

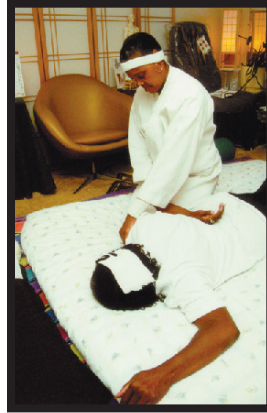


Feel Good News

Volume 43, Aug/Sept 2007

Shiatsu Affects Posture, Perception, and Breath

Posture reflects how we are and how we feel at any given moment. If we are down in the dumps, our bodies sag; when our spirits lift, so do our bodies. Posture includes the ways in which we move and breathe, digest and think, feel and perceive. Healthy breathing habits and healthy posture go hand in hand. While inhalation lifts and tones the body, exhalation settles it. Shiatsu improves breathing whenever it releases tension in the spine, chest, abdomen, neck or shoulders. Shiatsu addresses the clients' breathing and indirectly their posture in every session, freeing client's bodies from their most recent postural tensions and breathing restrictions.



Your best posture and freest breathing occurs when you are in a relaxed, good mood. In such moments, your perceptions are open and adaptable. You are aware of the spaciousness of your world and, at the same time, you feel at ease, secure and grounded. Also at such moments, your spine and rib cage subtly rise and settle on the wave of your breathing. Breathing is easy and pleasurable. In the holistic world of the treatment room everything is connected. My goal is simply to help you learn to duplicate the relaxed steady breathing that occurs during shiatsu.

Healthy Organic Vegetables & Fruit

Kohlrabi	Excellent source of vitamin C, potassium, & fiber. Also helps to regulate blood sugar & yeast levels.
Mangoes	Great source of vitamin C.
Mushrooms	Good source of B-complex, potassium, & selenium. Also helps strengthen the immune system.
Mustard greens	Help fight against cancer and strengthen the immune system. Good source of vitamin E.

Meridian Stretch (Heart Cont. & Triple Heater)

1. Sit on the floor cross-legged the easiest way for you to avoid straining yourself. Next cross your arms one over the other and grab the opposite knee.
2. Next bend as far forward as possible and use your arms to pull yourself down so your forehead reaches down toward the floor. After exhaling completely and bending down as far as you can, draw in a deep breath.
3. As you exhale again you should be able to feel lines of tension relax. Repeat this sequence three or four times to give yourself an idea of what it means to relax and stretch.



Warm Spirit Connection

Essential Spa Body Lotion

Warm Spirit's Essential Spa blend contains eucalyptus to invigorate and detoxify; lavender to calm, soothe and balance; and rosemary to refresh and energize. Nature's bounty of healing herbs and beautifying remedies unite in one of our most exquisite lines, Warm Spirit Essential Spa.

Aparaben-free moisturizing lotion enriched with African shea butter and stimulating essential oils. After bathing or showering add a generous dollop of our rich moisturizing lotion and your whole body will smell wonderful and feel even better. The sweet cream is formulated from a unique herbal tea and botanical extracts base to which essential oils have been lavishly added.

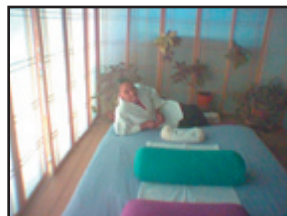
www.warmspirit.org/oliviatrice

Healing Foods - Acai (ah-sigh-ee) Berry

Acai berries have 10 times the antioxidants as grapes and 2 times the blueberry. Native to Brazil, these berries have been studied and observed to destroy human cancer cells according to a study performed in April 2006 in Gainesville, Florida. In January 2006 the Journal of Agricultural and Food Chemistry, published a study that showed extracts from Acai Berries triggered a self-destruct response in up to 86 percent of leukemia cells tested.

The 32 ounce Organic Acai Concentrate gives you thirty-two 1 ounce servings of carefully processed Acai from a company called Amazon Thunder. Acai gives a definite energy boost and is a great way to get purple phytochemicals which are very powerful for healing. For more information, www.Food-Healing.com

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Outdoor Massage a Hit!

If you think you have had a massage before then you need to try a massage outside in the Paradise Pavilion (weather permitting). Little touches of white paper lamps, plants, scatter rugs, soothing incense, relaxation music, & ocean sounds accent the space. Whether you have Swedish or Shiatsu massage, your mind, body & spirit will surrender to this spacious setting out in nature.

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