LMT,

Chapter Secretary

District of Columbia – As of January 3, 2011 new Massage Therapists in the District of Columbia are required to have a criminal background check as part of the application process. This law includes all healthcare professionals. The cost is \$50 and may add up to 4 weeks to the application process.

Insurance Billing? – If you are interested in starting a discussion group on insurance billing (Health, PIP, Workers' Comp, etc.), please shoot me an email with 'Insurance Billing' in the subject line. Some of us have some experience or may be interested in learning more. My email address is bill@billsbodyworks.com.

Sport Clips – Sport Clips continues to advertise a neck and shoulder massage treatment for their MVP and Varsity haircut services. AMTA National has written a letter to the Maryland Board of Barbers to alert them to the fact that this service is outside barbers' scope of practice. A barber's scope of practice only involves 'massaging the face'. Washington State has already become exempt in Sport Clip's advertising. We will continue to follow up on this. Sports Clips' website is www.sportclips.com/Services.html. To contact the barber board yourself, take a look at www.dllr.state.md.us/license/barbers/

Note worthy Item from the June 9th Board of Chiropractic and Massage Therapy Examiners (MBCMTE) meeting

The Board has voted to join the Federation of State Massage Therapy Boards (FSMTB). No move was made at this time to accept the FSMTB licensing exam as an option toward licensing/certification. The FSMTB exam is known as the Massage and Bodywork Licensing Exam, or MBLEx. ONLY the National Certification Board of Therapeutic Massage and Bodywork's exams, the NCETM or the NCETMB, are currently accepted when you apply to be a Massage Therapist in the State of Maryland.

Minutes of Board of Chiropractic and Massage Therapy Examiners (MBCMTE)

– Our State Massage Board has begun to publish the minutes of its monthly meetings on its website. Take a look at www.mdmassage.org and look at the menu on the left. Board meeting dates are also listed under another menu item. We hope to see you there.



*Chapter Secretary
Bill Haynes*

PRESIDENT'S MESSAGE

Have you ever played "telephone"--the game where you whisper something to the person next to you, she whispers the same thing to the person next to her, and so on? It can be quite interesting to



*Chapter President
Colleen Renehan*

hear the final statement by the time the rumor gets back to you. We had quite an interesting time this past fall with the attempted passage by the Board of Chiropractic and Massage Therapy Examiners of regulations geared towards micro-managing our profession. Maryland therapists came out in force to publicly protest and we WON the fight. The proposed regulations pertaining to continuing education and record keeping were officially pulled and sent back to committee. This FACT was posted on the regulatory board's website. Rumor now has it that these regulations were passed and as a result there is rampant rumor that continuing education providers are pulling out of future classes in Maryland. This is simply not true. Anita Benedictis, our education chair, has already contracted for a lineup of phenomenal instructors for next year's Mid-Atlantic Conference. Continuing education providers will NOT be affected by new regulations in Maryland, since, at this time, there are no new regulations.

There has also been some recent confusion in the marketplace re-

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garding insurance. We have heard some people saying that another massage therapy group offers a liability policy with unlimited coverage. According to Mark Tyle, [AMTA] Director of Governance and Chapter Relations, “We are not aware of any insurance out there that has unlimited coverage. AMTA has a solid professional and general liability program that offers several coverages not available in other policies. We have been in business for more than 70 years, and we have never denied a legitimate claim. We also have safeguards in place to make sure any legitimate claim is paid.” I encourage you to research the FACTS before you get upset about or proceed to pass on a RUMOR. Your chapter has a website as well as a Facebook page to which you can go to confirm any information you have concerns about. Please feel free to contact any board member if you want a personal response. You can find our contact information at www.amtamd.org. So, what’s this I hear about . . .

NEXT CHAPTER MEETING

Our next meeting will be Sunday, November 13, 2011 in Howard County. See page 8 for the full meeting notice.

Prepare

Participate

Profit

In your profession.

Chapter Executive Officers

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BE SURE to contact National Office if any of YOUR contact information changes!

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taste. I was actually pretty excited about going, so the biggest challenge was arranging for the time away and the expense. I figured I'd deal with the movie when it was time.

