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Feel Good News

Newsletters:
www.oliviatsu.com

Oliviatsu Offers Comfort Touch to the Frail and Elderly

Comfort touch is a nurturing style of touch for the frail and elderly arising out of the basic human need to care for others who long for connection. The principles of comfort touch are slow, comforting, respectful, into center, broad, and encompassing.

Slow: The techniques are practiced slowly, in a relaxed manner, which contributes to the calming and sedating effect. The slow pace of contact allows ample time for clear communication and ensures that the client does not feel overwhelmed or surprised with an unexpected touch.

Comforting: Comforting touch offers encouragement, supporting people to feel stronger in their ability to cope with physical, mental, and emotional challenges. Touch is offered in a way that provides assurance and a calming cloak of comfort.

Respectful: The attitude I maintain is compassionate and nonjudgmental, contributing to a safe and healing atmosphere for the client.

Into Center: The direction of pressure will not wrinkle the fabric or push in one direction or the other. The warmth of my hands should sink into and through the layers of the body, sedating the nervous system.



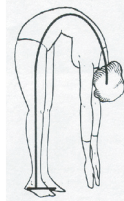
Broad: Contact is made with broad, even pressure which optimizes the feelings of soothing warmth, comfort, and connection.

Encompassing: My hands conform to the shape of each

part of the body. Encompassing touch contributes to a feeling of wholeness and connection which allows the client to feel cared for and acknowledged as a worthwhile human being.

Meridian Stretch (Kidney and Bladder)

1. Stand comfortably with your feet slightly less than shoulder width apart.
2. Bend forward by using your fingers to crawl down the front of your legs.
3. Relax once you bend down as far as you comfortably can and hold your legs.
4. Gently draw your head toward your legs.
5. When you feel the lines of tension down your back and legs, relax your arms and crawl back up.
6. Repeat five times and feel the lines of tension ease.



Healing Foods

Cabbage: Cancer Crusher and Stomach Healer

The amazing cabbage is overflowing with phytochemicals and it is the single most popular vegetable on the planet. Cabbage has special phytochemicals for healing ulcers, stomach, aches, and even stomach cancer. It is the mighty stomach healer. Cabbage has a special phytochemical that gets converted into DIM upon entering your stomach. Cabbage goes far beyond one disease and is very beneficial for everybody, especially breast cancer.

Why Continue Oliviatsu Treatment?

A client who experienced whiplash from a car accident had been suffering with pain for years. The range of motion from side to side and up and down was extremely limited. "Why do I hurt so much? What is wrong with me? I am sure this is due to the accident, but I don't know why the pain is so bad. It did not start right away, but now it is terrible."

An hour of Oliviatsu had changed it. While initially thrilled, the realization that there was an answer all along was too much to bear. The client wavered back and forth between the initial fear that something was permanently wrong, to elation in the improvement, then sadness that the client suffered for so long, to fear that the improvement would not last, to disbelief that noninvasive, energy treatment like Oliviatsu could do what other treatments could not.

Two weeks after our session, the range of motion improvement had largely stayed but some pain still lingered. Instead of seeing this improvement as an opening, the client dismissed it because of a belief that soft tissue and blocked energy alone could not cause so much pain, nor could noninvasive, Oliviatsu treatment create such improvement. Even the power of the client's personal experience was overridden by the belief system about soft tissue and hands-on treatment.

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Current Prices:

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

Gift Certificates:

Special occasions

Coupons:

\$5, \$10, & \$15
www.oliviatsu.com

Discount packages:

3, 5, 7 & 10 sessions

Massage parties:

Special occasions

Outdoor Sessions:

One Hour - \$125
One Hour & 1/2 - \$150

