



Feel Good News

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Fred Couples Chooses Self-Healing During Buick Classic



Fred Couples led the second round at the Buick Classic last week where he shot a bogey-free 6-under 65 after acupuncture sessions with Halina Snowball in Greenwich, Connecticut according to *The Sun*. "As soon as I left her office yesterday, I didn't have any pain in my back," Couples said. "I don't get it, but I'm going to keep trying it. To me, it's unbelievable what self-healing techniques can do."

Shiatsu is acupuncture without needles. Finger pressure instead of needles is applied at specific points to treat chronic pain and stress and restore the body to a healthy balance. Treatments contain a number of techniques, depending on the problems being addressed. Gentle stretching can lengthen shortened, tense tendons and ligaments and relax hardened muscles with gentle pulling on the limbs. Shaking and swinging the hands, arms or legs can increase blood and lymph flow and calm anxiety. Kneading can relax tight muscles and help to increase blood flow. Shiatsu can help prevent illness and alleviate pain and other symptoms of disease if applied regularly.

Various Types of Headaches

1. Dangerous—physical or organic cause, w/high fever, aches, pains, earache, dizziness or fainting.
2. Cluster—arrive in clusters several times day/week & disappear for months w/stabbing sensation in eye, tearing in eye/nosril & agitation.
3. Tension—tension, soreness, pain in neck, shoulder, head, face.
4. Migraine—disabling pulsing/pounding in head, feeling of misery, w/nausea, vomiting, mood, visual, smell, sound disturbances.

Oliviatu Helps Clients w/Headaches

Oliviatu creates a calm, quiet neutral environment where the room temperature is warm, the lighting is soft and indirect, and the room is decorated with muted colors to promote feelings of safety and comfort. A slow, gentle touch is used to treat all headache types to ease the tissue out of its conventional holding patterns. Oliviatu loosens what's tight, stuck, still, or immobile in tension headaches, and quiets, stills, or calms the pounding, pulsing sensations from migraines. The clients breathing pattern is guided from being high in the chest which causes tension in the neck and shoulders to lower in the body toward the abdomen for more centered breathing. Poor posture contributes to headaches through strain on the upper back, neck and shoulders. Oliviatu helps the body to unwind by loosening tight shoulders, neck, head and assists with vertical alignment of head, neck, shoulders, and hips. Oliviatu can help reverse the pain pattern.


Meridian Stretch (Spleen) Exercise "b"

1. Sit on the floor with both legs extended straight out to the front and both hands on the floor behind and to the side of your hips so that your arms prop you up from behind.
2. From this position slowly inhale and begin to raise your belly up as high as it will go as your head comes down.
3. Slowly exhale after getting into this position and feel your body relax slightly with the exhalation.
4. Repeat this stretch seven to ten times and use this chance to arch your body up even further.

Shiatsu in Touch w/Odyssey 2004

I had a ball at Idamar's Odyssey Network Business Retreat where I was able to renew old friendships with roommate Dee Tyner and Goretta Hall. It was so easy to make friends at every opportunity. I can't wait to go shopping again with Sylvia Adams. Thank you Carole Stovall for the marketing idea. We'll have to do lunch again, Juanita Wright, Antoinette Rowe and Verdia Johnson. John Copeland, I'm glad I came to the breakfast roundtable discussion by mistake. I enjoyed meeting Marsha Haygood at the "Art of High Tea" where we discussed etiquette tips. Thank you Myrna Wigley for your personal note.

I will keep in touch with all of you through my newsletter.

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

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