What was the conference like and what did you learn?

The lectures were easy to understand, and Dr. Fuhrman taught me a lot of useful facts about why I had the problems I had with food addiction. Too often, people say "I can't be addicted to food like a druggie, because everyone has to have food, you can't avoid it entirely". Dr. Fuhrman explained however that food addictions come not from the very fact that we eat, but from WHAT we eat. He used language I could understand, so that I finally know why the white flour and white sugar foods make me hungry an hour after I eat because they mess with your brain chemicals that control addictive response. In fact, a brain scan looks a lot like cocaine users. Dr. Fuhrman explained that while we were eating and digesting, we're in *anabolic metabolism*, building tissue. As soon as we're done digesting, we switch to *catabolic metabolism*, where we burn our own stored tissue. The problem is that this is the point where you get the addictive hunger signal. If we don't consume the junk, then we can stay in catabolic metabolism for several hours, burning our fat reserves, losing weight and being happy before we get *true* hunger signals. He also explained the various ways that people sense true hunger (he describes it in detail in the book). Therefore, the solution to food addiction is not to stop eating, it's to stop eating the addictive (and unhealthy) foods.

The second significant concept I

learned is about eating nutrient-dense foods. Nutrient density is the ratio of nutrients to calories. Dr. Fuhrman showed wonderful graphics, many of which are in *Eat to Live*. One picture showed a stomach with 400 calories of chicken in it and with 400 calories of vegetables in it. Needless to say, the veggies filled it up. I was sold! The question of protein came up. One point was that broccoli has twice as much protein per calorie as steak-- 12.6 vs. 6.5 grams per 100 calories! Dr. Fuhrman employs several other physicians in his practice. Dr. Jay Benson, D.O. also presented. He talked about the Center for Nutritional Medicine, which is the patient-care practice. He told several stories of insulin-dependent diabetics getting to the point of not even being classified as a diabetic. There were also stories of patients who were totally rid of asthma, chronic fatigue syndrome, allergies, headaches and depression as well as cardiovascular disease. All this is accomplished and tracked through nutritional counseling.

One of the evening sessions was dedicated to cooking tips, but with 275 people in attendance, it was not interactive, or even a demonstration. It did offer a lot of information. The meals were all made by the conference hotel--a Westin in Princeton, NJ. Dr. Fuhrman provided the recipes, and the hotel did the rest. The only difference from following these at home is that every meal included three entrees instead of one, "so that you can taste everything". After eating the six meals provided by Dr. Fuhrman, I knew that so-called "diet" food could be tasty and even filling. I could see what "health" food was and I found I liked it. Also, there were no salt shakers on the tables.

This very low-sodium way of cooking depends on a lot of other ingredients to provide flavor, especially with the main ingredients. My favorite dish as a result of this learning is a bean and veggie concoction I've never even named. I use an electric pressure cooker, and it takes about an hour. With water-cooking, we can retain a fair amount of the nutrients. Here's what I do:

- Start the cooker set for high pressure, 22 minutes.
 - Add 3 cups homemade vegetable stock and 4 cups water.
 - Add 1T granulated garlic, 1T cumin, 1T coriander.
 - For variety, sometimes I add 1T ground ginger and 1T turmeric. Use your favorites!
 - Add a bag of dried beans. Mostly, I use small white beans.
 - Chop and add a large onion.
 - Add 1/4 C barley for thickening
 - Add whatever vegetables you want. I use various things, whatever I have on hand: squash, cabbage, peppers, broccoli, cauliflower and small amounts of corn and edamame (green soybeans).
 - Let pressure drop naturally. From walking in the house to ready to eat is an hour.
- You can do this on the stove-top, just cook the beans longer before adding anything else.

