



LOTUS MASSAGE
WELLNESS CENTER

LOTUS WELLNESS NEWS

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

Issue #3 – October / November 2007

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

“You are practicing medicine on yourself every day as far as your own personal health is concerned.”

[Allan Cott]

REFERRAL REWARDS

Refer a new client to Lotus Center, and receive a \$10 discount on your next massage. There's no limit! Refer two clients and get two discounts! Or ten clients... ten discounts! National Massage Therapy Awareness Week falls in October, but (being big on massage) we're celebrating for two months. So this offer is valid in October and November. The treatment for the new client as well as your own treatment must be scheduled during these months.

NEW CLIENT SPECIAL

Meanwhile, our New Client Special is ongoing through 2007. All new clients receive a \$10 discount on their first visit. So send your friends and family on over – you both benefit!

CHRONIC PAIN REDUCED BY MUSIC

A recent study found that listening to music for one hour daily reduced chronic pain by up to 21% and depression by up to 25%. The controlled clinical trial included 60 subjects all suffering from long-term pain. The benefits of listening to music were independent of whether the music was selected by the researchers or the subjects themselves.

[Reported in *Massage Magazine* from the *Journal of Advanced Nursing*.]

GUESS THIS!

When is it best to let my auto engine idle, and when should I turn it off? (Answer below.)

UPCOMING EVENTS

BREATHING TECHNIQUES FOR RESPIRATORY PROBLEMS

Free Lectures at Lotus Center

Wednesday, Oct. 24, 6:30 - 8:00 p.m.

Monday November 5, 6:30 - 8:00 p.m.

Sunday November 25, 3:30 - 5:00 p.m.

Please join us to learn about a physician-developed, clinically-proven breath retraining method that has been used to successfully treat breathing disorders like asthma, allergies, emphysema, snoring, sleep apnea and chronic cough as well as stress-related conditions where breathing is affected, including anxiety, panic attacks, and insomnia. Learn how breathing works and how to make simple changes that can immediately improve health. You'll go home with a breathing "tool" you can use anywhere. No registration is required, but if you have questions feel free to contact Robert Litman, 326-9775 or robert@asthmafreearizona.com. No charge.

ROAST THOSE VEGGIES

Eating more vegetables is advised by everyone from the U.S. Surgeon General to the American Cancer Society – and of course by your mother as well. To add easy variety to your veggies, try oven roasting:

Toss two cups of veggies in a baggie with 2 T olive oil, 1 t low-sodium tamari, and a few cloves of garlic. Spread the coated veggies across a baking pan or cookie sheet and roast until lightly browned, perhaps 10 or 15 minutes at 450° F.

continued

MASSAGE BENEFITS ARTHRITIS PATIENTS

Research conducted at the University of New Jersey and published in the Archives of Internal Medicine found that massage can provide effective relief for those with osteoarthritis of the knees. One group of over 40 patients received massage treatments twice weekly for four weeks and then once weekly for four more weeks. A similar group did not receive massage. After eight weeks, the massage group reported less pain and stiffness as well as better range of motion than the other group. Walking speed also improved for the massage group. One in five Americans has osteoarthritis and could potentially reduce their suffering through massage therapy.

THANKSGIVING HOURS

Lotus Center will be OPEN on Friday and Saturday of Thanksgiving weekend! Ease into the holiday season by treating yourself. Please think about bringing out-of-town guests for a taste of our uniquely *Tucson* atmosphere and great massage. Or invite a friend you haven't seen lately to come in at the same time, then sit back with a cup of tea after your treatments. Referral Rewards and the New Client Special would both apply.

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. We start with a bit of informal coaching on technique and rhythm and then go with the flow. Feel free to bring thoughts you'd like to share or requests for dedications. Extra instruments are available, or bring your own drum or hand percussion instruments. October 27, November 24, and December 29, 7:00–9:00 p.m.

LOTUS CENTER SEEKS TO EXPAND SERVICES

Lotus Center is seeking to expand our services. Please share our contact info with acupuncturists, Asian bodywork practitioners, energy therapists, hypnotherapists, or others with complimentary practices who might like to join the community of alternative health care practitioners at our environmentally responsible Wellness Center.

NONPROFITS WORTH KNOWING

As a community service, each issue of *Lotus Wellness News* offers a blurb about a nonprofit organization doing interesting work. So far we've featured local or lesser-known nonprofits, but we were just alerted by a client that The Breast Cancer Site needs more "clicks" to help them donate mammograms to women unable to afford the procedure. If you visit <http://www.thebreastcancersite.com/> and click the pink "click here to give" button (toward the upper right), it takes you to a page with ads and links for their sponsors. You don't need to do anything beyond that first click – their sponsors donate toward the free mammograms in accord with the number of people who click that button. Please consider making the site a favorite and visiting it regularly to click that magic button.

GUESS THIS! ANSWER

Auto engines are designed for motion, not rest. Anytime you're waiting more than 30 seconds, it's best to turn your engine off. Frequent restarting causes far less engine wear than excessive idling, which can damage several engine components. In fact, contrary to popular belief, idling is not an effective way to warm an engine on a cold morning and is not recommended by auto manufacturers.... Minimizing idling reduces air pollution and greenhouse gas emissions while protecting air quality and the health of all.

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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