



Feel Good News

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Shiatsu Eases the Elderly's Loneliness

Shiatsu is one way to bring touch firmly back into the lives of the forgotten, the abandoned, and those who are alone. Just as with any other age group, shiatsu has proven to be physically beneficial for the elderly, too. Shiatsu has shown to improve circulation of both blood and lymph, stimulate the nervous system, soften tight muscles, and enhance function of the digestive and respiratory processes. Giving touch to the elderly can also increase appetites, decrease the need for pain medications, calm agitated states, promote restful sleep, and decrease post-surgical recovery. But beyond the physical, shiatsu



has a more emotional benefit for the elderly client — to sweep loneliness away. Isolation can be swept away with a single stroke of the hand. Touch needs do not seem to change with aging. If anything, they seem to increase. The caring touch of shiatsu helps address life issues for the elderly such as depression, feelings of isolation, lack of self-esteem, and anxiety. Shiatsu provides companionship, nurturing, and a certain type of nourishment. Touch, when done with heart, is always healing.

Disease-Fighting Vegetables

Color	Produce Examples	Possible Benefits
Red	Guava, pink grapefruit, tomatoes	Reduced lung and prostate-cancer risk
Red	Beets, kidney beans, raspberries, red apples, red cabbage	Lowered blood pressure; protection against circulatory problems

Shiatsu Helps Heal the Workplace

One of the easiest and most successful ways to promote health and healing in the workplace is to recognize and address the stress created there and seek to reduce it. The health of an organization is directly determined by the health of its people.

Stress and trauma in the workplace have no place to go but underground. We learn to tough it out, but the cost to our creativity, innovation, balanced judgement, enthusiasm, service, and empathy is enormous.

People under stress are profoundly transformed through the experience of shiatsu. This energy therapy is specifically designed to nurture, soothe and restore your body from your labors. The professional touch of shiatsu hampers the potential for conflict in the workplace. The reward for nurturing the body is enhanced creativity, efficiency and productivity.

Meridian Stretch (Bladder)

1. Sit on the floor with your legs stretched out in front of you and bend both your knees upward toward your chest.
2. Next, grasp the outside of each foot as you slowly inhale and straighten out your knees and extend your legs.
3. Pause in this position for a moment and then exhale and release the tension along the back.
4. Return to the starting position by drawing your knees up to your chest.
5. You can repeat this sequence up to ten times, each time relaxing and stretching further as you exhale.

Diabetics Need Healing Touch, too

A labor-intensive, self-management disease as diabetes, bodywork not only supports people in feeling well, but also coaches them to achieve their goals within a partnership model. There's a lot of fear about touch in diabetes, but diabetics need to be touched. A combination of techniques from shiatsu, massage and energy balancing for stress reduction and improvement of circulation systems and detoxification together encourage healing and self-determination. The combined treatment addresses the many body system challenges of diabetics, including reducing blood glucose levels, improving circulation and kidney function, and reducing swelling. Bodywork helps diabetics relax and experience pleasurable sensations in bodies and minds that experience pain and numbing.

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

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