Dr. Fuhrman put on workout shorts and led the exercise classes. These were only half an hour each, and he emphasized that everyone should work at their own level. There were two things that stood out in my mind. The first was an 80-year old man that could run rings around most of us. The second was Dr. Fuhrman himself standing next to a table, and jumping straight up on to it, without a running start. He said that it's not magic, it's just time and attention to detail. There was also a sales table; drfuhr-

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man.com has lots of products. I bought some great salad dressings and flavored vinegars. They also have a range of books and videos including one "cooking show" with Dr. Fuhrman and his wife Lisa. I borrowed that one from a friend, and it's great! I know I'm raving like a skill, but this stuff really has changed my life.

You said this is all without salt?

Yes, it is. We're all aware that salt is a major contributor to cardiovascular disease. I like most people was not aware that the salt causes long-term damage to artery walls. It's not just about the blood pressure. This damage does not come along gradually, it just suddenly shows up and then it's too late to do anything about it. Cooking with seasonings such as granulated garlic, dried and fresh herbs and spices can give lots of flavor while allowing the natural flavors of the food to also be sensed. Giving up salt

Make your own Veggie Stock

Trimming all these vegetables makes a lot of scraps. Instead of feeding the garbage disposal, or even composting, save them up. Wash the dirt, perhaps trim off roots, but all the onion skins and ends, carrot tops, outer cabbage leaves, bottom stems of asparagus, broccoli, cauliflower, kale and most any other vegetable can be saved for several days.

- Put them in a large pot of water (I start with six quarts) and simmer covered for several hours. I like mine to have just a gentle bubble rising.
- Remove the lid and cook down for an hour or two.
- Strain the veggies out, and use them for composting or feed the garbage disposal.
- Cook down to less than a quart for ease of storage.
- Refrigerate and use in sauces, soups and whenever some flavor is needed!

meant that for a couple weeks, food tasted a little bland. Then I started to notice I could actually taste more subtle flavors. The American Heart Association recommends 1500 mg a day or less of sodium, which Dr. Fuhrman says is still too high. Following this plan, I usually run around 400 mg a day!

And the movie? Was it as hard to watch as you'd feared?

In the end, I did watch the movie. At first, I thought it was irrelevant. The person it started with, Australian filmmaker Joe Cross, was touring the U.S. with a juicer. He did this for several weeks, meeting people along the way. He met Phil at a truck stop. Phil was what I consider a typical trucker, and clearly liked to eat (a lot). Joe offered the people he met a way to lose weight if they wanted to help him with his film project. Phil turned him down, but then called him weeks later to see if the offer was still on. What Phil had to say at this point really resonated with me. At this point, the movie tracked Joe and Phil working together to get Phil's body back in shape. It showed the juicing, the exercise and the emotions. Punctuating the film were snippets of Dr. Fuhrman explaining things like hunger addiction and metabolism.

The best part about using the conference and reading the book to get started is that I learned how to make healthy food that not only provides lots of nutrients without lots of calories, but that tasted good. I learned how to make filling and nutritious smoothies that are not loaded with dairy and sugar.

Attendance at the weekend event also gave me a 45-day trial membership to Dr. Fuhrman's support network. His website (www.drfuhrman.com) contains

good basic information for visitors, including the food pyramid, which is pretty much backwards from the old USDA food pyramid and much clearer than the new USDA food pyramid. There are also a few recipes and articles available.

For members, however, there is a wealth of information, including a rich recipe library and most useful of all, an entire system of forums. Member-to-member areas allow you to learn from other people who have been successfully improving their health. I've enjoyed reading messages about using pressure cookers, living salt-free, and learning how to cook Swiss chard. There have also been some good conversations about eating in restaurants, an area I find especially challenging. There are other forums to "ask the doctor". I've used these, and gotten answers within hours from the medical staff.

What changes did you make once the weekend was over?

Back home and with the book in hand, I hit the produce department at the grocery store. I've pretty much taken over the whole lower half of our refrigerator. The real credit, however, goes to the food plan. The book has a phased-in approach to help you re-learn how to eat --a plan you can follow for a lifetime. Dr. Fuhrman explains why other diet plans fail, and how they are usually scientifically dangerous to follow. Pretty much every fact given in the book has a citation to its source in scientific or medical journals. The new food selections resulted in weight loss-- ten pounds disappeared!

