



LOTUS WELLNESS NEWS

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

Issue #4 – Winter Solstice 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

“Out beyond ideas of right-doing and wrong-doing

There is a field.

I will meet you there.

When the soul lies down in that grass

The world is too full to talk about.”

[Rumi]

From all of us at Lotus Center: May you live in that field this holiday season and beyond.

CURRENT SPECIAL

Our New Client Special is ongoing through 2007. All new clients receive a \$10 discount on their first visit. And remember, if you buy gift certificates for new clients, you get the discount yourself!

GUESS THIS!

What single amazing substance has been proven in countless studies to be a ready remedy for the following: Headaches. Sleeplessness. Restlessness. A tendency toward emotional upset. Dry skin. Stiff joints. Bloodshot eyes. Persistent hunger. Poor elimination. Heat exhaustion. Stuffy sinuses. Reduced mental clarity. And more.... One amazing substance that helps all these.... (Answer below.)

UPCOMING EVENTS

BIOFEEDBACK FOR RELAXATION

Wednesday, December 5, 7:00 - 8:30 p.m.

Ann Baldwin, PhD

Learn about basic principles of biofeedback and discover how biofeedback can be used to visualize your heart's oscillations. Observe a demonstration of the use of fingertip biofeedback sensors to change breathing and heart rate and bring one back to a state of harmonic balance. Equipment will be available to try yourself. *Ann Baldwin is a Professor of physiology and psychology at UA and a Reiki Master.* See www.mind-body-science.com or call Ann at 795-4048 for info. FREE. Pre-registration required.

BREATHING TECHNIQUES FOR RESPIRATORY PROBLEMS

Wednesday, December 12, 6:30 - 8:00 p.m.

Robert Litman

This clinically-proven breath retraining method is used to treat breathing disorders like asthma, allergies, emphysema, snoring, sleep apnea and chronic cough as well as stress-related conditions involving breathing like anxiety, panic attacks, insomnia. Learn how breathing works and simple changes that can immediately improve health. *Robert Litman is a health educator who has taught anatomy and physiology and has a private practice in movement and breath education.* See www.asthmafreearizona.com and www.buteyko.info or call Robert at 326-9775 for info. FREE. Pre-registration requested.

SOUL'S JOURNEY SOUND CIRCLE

Sunday, December 23, 1:30 – 3:30 p.m.

Darrell Hicks

Celebrate the Solstice by joining a preeminent sound healer for a healing journey that will bring you to a state of sacred vibrational entrainment. A brief introductory talk will be followed by toning, didging, devotional chanting, and a guided shamanic journey, all with skilled musical accompaniment. *Darrell Hicks has worked in the healing arts since 1979 as a counselor, neuromuscular therapist, and practitioner of Asian and other bodywork and energy work.* Please see www.darrellhicks.com or call Darrell at 971-3255 for info. Fee: \$10 for this two-hour session. Pre-registration required.

CONSUMER SURVEY ON MASSAGE USE AND ATTITUDES

The 11th annual consumer survey on massage, commissioned by the American Massage Therapy Association (AMTA) through a professional polling firm, found that 24 percent of adult Americans received at least one massage in the last 12 months, while 34 percent had massage in the past five years. *Continued on next page.*

And more Americans view therapeutic massage as a basic tool for maintaining health and wellness: Almost one-third have used massage therapy at least once for pain relief or pain management, injury rehabilitation, headache control, or overall wellness. This compares with 22 percent seeking massage purely for relaxation. Only 13 percent of the public still views massage as just “pampering.”

Even those who have not received massage tend to recognize its benefits, with 87 percent agreeing that massage can be effective for pain reduction and 85 percent agreeing that massage offers general health and wellness benefits.

LOTUS CENTER IN THE NEWS

Lotus Center was part of an article “Local business goes green” on the first page of the Arizona Daily Star business section on Sunday, November 11. We were also featured in a story in the November/December issue of the new Tucson GREEN Magazine. And in January, we’ll be the focus of an article in the Food Conspiracy Co-op Community News.

GLOBAL CLIMATE DIET

Eating more veggies and less meat can have a dramatic effect in reducing our contribution to global warming. A recent University of Chicago analysis found that for most Americans, changing from a meat-based to a vegetarian diet would net greater reductions in carbon emissions than trading an average auto for a hybrid. This is because farm animals are raised on corn-based diets that involve huge amounts of chemical fertilizers, pesticides, and oil; also because they and their manure release methane, which (pound for pound) traps 20 times as much heat as carbon dioxide. Every meal at which you choose to skip meat makes a difference. [Yes! Magazine, Fall 2007]

HOLIDAY SCHEDULE

Lotus Center will be CLOSED Christmas Day and New Year’s Day but otherwise will maintain normal hours. (Remember, we’re always closed Sunday/Monday.) If your holiday visitors have already experienced some of the best museums in the area, why not bring them to experience some of the best massage? Relax with hot tea or tonic after your treatments and enjoy our classic 1930s adobe for a true taste of Tucson.

GIFT CERTIFICATES AVAILABLE BY PHONE

Simplify your shopping by calling Lotus Center with your MasterCard or Visa credit or debit card in hand to purchase Gift Certificates by phone. We’ll pop the Gift Certificate(s) in the mail ASAP, complete with a nice note card – either to you or directly to the recipient, as you request. (520) 326-7700

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EXPANDING SERVICES

Lotus Center is seeking to expand our services. Please share our contact info with acupuncturists, Asian bodywork practitioners, energy therapists, hypnotherapists, or other practitioners who might like to join the community of alternative health care professionals 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 worthwhile work.

Casa de los Niños, the first crisis nursery in the U.S., was established in Tucson in 1973 and has served as a model for many other crisis nurseries across the country. Casa de los Niños provides shelter, sustenance, and services to children suffering from neglect and abuse as well as outreach services to families at risk. This local nonprofit has received numerous awards, including a Presidential Point of Light award. Learn how you can contribute or volunteer at www.casadelosninos.org.

GUESS THIS! ANSWER

WATER is the miracle substance that has been established as a factor in all the above problems. It plays countless roles throughout the body, including nutrient delivery, immune function, lubrication of joints, modulation of histamine levels, modulation of cholesterol levels, and more. Because thorough hydration is important in eliminating toxins, and because massage stimulates the release of stored toxins, it's important to drink ample water throughout the day after a massage. And never wait until you're thirsty to drink water. Many of us have lived for years in a state of subtle chronic dehydration, which dulls sensitivity to thirst. Drink up!

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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