



# Hands of Health Newsletter

November/December 2006

Hello, again:

I blinked! I blinked and it was November and the year is almost over. The holidays are a blink away and the celebrations are about to commence. Be sure to remember that some indulgence is definitely in order during the festivities but also remember it is possible to eat very healthy while doing so. And we can still stay on our exercise *and* MASSAGE routines. I wouldn't think of missing out on them. I mean who wants to miss their *massage*!? It all adds up to a happy, healthy, holiday season. As always I've found interesting information to pass on so read, learn, and enjoy.

I've really enjoyed Kevin Trudeau's book "Natural Cures They Don't Want You To Know About." One of the best reasons to get a massage is for STRESS and in Kevin's book he has a very long list of ways to offset and reduce stress. There are 36 ways but I'm not going to list them all; just most of them and a little blurb to go with them if they really need it because some are self-explanatory.

1) Listen to de-stress CDs. These are specially created music and do require headphones. Kevin Trudeau highly recommends those of Dr. Coldwell: Contact his associate - drhohn@goodlifefoundation.com.

2) Laugh.

3) Smile. It takes only a few muscles to smile but many to frown. And it makes people wonder what you've been doing. It also strengthens the immune system and releases endorphins from the brain.

4) Get and give hugs.

5) Speak powerful words. Speak positively. Remember the saying "Be careful what you ask for; you may get it."

6) Sleep eight hours. Solid, deep, restful sleep every night.

7) Rest from Friday sundown to Saturday sundown. Kevin says resting during this time promotes optimal rejuvenation of your cells.

8) Go to bed at approximately 10:00 p.m. and rise at approximately 6:00 a.m. I get up at 5:00 a.m. These are the best times for the body to rest.

9) Take an afternoon fifteen minute break. This allows your body to decompress, unwind and rejuvenate.

10) Don't read the newspaper. Too much negativity. Not conducive to good health.

11) Don't watch the news. Same reasons. It can also offset your pH balance.

12) Have sex. Sex promotes health.

13) Commit reckless acts of kindness. Just be kind to EVERYONE. This stimulates the body's immune system.

14) Listen to nice music. I suppose this goes along with #1 on this list. Different music has different effects on the body; some negative, some positive. Kevin has a list on his website at [www.naturalcures.com](http://www.naturalcures.com).

15) Get out of debt. Stress is a silent killer and financial pressure causes a massive increase in stress which leads to disease. Time for some plastic surgery: cut up your credit cards!

16) Drive less. Enough said.

17) Be thankful. Count your blessings.

18) Be lighthearted. Research has been done around the world on centenarians and the key factor is they take life very lightly.

19) Stay away from psychiatrists and psychologists. Psychiatrists will most likely prescribe drugs and it has been fact they prescribe some of the most dangerous drugs with profound effects. And you get worse. Kevin says this; not me. And a psychologist I knew recently had more problems than her clients and I was a psych major in college but didn't do anything with it. Now you know why I'm a MASSAGE therapist; not a psychologist.

20) Get a pet. Having a pet leads to longer life and less disease. My four cats (and one stray) are the joy of my life.

21) This is very important: GET REGULAR MASSAGE! I added this one. Kevin recommends it somewhere in the book but it holds true. It's one of the best ways to control and reduce stress.

Hope you gained something from this. On to the administrative stuff. As I mentioned in my last newsletter my rates will be increasing as of January 1, 2007. I haven't had a rate increase in 5 years and the costs of running a business continue to rise. The increases are minimal but still my rates are reasonable. They are as follows.

Full Session . . . . .	\$65
1/2 Session . . . . .	\$45
Apricot Body Scrubs . . . . .	\$80
Lymphatic Massage . . . . .	\$70
Chinese Herbal Wraps . . . . .	\$80
Students (must show current ID) . . . . .	\$30
House Calls (travel charges may apply) . . . . .	\$85
Senior Citizens (Mondays - 65 & over) . . . . .	\$40

# STATE PESTICIDES DIRECTORIES

There is a lot of information on the internet, and it is sometimes hard to find what you're looking for. The "Beyond Pesticides" website makes it easy to find information about what's going on in your state with its "state pages". These pages filter pesticide news, contacts to local organizations, state and local school pesticide policies, government contacts and pest control operators that provide least-toxic services in your home state.

To find pesticides information for your state, go to: [www.beyondpesticides.org/main.html](http://www.beyondpesticides.org/main.html)

Also keep in mind gift certificates! They are always a great holiday gift for all the holidays you celebrate and we have a few ahead of us. It's great for me because I'll celebrate everything I can. So have a joyful, healthy festive holiday season, DON'T DRINK & DRIVE and have a very Happy New Year! I'll be back in touch in January 2007; amazing!

Until next time,

Stay healthy, stay well,



*With proper care the human body will last a lifetime.*