



Feel Good News

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Relaxation Therapy Lessens Migraine Headache Symptoms

Shiatsu lessens the symptoms associated with migraine headaches, including pain and sleep disturbances and increases serotonin levels. There is significant reduction in pain intensity, frequency, and accompanying symptoms such as nausea and vomiting. During the headache, shiatsu may be avoided depending on the symptoms. If shiatsu is desired by a client, a side-lying position with your head well supported, hips at 90 degrees, and a pillow between your knees is suggested. If the client is unable to tolerate direct work on the upper body, shiatsu can be limited to the hands and feet. Short sessions lasting 30 to 45 minutes are suggested.



Other recommended treatment schedules are a total of 10 to 12 sessions lasting about 15 minutes, each scheduled every other day. Strokes are specifically applied to muscles around the shoulder blades and across the ribs. With the client on their back, kneading, circular strokes with two fingers is used, including pressure in the base of the skull and muscles of the neck.

A big part of physicians treatment is a time-consuming and frustrating process to find the right medication for the individual. Many clients discontinue care and seek alternative shiatsu treatment options.

Healthy Organic Vegetables & Fruits

<u>Produce Examples</u>	<u>Possible Benefits</u>
Apricots	Powerful antioxidant properties
Artichoke	Helps detoxify the body
Asparagus	Contains vitamins A, C, E and B-complex, potassium, folate and zinc, also a powerful anticarcinogen

Meridian Stretch (Gallbladder)

1. Lie on your side and prop up your torso with the arm on the bottom slightly to the front of you with the forearm and palm against the floor for balance.
2. Raise the top leg straight up and support it with your hand.
3. As you continue to raise the leg, slide the supporting hand from the knee up toward the foot.
4. Try this stretch on both sides to see which side is more limber.
5. Repeat this stretch about five times on the easier side and then change to the other side and repeat another three times.

Two Workshops Enhance Oliviatsu

As a shiatsu practitioner, I am dedicated to helping you enjoy a better quality of life, therefore I attend self-improvement workshops. Drs. Richard Yensen and Donna Dryer conduct the Heart of the Shaman workshop June 15-22nd on Cortes Island, British Columbia, Canada. A shamanic environment is created as a sacred vessel for deep personal exploration and spiritual growth.

Dr. Stephan Hausner, a naturopath and homeopath, explores the systemic cause of both physical and psychological diseases through Bert Hellinger's approach of Family Constellations in Bethesda, Md. Dr. Hausner examines unresolved issues that may be impacting the state of one's health that are usually passed down through generations. Thank you Isabel Bradley for sharing.

Emotional Sources of Disease

<u>Problem</u>	<u>Source</u>
Ears	Too hard to accept what is said, Earaches = anger, Deafness = refusal to listen
Feet	Self-understanding, moving forward
Fingers	Index = ego, anger and fear Thumb = worry Middle = anger; right=man; left=woman Ring = unions and grief Little = family and pretending

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Warm Spirit

I have added a line of all natural, personal care products that complement my shiatsu business perfectly to care for your body, mind and spirit. For more information, go to my website,

www.warmspirit.org/oliviarrice

Oliviatsu: Shiatsu massage with Olivia, "Quality time well spent caring for your body, mind and spirit."