After one week, my leg and foot pains were GONE. About that time, I got the results of the Vitamin D

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test. Dr. Fuhrman had spoken of this test at the conference. My results were almost nil, 6.5, with a recommended level of 35 to 55. My doctor suggested significant levels of vitamin D3 supplements to improve my levels.

You were there in January. It is now June. How are things going today?

Now, after five months, I've lost sixty pounds and I am committed to this way of eating.

But the big difference this program has made is that I have energy, strength, and stamina to get through the day without needing rest breaks. Physical work is possible again--I had been avoiding it for the last couple years. Cutting the grass is actually fun, not the painful ordeal it was last summer.

If you are interested in more articles about healthy eating, along with recipe ideas and other nutrition topics to help us keep our bodies tuned up, please let your editor know!

Doug Wittich is a Licensed Massage Therapist and is on the AMTA-MD Newsletter Committee.

Eat to Live (revised edition)
Joel Fuhrman MD
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Available at bookstores,
Amazon.com, hole Foods Stores and
www.drfuhrman.com

Nina Wendt is a Licensed Massage Therapist and a Certified Holistic Health Coach. She is the editor of Maryland Massage and author of What You Eat Can Cure Your Mood Swings. Her website is www.bodyhealthconnection.com



EARTHLITE AT MAC

Earthlite generously donated a massage chair for a raffle at the Mid-Atlantic Conference. Linda Odom of Laurel, Md was the winner of the chair. She is shown here with Raymond Blaylock. Earthlight is offering a 20% discount on orders placed through the AMTA-MD Chapter store.



LMT JOINS BERLIN CHAMBER OF COMMERCE



Michelle Kilcer recently opened her facility in Healing Hands, a chiropractic office in Berlin Maryland. On hand for the ribbon cutting were representatives from the chamber of commerce.

THE MASSAGE COACH

“Inner” Vitamins for Massage Therapists

by Cary Bayer

Recently, while preparing for a road trip to the southern part of the United States to teach a variety of seminars, I was packing my multi-vitamins for the two weeks and happened to notice the minimum daily requirements label on the jar. As a massage therapist, you’re probably already aware of the need for taking vitamins on a regular basis. But are you aware of your minimum daily requirements for *inner* vitamins as well?

You might be scratching your head and asking yourself: What are “inner” vitamins? Well, I’m referring to such qualities as appreciation and acknowledgment, for example. The word “vitamin” didn’t appear in Webster’s dictionary until 1912. For centuries we didn’t know about these “organic substances that are essential in minute quantities to the nutrition of most animals” (that’s Webster’s talking). Similarly, for centuries, we didn’t know the need for analogous *emotional* substances. Fortunately, many of you who nurture people professionally on a daily basis now know this. Perhaps by 2012, medical doctors will also recognize the inner role that they play in keeping us healthy.

“Inner vitamins” are available through a simple process that involves you and another person, and takes only two to four minutes. It’s a terrific exercise that you can do with clients and prospects, to connect to them deeply. Here’s how to get vitamin A2 (Appreciation) and A3 (Acknowledgment): appreciate the person you’re working with, while she says, “Thank you.” The process looks something like this:

You: “Something I appreciate about you is your commitment to personal growth.”

Her: “Thank you.”

You: “Something I appreciate about you is your pretty blue eyes.”

Her: “Thank you.”

You: “Something I appreciate about you is how much you care about the people in your life.”

And so on. After a minute or two, switch and have her acknowledge ?appreciate? you. You may need to remind her not to say, “If you knew me better you’d never say such nice things.” (As a certified massage therapist, you’re a professional giver, so it’s likely that you often have a difficult time *receiving*—*especially* appreciation and acknowledgment. Being comfortable taking in the energy of appreciation has an enormous influence in being comfortable

taking in the energy of money.) So that might look something like:

Her: “Something I appreciate about you is how dedicated you are to helping people heal.”

You: “Thank you.”

Her: “Something else I appreciate about you is what a deeply therapeutic massage you give every time that I’m on your table.”

