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# Feel Good News

Newsletters are available at [www.oliviatsu.com](http://www.oliviatsu.com)

## Oliviatsu Offers Healthy Touch and Pain Relief for Obese Clients

By now, we've all heard about the rising obesity rates in America. The stress of carrying extra hundred pounds puts enormous pressure on a person's body. Knees, hips, neck, low back, and feet are prone to pain. If a person is sedentary, circulation may be compromised, sometimes resulting in edema, and range of motion may be decreased. Obese people are also more likely to suffer from high blood pressure. Fortunately, these conditions can be helped by Oliviatsu.

An obese person is just as deserving of Oliviatsu as an average weight person. They are a soul within a body deserving loving respect. For many obese people, there are emotional and psychological ramifications to their weight. According to the North American Association for the Study of Obesity, this weight stigma results in higher rates of depression, anxiety, social isolation, vulnerability, and low self-esteem. Oliviatsu offers a safe atmosphere that encourages their obese clients to feel welcome and not judged. Oliviatsu allows clients to be positioned in the most comfortable way using bolsters and applying appropriate pressure using my body weight. Oliviatsu can be a main outlet for wellness care by giving my best to offer them the relief they need.



## Meridian Stretch (Conception Vessel)

1. The starting position is a push-up.
2. The hips are raised a little so the body is slightly bent and off the floor.
3. From this position drop your belly or lower abdomen down to the floor.
4. Keep your shoulders directly over your arms with the elbows locked to provide stable support.
5. Drop down slowly as you exhale and relax your whole body after you reach the fully stretched position.
6. Tilt your head back and feel the tension on your center line as you inhale.



## Healing Foods

### Bitter Melon: The Insulin-Like Substance

Bitter melon has the most of the Insulin-Like phytochemicals that bring sugar down. This vegetable (available at oriental grocery stores) naturally lowers sugar. Type 1 and 2 diabetics will want to use this Bitter Melon on a daily basis. Normal people should have it once a week at least because it is so high in phytochemicals. Bitter Melon is good for nearly all people except those with severe hypoglycemia.

## Contact Information:

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## Current Prices:

One Half Hour - \$50  
 One Hour - \$70  
 One Hour & Half - \$90

## Coupons:

\$5, \$10, & \$15  
[www.oliviatsu.com](http://www.oliviatsu.com)

## Discount packages:

3, 5, 7 & 10 sessions

## Massage parties:

Special occasions

## Outdoor Sessions:

1 Hour - \$125  
 1 Hour & 1/2 - \$150



*In loving memory of  
 my brother, George  
 E. Rice, who passed  
 away on Sunday,  
 March 29, 2009*