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# Feel Good News

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

## Oliviatsu Revisits the Forgotten Abdomen

The abdomen is a primal area of emotion where tension—perhaps the deepest tension in the body—is stored. According to Ron Kurtz and Hector Prestera, founders of Hakomi Bodywork, Humans have two different, often opposing, drives. The *belly mind* contains our non-rational consciousness of hunger, satiation, sexuality, and intuitive awareness of our environment and of other people. The *head mind* specializes in more rational and logical thoughts and plans. Conflicts that arise between the two are usually expressed by the emotions of the heart and chest: "Chatter and static fill the abdomen, the heart begins to pound, and the respiration may become shallow and rapid, or suspended. The *belly mind*, in the face of this raging turmoil, attempts to protect itself by contracting the diaphragm and the belly muscles, thereby cutting down on the emotions flooding it." The abdominal muscles are critical to efficient movement, intimately interwoven with the digestive and respiratory functions, and are prime repositories of emotional stress. Together, these muscles create various movements, support the trunk against gravity, and help hold the abdominal organs in place.

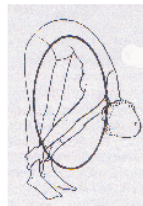


Oliviatsu gives clients the chance to experience their bodies as a whole. This sensation of connectedness has been called perhaps the single most pleasant sensation

of a complete body-work session. One of the most important messages to give clients is that the body is interconnected. For reducing tension, Oliviatsu deals with the body as a whole.

## Meridian Stretch (Spleen and Stomach)

1. Stand with legs slightly less than shoulder width apart.
2. Bend over and firmly grasp above each ankle from the front.
3. Squat down while grasping both legs and then stand up again.
4. When you use all your strength to pull up on your legs, it will cause your heels to lift up off the floor.
5. After 5 times, put your heels back on the floor, squat down, and feel yourself relax all over.



## Healing Foods Brazil Nut: A Special Helper

The highest in any food is the mineral selenium. Studies are showing that we need selenium, but that too much of it is perhaps bad. It is recommended that you eat not more than 5 per day. Studies show that selenium can help in the fight against cancer and help the body's immune system to fight stronger. Brazil nut's high selenium also makes them excellent for people with low thyroid function and Chron's disease.

## How Touch Affects Adult Body Functions

Generations of people have grown up in this country deprived of loving human touch. The repercussions of years and years of "hands-off" training, and our culture continues to struggle with the meaning of touch and the contexts in which touch can be appropriate. Human touch has a powerful effect on the way the body functions throughout the lifespan. From heart rate to blood pressure to the efficiency of the digestive system, healthy touch can make the body work better.

Though it may sometimes be challenging for an individual to find the right type of touch to bring support, relaxation, and healing, the rewards are worth the effort. Study after study shows that receiving touch that is pleasurable, safe, and appropriate reduces sickness, depression, and aggressive behaviors. According to Dr. James Prescott, a developmental neurophysiologist at the Institute of Child Health and Human Development, "I am convinced that deprivation of body touch, contact, and movement are the basic causes of a number of emotional disturbances which include depressive and autistic behaviors, hyperactivity, sexual aberrations, drug abuse, violence, and aggression." As a bodyworker, Oliviatsu plays a vital role in communicating the value of therapeutic touch.

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## Current Prices:

One Half Hour - \$50  
One Hour - \$70  
One Hour & 1/2 - \$90

## Gift Certificates:

Special occasions

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3, 5, 7 & 10 sessions

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