



JULY NEWSLETTER

"Energy Medicine is the oldest, safest, most accessible, most affordable medicine there is." Quoted by Donna Eden, Author of "Energy Medicine for Women".

Part of the wellness program offered at Tree of Life Massage & Wellness is Energy Medicine. This is something I would like to teach you to do yourself and it will only take you 10 minutes each day. The techniques presented on energy medicine are preventive-oriented practices complementary and integrative to medical care, medication and therapy. Energy Medicine can restore, revitalize, renew and balance your body's energy on a daily basis. Energy Medicine is ancient wisdom, safe, accessible, affordable and radiates right out of your own hands & heart!

"In every culture and in every medical tradition before ours, healing was accomplished by moving energy." Quote from Albert Szent-Gyorgyi in 1960. Gyorgyi received the Nobel Prize in 1937 for his discovery of Vitamin C. His work eventually focused on electrons, protons and energy fields. Energy Medicine: The Scientific Basis by James L. Oschman, page 5.

Wake up with the Neurolymphatic Massage to keep your immune system healthy and keep your energies crossing over by doing the figure 8. The Beltflow is a vital meridian that connects top to bottom and keeps your feet firmly planted on the ground. By doing the Crown Pull & Four Way Stretch you will stretch out your body and internal organs to enhance circulation. Then you will do 5 Thumps for health and vitality. K-27 Points work the kidney/adrenals, Thymus Thump stimulates the Thymus gland to

produce powerful T-cells that support your immune system. Then thump the Sea of Qi for strength, vitality, increased energy flow and stress reduction, calms the heart, stops hiccups and improves swallowing. Spleen thump supports your immune system, fights infection, metabolizes food, emotions and balances blood chemistry. Create an invisible fence of expanded energy to protect and support your energy field. Zip-up the heart and spinal column which are the two main currents in your physical body. Then you will Hook-up your main power currents. SuperBrain Yoga is being successfully used for seniors, children challenged with autism, behavioral disorders as well as a Yale Neurobiologist. Then you can unscramble your energies with the Wayne Cook posture and calm yourself down.

This may all sound foreign to you, but it is easy, fun, quick to do and you will be very surprised at how great you will feel. I have descriptions and diagrams on each energysize. Come into my office for a demo and instruction for only \$25 and take home a wealth of knowledge and the beginning of a self-help practice that will keep you well. For women, I also have energysizes to harmonize your hormones. Sounds interesting, doesn't it? And you can be in control of your own body, mind and wellness.

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