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# PARK CITIES PEOPLE

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*"Best Weekly Newspaper in Texas"  
"Official Newspaper of Highland Park & University Park"*

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## Let masseuse Tee Torre relieve discomfort, pain

Tee Torre, therapeutic masseuse provides a safe and effective alternative to chronic pain and discomfort as well as tension due to stress.

"The body is a relatively fragile structure designed to function at an individual pace. The pace is usually predesignate to support the structure and quality of life," Torre said. "Unfortunately the hectic hustle, bustle does not provide a structure to safely recuperate from the discomforts caused by operating at maximum capacity. Usually discomfort and pain are gradually experienced by individuals and are often ignored. Often the condition of pain increases, becoming chronic."

Chronic pain and discomfort effects individuals both psychologically and physically. With today's hectic pace optimum health is a necessity. Not only does Therapeutic Massage promote recovery due to old injuries and chronic pain, it also supports individuals in maintaining health and combating the effects of stress.

Chronic pain not only tires individuals physically it does psychologically as well. Therapeutic Massage is an alternative maintenance to obtaining optimum health and relaxation.

"More than 40 years ago, I became aware of the onset of MusculoSkeletal pain which the medical community could only relieve through the use of drugs. I was resigned to a life of pain. About a year ago I found Tee and (Myo-therapy/Massage therapy).

What a great adult life I could have had."— Bernice Barker/Retiree

"I was referred to Tee Torre by a physician for shoulder and hip injuries and arthritis. I have received massage therapy for more than a year and a half and have shown substantial improvement." — Mirza Amirkhan/Business Owner.

"When a woman is pregnant, the changes in her body cause new aches and pains even if she is following a comprehensive exercise program. A common complaint is low back pain which can cause severe discomfort.

Tee's therapeutic massage was very beneficial to my health when I was pregnant. Not only did the massage relieve my low back pain, but it also contributed to overall relaxation." — Cynthia Hollingsworth/Attorney.

"In Nov., 1989, I began experiencing muscle spasms and soreness in my back. This was caused by an auto accident. The pain and discomfort was constant. After consulting several physicians, taking physical therapy and bio-feed back, some relief was obtained, but not to the degree where

I could function as a happy, healthy human being. After having my first massage by Tee there was some immediate relief. I no longer get up in the morning wondering if my back will be hurting. The headaches have subsided.

My energy level is increasing and my mental attitude is returning to one of well-being and confidence." "I recommend this treatment to anyone. I consider this a great stress release from the pressures of a professional full time job, a part-time antique business, and maintaining a family and home life." — Peggy Hadaway/Professional.

Health professionals are rapidly recognizing and appreciating the benefits of Therapeutic Massage as a safe and effective alternative to combating chronic pain and the effects of stress. Therapeutic Massage is administered at the Theatre Lane studio or the convenience of your location. Please inquire for further information at 522-7600.

*Tee Torre is a state registered massage/myo-therapist.*