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## JOHN F. GALE

John has been doing massage as a full time profession for 15 years. John's massage is an eclectic collection of everything he has learned in the past 16 years, from his teachers, his clients, and workshops he has taken.

He has worked for 3 Chiropractors over the years, giving him the opportunity to work with many people in pain. His clients have been his best teachers. His background as a mechanical engineer, a Marine helicopter pilot, maintenance test pilot, and 35 years of studying nutritional medicine as an avocation, have given him an unending thirst for new ways to serve his clients, integrating what he learns today with what he has read or experienced before.

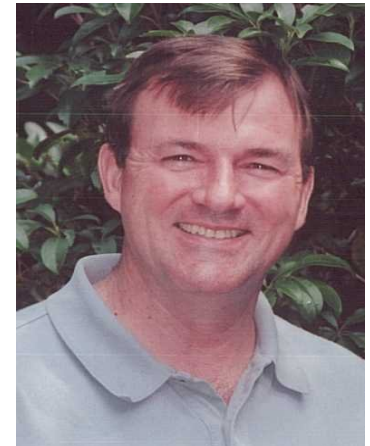
John uses a combination of techniques that are relaxing integrated with techniques that are therapeutic. He uses Swedish massage, connective tissue massage, trigger point work, energy work, cranial sacral techniques, his towel trick (ask about his towel trick!), and essential oils, to do the best he can for each client.

The duration of John's massages are usually 1 1/4 to 1 1/2 hours. He will finish in 1 hour if the client prefers. He charges \$60.00 for a session at his office at 302 S. Caldwell St. Brevard, or his home office near Connettee Falls, Or \$80.00 for an out call within 1/2 hour of Brevard.

John Gale  
Therapeutic Massage  
100 Wild Rose Lane  
Brevard, NC 28712

# MASSAGE WITH COCONUT OIL

Why it's good for you!



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## JOHN F. GALE

Licensed Massage and  
Bodywork Therapist NC # 496

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# COCONUT OIL MASSAGE

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## Coconut Oil Massage

By

JOHN F. GALE

Virgin Coconut oil when massaged into the skin has a rich, smooth, soothing feeling, but does not feel as oily as other massage oils. It contains smaller molecules than other oils used in massage, so it soaks in very easily. Coconut oil is a wonderful nourishing food for the skin, connective tissue, and fatty layer matrix. Virgin Coconut oil has been minimally processed, and has no potentially harmful chemicals or preservatives like many commercial skin lotions.

Saturation Explained: Coconut Oil is made up mostly of saturated oils. This is actually good. Saturated oils are chemically stable and are safely metabolized by the body. Our body actually stores all oils that it does not immediately burn for fuel as saturated triglycerides. Polyunsaturated oils have several double electron bonds that are easily oxidized, or can develop free radical damage when they enter the tissues. The body needs the Omega 3 and some Omega 6 essential fatty acids in its diet. Other polyunsaturated oils it must convert to a saturated fat before it can store it. A tre-

mendous problem are the Trans fatty acids, hydrogenated and partially hydrogenated oils that we are getting in processed foods and oils.

Native cultures, before their exposure to our processed food diet, thrived on a primary coconut diet with some roots and vegetables. According to Dr. Mary Enig and Bruce Fife CN, ND, a person who is too sick to eat can survive and recover on the nourishment they absorb from coconut oil massaged into the skin.

My constant quest for oils and health products that will benefit my clients most, has led me to coconut oil. I did over one hundred massages with coconut oil between November of 2006 and February 1<sup>st</sup> of 2007, and each client preferred the coconut oil to the walnut oil /almond oil mix that I had been using until November of 2006. While I will modify my choice of oils to suit my client, my oil of preference is now Extra Virgin Coconut oil. For those who do not like the smell of coconut oil, I can use organic coconut oil that has the smell of coconut oil removed.

Come experience a massage with coconut oil and learn how coconut oil can help you, according to the authors listed below. I have some copies of the books I have read to lend out.

## REFERENCES

### Eat Fat Lose Fat

By Dr. Mary Enig, International Expert on the Biochemistry of Food and Fat, and By Sally Fallon, President, The Weston A. Price Foundation

### Know Your Fats By Dr. Mary Enig

### The Coconut Oil Miracle

By Bruce Fife, C.N.,N.D.

From The Coconut Oil Miracle by Bruce Fife C.N. ND.

Page 120 "One of the things that has impressed me most about the topical use of coconut oil is its ability to reduce inflammation. At first this effect was a surprise to me, for at the time I had not found any reference in the scientific literature to coconut oil's effect on inflammation. With further searching I did locate a study that demonstrated that coconut oil does indeed have an anti-inflammatory effect. In a study by Dr. S. Sadeghi and others, coconut oil reduced pro inflammatory chemicals in the body. The researchers suggested that coconut oil might be useful in therapies involving a number of acute and chronic inflammatory diseases."