



LOTUS WELLNESS NEWS

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Issue #2 – August / September 2007

WELCOME!

Lotus Wellness News brings you healthy lifestyle tips, massage and bodywork info, inspiring quotes, news from Lotus Center, and more. Please feel free to pass it on!

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QUOTABLE QUOTES

GUESS THIS!

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DRUM CIRCLE

NON-PROFITS WORTH KNOWING

NEW CLIENT SPECIAL

All new clients receive a \$10 discount on their first visit. Do your friends a favor and send them in! Or purchase a gift certificate for a new client and receive a \$10 discount.

QUOTABLE QUOTES

“The greatest danger, that of losing one’s own self, may pass quietly as if it were nothing; every other loss, that of an arm, a leg, five dollars – is sure to be noticed.” Søren Kierkegaard

GUESS THIS!

What percentage of American adults give their home computer more attention than their significant other? (Answer below.)

SEPTEMBER EVENTS

(Visit www.lotustucson.com for details.)

Simplicity Circle

Mondays, 7:00 - 9:00 p.m.

September 10, 17; October 1, 15, 29; November 12

Joan Arnold

Experiment with moving toward a simpler, less stressful, more meaningful, more vibrant life in an atmosphere of mutual interest and support. We'll examine what makes each of us happy in our own way and explore choices that can simplify our lives, reduce physical and mental clutter, reduce our environmental impact, improve our health, and grant more space and time for whatever matters most to each of us.

Life and Health Quest: Explorations through Art

Tuesday, September 18, 6:00 – 9:00 p.m.

Linn Lane -- Offered jointly with WomanKraft

What gives your life meaning and what role does your health play in making this possible? Are you taking steps to create the level of health and wellness you would really like? Are you a leader, follower, and collaborator in wellness for yourself and those you love? Explore these questions through simple artistic media, writing, movement, and discussion.

Knowing Our Selves, Healing Ourselves: A Voice Dialogue Workshop

Sunday, September 23, 10:00 a.m. - 5:00 p.m.

Ellen Sullins, PhD

Voice Dialogue is a profound tool for self-awareness that is highly complimentary to other methods of self-inquiry, including yoga and awareness-based meditation practices. The depth of understanding provided by voice dialog helps us better understand and embrace all aspects of ourselves and more consciously engage our different aspects or "selves" to our benefit, both in dealing with the world and in establishing our own wellbeing and happiness.

SLEEP MORE, LOSE WEIGHT?

Reasons to get to bed earlier:

1. Insufficient sleep increases insulin levels and thus increases risk of heart attack.
2. Insufficient sleep decreases immune function and increases the likelihood of catching a cold, flu, or worse.
3. Inadequate sleep causes hormonal shifts that make you feel hungrier at the same time that they decrease the efficiency with which you burn calories.
4. Remember how delicious it feels to wake up truly rested...?

EXERCISE SAVES TIME

Can't find time to exercise? The cost of inactivity may be higher than you think. When you're inactive, your body isn't static – it's going downhill. Countless research projects have documented the benefits of exercise in reducing your likelihood of diabetes, heart attack, stroke, osteoporosis (bone tissue loss), sarcopenia (muscle tissue loss), dementia, depression, colon cancer and breast cancer. Exercise also boosts immune function, thus

reducing your odds of a host of lesser maladies. So next time you think you don't have time to exercise, focus on the longer lifespan and quality of life you'll gain in the future by exercising now!

EAT MORE VEGGIES!

Making plant foods the mainstay of your diet reduces your risk of heart disease, stroke, diverticulosis, constipation, diabetes and macular degeneration (blindness) as well as your risk of cancers of the mouth, larynx, esophagus, stomach, colon, bladder, lung, and prostate. It also saves money, reduces your impact on the environment, allows you to avoid supporting inhumane treatment of animals, and lowers your risk of foodborne illness. "A diet rich in fruits and vegetable plays a major role in reducing the risk of all the major causes of illness and death," states Walter Willett, nutrition department chair, Harvard School of Public Health.

DRUM CIRCLE

Please join us in celebrating the rhythm of life! All skill levels welcome. Ongoing at Lotus Center on the last Saturday of each month. Extra instruments are available, or bring your own drum or hand percussion instrument. August 25, 7-10 p.m.

NONPROFITS WORTH KNOWING

PIMA TRAILS ASSOCIATION

As a community service, each *Lotus Wellness News* features a nonprofit organization: Pima Trails Association (PTA) has played a crucial role in protecting access to public lands around Tucson, pressing developers to improve trailhead facilities rather than block access. They've also been important in expanding foot, bicycle, and equestrian routes within the city. Now approaching its 20th anniversary, PTA is respected among trails advocates nationally because of how much it has accomplished as well as for having hikers, mountain bikers and equestrians working together. www.pimatrails.org

ABOUT THIS NEWSLETTER

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.

Please visit www.lotustucson.com for more information about what we offer, to view other newsletters, etc.

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GUESS THIS! ANSWER: 65%