



LOTUS MASSAGE
WELLNESS CENTER

LOTUS WELLNESS NEWS

326-7700 • 2850 E. Grant Rd. • www.lotustucson.com

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WELCOME!

Lotus Massage & Wellness Center offers Lotus Wellness News by email several times per year. Each newsletter brings you a variety of healthy and green lifestyle tips, massage and bodywork info, inspiring quotes, self-care ideas, and the latest at Lotus Center. To subscribe, please email us at wellnessnews@lotustucson.com.

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LOTUS CENTER NOW OPEN!

Lotus Center is open and ready to offer you exceptional massage and bodywork! Our operating hours are:

Tuesday – Saturday, 9:00 a.m. – 8:00 p.m.

GRAND OPENING SPECIAL

Our Grand Opening Special offers an outrageous **\$20 discount!**

Through April 20, celebrate the unfolding of the Lotus with:

60-minute treatments discounted from \$68 to \$48

90-minute treatments discounted from \$94 to \$74

This applies to any therapeutic massage and bodywork. This may be your one and only chance to pay discount-massage-house prices for premium services! Call 326-7700 to schedule.

MARCH CLASSES

Renewal of Spirit with Yoga and Nature – with Seja Snow

Saturday, March 10, 8:30 a.m. – 5:30 p.m.

This special day of inner renewal in the great outdoors will focus on awakening our senses, opening to inner and outer worlds, and enhancing our ability to be present in the moment. We will share a variety of rich experiences, including sensory awareness exercises, yoga poses, breath work, massage, a short hike, and quiet time in Nature.

Chinese Medicine for the Soul – with Brook Gauthier

Monday, March 26, 6:00 – 8:30 p.m.

Understand your body as a reflection of nature. Discover new ways of receiving nourishment and bringing your unique “ecosystem” into balance. Through lecture and guided meditation, discover how the ancient wisdom of Five Element Theory can deepen your understanding of your own constitution and enliven your divine voice and purpose. Visit www.lotustucson.com/classes.html for more info.

EXERCISE BENEFITS YOUR BRAIN

The onset of dementia, including Alzheimer’s disease and other dementias, may be delayed by regular physical exercise. A study tracking over 1700 seniors for six years found that those who exercised three or more times per week were 32 percent less likely to be diagnosed with dementia than others who exercised less frequently.

[Reported in *Nutrition Action Healthletter* from *Annals of Internal Medicine*]

ANTI-BACTERIAL PRODUCTS WORSE THAN WORTHLESS

A U.S. Food and Drug Administration (FDA) advisory panel concluded that “antibacterial” soaps, deodorants, and other products pose unacceptable risks. A coalition of 17 public health organizations has petitioned the FDA to expedite a ban of the chemicals used in such products. Research indicates that soaps with these chemicals are no more effective than plain soap and water; that their use may accelerate the growth of resistant “super bacteria” (a serious danger in hospitals and nursing homes); and that upon reaching aquatic ecosystems these chemicals can kill algae that are the foundation of food chains supporting all aquatic life.... What’s a body to do? Use up any anti-bacterial products you already have (rather than discard them) but do NOT purchase more.

[Reported by Beyond Pesticides, www.beyondpesticides.org]

BIOCHEMICAL STRESS MARKERS CHANGED BY MASSAGE

Yes, massage relieves stress (duh). But did you know this has been measured – repeatedly? A scientific review of over 30 research projects into the biochemical effects of therapeutic massage found that levels of cortisol (produced by the body during stress, it decreases immune function) decreased 31 percent on average. And serotonin and dopamine, two neurotransmitters that reduce stress, increased an average of 28% and 31% respectively. These are impressive numbers! Even more impressive is the fact

that these changes held across research clients suffering from various pain syndromes, autoimmune disorders, depression, HIV, breast cancer, chronic fatigue, job stress, and other serious problems.

[Summarized by *Massage Magazine* from *International Journal of Neuroscience*]

QUOTE OF THE MONTH

“Now is the time to live your ideal life.”

Phil Cousineau

Phil is a writer, scholar, filmmaker, and speaker based in San Francisco; his recent books include *The Blue Museum*, an anthology of his poetry. www.philcousineau.net

NONPROFITS WORTH KNOWING: NEW AMERICAN DREAM

In each issue of Lotus Wellness News, we introduce a different nonprofit organization. New American Dream suggests that the American dream of a decent home and material comfort has been buried by the illusion that more and more material wealth can make us happy. What most of us truly want is more of what really matters – things like more time, more fairness, and more fun. This great organization offers programs and materials that help you consume responsibly to protect the environment, promote social justice, and enhance quality of life.

www.newdream.org and www.responsibleshopper.org

If you know people who might be interested in Lotus Center or in receiving this newsletter, please forward this and encourage them to visit our website and subscribe.

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