Then thank each other for providing your minimum daily requirements of appreciation. Vitamins A2 and A3 aren’t the only inner vitamins you need each day. Some of the others include Vitamin E2 (Enthusiasm); Vitamin H1 (Happiness), Vitamin H2 (Hugs); Vitamin K (Kindness); Vitamin L (Love); and Vitamin R (Respect). If you’d like *real* health, add these essential inner vitamins daily with the different people in your life—from your mate and kids to your co-workers and clients. If you live alone, you can also do this exercise over the telephone.

AMTA keynote speaker Cary Bayer is a business coach for massage therapists. His website is www.carybayer.com. His email address is: SuccessAerobics@aol.com.



AMTA KEYNOTE SPEAKER CAN HELP YOU CREATE BREAKTHROUGHS

If you’d like breakthroughs in your massage business, or in your personal life, call The Massage Coach who understands breakthroughs.

That’s me, the AMTA 2006 national convention keynote address speaker and your newsletter columnist,
Cary Bayer.

I’ve helped more than 140 LMTs:

- * Expand their businesses;*
- * Double their income;*
- * Enrich their relationships.*

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Cary Bayer successaerobics@aol.com www.carybayer.com

October -- May: 954-788-3380

June -- September: 845-679-5526

ATTENTION ALL COUNTY REPRESENTATIVES

As Membership Committee Chair, I am planning a “meet and greet” for all County Representatives. We will brainstorm on how to ***EM-POWER*** you as a County Rep. **You are a very important part of the Chapter’s membership team.** You are the connection between your county members and the Board of Directors. This get-together will be in mid-August so we get the ball

rolling in the Fall. Together we can make all the difference in our Chapter and spread the word about professional massage in Maryland!

I also encourage County Reps to attend Chapter Board meetings. If you could come to two or three board meetings a year, you will be able to add input about your county and keep up to date on the issues that the Board is working on. You will then be able to keep all our members connected with Chapter issues and activities.

If you are a county rep, please send your contact details to me at rstollof@verizon.net or call me at **410-370-4445**. I am currently working on getting an updated and current list of county reps to publish on the Chapter website and in the fall issue of the newsletter.

I am looking forward to meeting you all in person.

Ruth W. Stollof
Membership Chair and 1st Vice President

2011 MIDATLANTIC CONFERENCE

What a wonderful weekend! Thank you to all who attended the 2011 MidAtlantic Conference in Ocean City at the end of April. And, a big thank you goes to all the board members, county representatives and volunteers who helped make this event a success.

Our instructors, as always, were superb. MAC participants had a diverse selection of bodywork classes to choose from: Orthopedic Massage with James Waslaski, Head Massage with Raymond Blaylock, Chi Nei Tsang with Mary Ellen Derwis-Balaz, OrthoBionomy with Ann Hoeffel, Oncology Mas-

sage with Lauren Muser Cates, Fluid Massage with Samuel Blechman and an Internet/Ethics class with Bill Haynes.

James Waslaski gave an uplifting and inspirational keynote address Friday evening citing the many pioneers in the massage industry and how they have contributed to our field. Participants received samples from companies such as BioFreeze, Sombra, Sacred Earth and China Gel. The exhibit hall was active with vendors including Divine Creations, Treasures from the Earth. It Works, SoSoft Linens, and Ancient Arts. We had a lively state meeting during which we elected new board members and our House of Delegates representatives. Our massage therapy services raised

over \$800 for our Jeff Young Memorial Scholarship Fund. Earthlite, represented by Raymond Blaylock, donated a massage chair for a raffle, which, along with our Silent Auction proceeds, raised over \$500 for the American Massage Therapy Foundation.

Your Maryland Chapter offers this quality venue as a means for massage therapists to gather, network, relax, learn and earn (CE hours). Feel like you missed out? Well, if you weren’t with us you did miss a great conference. BUT, you can plan to join us next year (April 26-29, 2012). Remember, 2012 will be a renewal year, and you can get all of your CEs (including Ethics and CPR) in one weekend at a really fun event.

FALL CHAPTER MEETING

Our Maryland State Chapter Meeting will be held the 2nd weekend of November, 2011. As always, we will provide an educational seminar, chapter meeting and lunch at a nominal fee for members. Non-

AMTA members are always welcome, so bring a friend and introduce them to our organization.

