



Feel Good News

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Therapeutic Touch Helps Reduce Dementia/Alzheimer's Behavioral Symptoms

The American Academy of Neurology studies show that therapeutic touch elicits a relaxation response in dementia/Alzheimer's patients. Various forms of gentle touch, such as hand treatments, proved effective in decreasing problematic behaviors. Caregivers can apply gentle touch to the shoulders, back, and upper neck, concluding with resting one hand on the forehead while making contact with the back of the neck with the other hand.



to-day challenges of behavioral symptoms. It can be applied in a variety of environments, requires no equipment, and can be easily taught to family and staff. A study of in-home use of slow-stroke massage to the upper body showed a reduction of the physical behaviors, such as pacing, wandering, and resisting. As a viable alternative in dementia and Alzheimer's care, gentle touch decreases patient agitation resulting in a more calm environment.

Therapeutic touch offers some hope to both families and care facilities looking for effective approaches for dealing with the day-

I touch my mother like I have never touched her before.

Healthy Organic Vegetables & Fruits

Produce Examples

Possible Benefits

Barley	Helps lower blood cholesterol; helps fight against intestinal cancer; contains B-complex, thiamine, niacin, minerals, iron, and calcium, potassium, and phosphorus.
Beet greens	Contain vitamins A, B-complex and C, calcium, iron, magnesium, and phosphorus

Meridian Stretch (Large Intestine)

1. This exercise gives you a chance to express the movement of life with a squirming and wriggling motion of your whole body.
2. Start by pressing your heels and shoulders against the bed or floor and shake your body loosely.
3. Keep your waist relaxed and allow it to bend from side to side.
4. Start with slow movements from side to side and allow the energy from inside of you to build up the movement.
5. Think of this exercise as a movement to awaken the energy lying latent in your body.

Warm Spirit Connection

Shop smart and reduce your stress this holiday. Go on-line and shop from home. Warm Spirit has over fifty beautifully wrapped gift sets that you can divide among several people. Each item is a gift in itself. Prices range from \$15 to \$130.

The Christmas shipping schedule is as follows:

December 12th - 9 a.m. PST - Ground
 December 19th - 9 a.m. PST - Express
 December 20th - 9 a.m. PST - Priority
www.warmspirit.org/oliviarice

If you want to try products before buying, I have a selection on display. Last minute gift ideas can be purchased on site.

Emotional Sources of Disease

Problem

Source

Hands	Holding on too tightly to money or relations. Arthritis = self-criticism, internalizing criticism, criticizing others.
Head	Us, what we show the world, something radically wrong.
Headaches	Invalidating the self.
Heart	Heart is love and blood is joy. Heart attacks are a denial and squeezing out of love and joy.


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Oliviatsu at University of Baltimore

I offer shorter sessions for less money to the UB community only during the school semester. The school is located at Charles St. & Mt. Royal Ave. I am available on Mondays and Tuesdays from 4 - 6 p.m. Appointments are scheduled by e-mail 24 hours in advance.

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