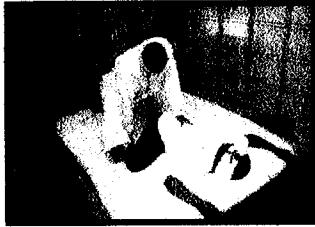




Feel Good News

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Shiatsu and the Kidney Meridian



The kidney meridian relates to impetus, the ability to respond to stimulus and to summon up energy when we need it. Hormones are one of our principal sources of impetus. The kidneys control the whole body through hormonal regulation. Hormones from the pituitary gland help the kidneys control the balance between water excreted from the body as urine and the water remaining in the tissues. Problems which occur when the kidneys are not controlling water are over-hydrated or swollen skin, frequent or sparse urination and densely colored urine. Prostate problems may also occur.

The kidneys help us to adapt to stress through the adrenal glands which involves the fight or flight response of the sympathetic nervous system. A deficiency of the adrenal functions means that our reaction to stress is characterized by lack of determination and extreme fatigue. There is continual anxiety and the person is jumpy and easily startled. However, the kidneys also indicate a person's will. The person demonstrates extreme courage, overcoming fear to accomplish goals against the odds.

Shiatsu Treatment & Addiction

According to Tiffany Fields and the University of Miami's Touch Research Institute, anyone who is trying to come off drugs will benefit from a regular shiatsu session because shiatsu invigorates the body's own healing processes.

Shiatsu shows the addict that there are other ways of feeling good apart from taking drugs. As a means towards recovery, shiatsu assists in fighting off the depression, low self-esteem and lethargy through improved circulation, relaxation and re-energizing effects of a session.

Take Time for Yourself with Shiatsu

Have you ever said, "I don't have time to take time for myself"? This is the new mentality of a society under constant stress and demands. Consequently, people are disconnected from what they feel and live comfortably numb. When you are disconnected from what you feel, your life becomes comfortably habitual. Most people live their life from the neck up. Shiatsu is one of the best tools that allows us to connect our heads with our bodies once again.

Shiatsu is about waking people up—connecting them with how they feel. It's about disease prevention and detection; but it's also about returning people to themselves. What we forget about the mind/body connection is the care of our body directly affects the state of our mind.

Meridian Stretch (Spleen/Stomach)

(Exercise "O")

1. Begin by standing with the legs slightly less than shoulder width apart.
2. Then 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 pull up on your legs it will cause your heels to lift up off the floor and you will be balancing on your toes.
5. Start with several gentle lifts.

Nikken PiMag Water System

Water filtered through the Nikken PiMag Water System contains calcium, a natural alkaline substance. The PiMag system also uses four advanced technologies to filter out sediment, chlorine and more. Treating that same water in the PiMag Optimizer oxygenates and ionizes it, producing a refreshing drink that not only tastes great, but is great for your body. Highly alkaline water is important because the Western diet and lifestyle (sugar, chemicals, alcohol, excessive protein, stress, etc.) lead to a high level of acidity in one's system. Acidity can rob your blood and tissue of oxygen, putting a burden on the heart and lungs as it drains your stamina.

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February Winter Sale—50% Off!
Half hour shiatsu session for \$22.50. Regular price \$45. Not available for sessions February 9 through February 15. Offer expires 2/28/03.

Check out my new website:
www.Oliviatsu.com