This year, the speaker will be Dr. Larry Plotkin on the topic of “Sound Assisted Soft Tissue Mobilization”.

Save the Date: Sunday November 13, 2011 for this meeting to be held in Howard County. You will receive a notice with more details including directions, time and cost. Also, watch for an interview with Dr. Plotkin in the fall issue of ***Maryland Massage***.

JEFF YOUNG MEMORIAL SCHOLARSHIP

The Jeff Young Memorial Scholarship Fund was established in honor of former AMTA-MD Chapter president Jeff Young who died in 1998. It is intended to assist Chapter members with continuing education expenses. Proceeds from the massage therapy services offered each year at the Mid-Atlantic Conference go to this memorial fund. Other fund-raising activities to benefit the fund may be held at the discretion of the Chapter Board upon recommendation of the Education Committee.

The scholarship monies are to be applied to any AMTA continuing education seminar. The Education Committee considers all applications and makes the awards. Scholarship recipients must be current AMTA members and be licensed to practice in Maryland.

To be considered, complete the form below. Applications for 2011-2012 education sessions must be received 30 days prior to the seminar for which assistance is requested. Tuition awards will go to individuals who can document financial need. Priority will be given to individuals who demonstrate volunteer hours for AMTA (Maryland or National) or show participation in volunteer programs that further public awareness of massage therapy. The decisions of the Education Committee are final.

Name:

AMTA Number:

Address:

City, Zip:

Telephone:

Email:

Briefly tell us how the scholarship money can help you.

List any volunteer activities you have done for the AMTA (both state and national). Include outreach events, committee work, etc.

List any volunteer activities you have participated in that have increased public awareness of massage therapy.



ACTIVE ISOLATED STRETCHING

Join QuistMD in 2011 Active Isolated Stretching Spring & Fall Workshop Series

Spring Series

Lower Body Apr 16-17

Upper Body May 21-22

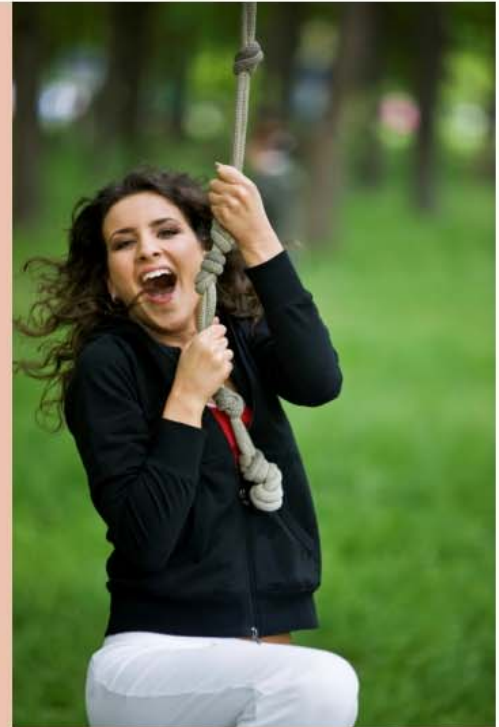
Core/Extremities Jun 18-19

Fall Series

Lower Body Sep 17-18

Upper Body Oct 15-16

Core/Extremities Nov 12-13



Each workshop approved for 16 CEs by NCBTMB

Cost of each workshop is \$345 or \$300 each if you register for two
(202) 244-8222 | info@quistmd.com | www.quistmd.com



LAW & LEGISLATION UPDATE

by Cher Hunter, 2nd VP, Law & Legislative Chair

This has been an interesting year as the Maryland Board of Chiropractic and Massage Therapy Examiners (MBCMTE) proposed new regulations which were strongly opposed by Maryland massage therapists. As has been reported, MBCMTE at its January meeting, voted to withdraw the two proposed regulations that were heavily criticized. These were the regulations concerning Continuing Education and Recordkeeping and the board withdrew them pending further review.

MBCMTE was highly criticized for failing to seek input from educators and professional associations prior to publishing the changes to these regulations. The Board was also criticized for failing to be more transparent in its activities particularly keeping massage therapists, chiropractors and chiropractic assistants apprised of Board actions using its website and through newsletters. The AELR Legislative Review Committee conducted an investigation into the proposed rule-making (new regulations) and other complaints. In May the Department of Health and Mental Hygiene approved the proposed regulations with the exception of the following proposed regulations, which were withdrawn:

10.43.16 Massage Therapy—Record Keeping

10.43.20 Massage Therapy—Continuing Education Requirements

10.43.02 Chiropractic and Massage Therapy— Rules of Procedure for Board Hearings

At a recent meeting the MBCMTE appointed board member Gwenda Harrison to chair a subcommittee to review the proposed regulations, determine any future changes and present the findings to the Board. To date we are not aware that any action has been taken on this.

The MBCMTE has published the following statement on its website:

The Board will summarize all changes for all licensees and registrants in an upcoming newsletter. If/when the Board determines to revisit the withdrawn chapters, its regula-

tions subcommittee plans on drawing on information and input from affected licensees and registrants via their professional associations. Any General Meetings or Open Hearings regarding any future proposals or revisions will be published in the Maryland Register and on the homepage of the Board Website.

For now, the recordkeeping requirements and continuing education requirements remain unchanged. However, we at the AMTA-Maryland Chapter recommend that Maryland therapists be judicious in choosing continuing education courses and select ones that are appropriate to the scope of practice for Maryland massage therapists. The AMTA Maryland Education Committee, chaired by Anita Benedictis is currently working on bringing in continuing education programs that will help ensure that you meet your requirements.

CONTINUING EDUCATION COURSE

Effective Clinical Palpation and Postural Assessment 16 CE Hours

August 27 & 28, 2011 9:00 AM – 6:00 PM

Instructor: Dr. Joe Muscolino.

Community College of Baltimore County--Essex

Cost: \$199 AMTA members, \$229 non-members

To enroll online, please go to www.amtamd.org/

The TRAGER® Approach to Movement Education with Roger Tolle



July 16 – 18, 2011
Sat – Mon, 9 am – 6 pm
24 NCBTMB CE hours

Ashton MD, north of
Washington DC Beltway

Mentastics® - Learning, Practicing, and Teaching the Foundational Principles of the Trager® Approach

Explore, for yourself and your clients, a mind body approach to ease of movement, bodywork, functional rehab, personal development, mindfulness, and relaxation.

Fees: \$375

For more information, contact Aleen Seidel, tel. 301-365-9560, aleenrs@gmail.com; see also www.rogertolle.net and www.tragerus.org. Location: www.blueberrygardens.org.

Life can be lighter, freer, easier....

DATES TO REMEMBER

- August 27-28 CE Class with Dr. Joe Muscolino
- Oct 1 Eastern Shore meeting with
Karin Hampton, LMT, & Susan Hanna, LMT
Mu-Xing; Jakki Wiennেকে, LMT Aromatherapy;
PLUS Optional post-presentation workshop
<http://amtaes10111.wordpress.com>
- October 19-22 AMTA National Convention
<http://www.amtamassage.org/events/NationalConvention2011/Save-the-Date--AMTA-2011-National-Convention.html>
- October 23-29 AMTA's 15th Annual National
Massage Therapy Awareness Week
- Nov 13 Fall Chapter Meeting

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Upcoming 2011 Publication Deadlines:

- September 5, 2011 for Fall issue
- December 20, 2011 for Winter 2012 issue

MARK YOUR CALENDAR OCT 1, 2011

AMTA-MD Eastern Shore meeting.

Saturday, October 1, 2011
Rowens Mill, located in Fruitland, MD (near Salisbury University).

Guest speakers:

Karin Hampton, LMT, & Susan Hanna, LMT,
Mu-Xing,
Jakki Wienecke, LMT, Aromatherapy

plus Optional post-presentation workshop: Create an aromatherapy product (fee will be charged)
Full details about this Eastern Shore event can be found at <http://amtaes10111.wordpress.com> & AMTA-MD Facebook!