

Our Peaceful Times

ISSUE #16: FROM PEACEFUL HEALING THERAPEUTIC MASSAGE 860-349-HEAL

THE NEW PATH TO PEACEFUL HEALING

As many of you may have noticed, we have a new path to Peaceful Healing, literally. Just to answer one question: yes, the path is "dry". We used stonedust, not concrete, to provide a firm surface for the path which is lined with a natural wood framework. We thank you for your patience during the redesigning and building process!

CHANGES FOR AETNA POLICYHOLDERS

As of July 2, 2007, Aetna will discontinue self-administration of its massage therapy discount program and turn responsibility over to American Specialty Health Networks (ASH). As a result, your coverage will change to a 25% discount (\$26.25 for a 30-minute session, \$45 for an hour).

MASSAGE THERAPY DISCOUNTS

Just a reminder about the following discount programs:

Discounts For Donations: Bring in a donation of food or clothing for animals or people and receive a \$5 discount off the basic price of your session.

Health Insurance Discounts: Save 15-25% off your session. No paperwork necessary! Just show us your health insurance card! These discounts can also be used for gift certificates purchased for other people on your health insurance policy.

Session Packages: Buy 2 hour-long sessions, get a half-hour session free. Buy 4 sessions (30 minutes or longer), get a fifth session free. Package prices are based on the basic price of our sessions. Health insurance discounts may not be applied; in most cases, the package discount is lower than what is available through your health insurance policy.

Whenever I see an erring man, I say to myself I have also erred; when I see a lustful man I say to myself, so was I once; and in this way I feel kinship with everyone in the world and feel that I cannot be happy without the humblest of us being happy. -Gandhi

BALANCING YOUR DIET

With so many different "diets" or lifestyle changes being advertised, please remember it is still vital to keep your food intake balanced healthfully so your body can do its job properly and easily.

Multi-vitamin pills can help your body get all the nutrients it needs, but not all of those nutrients packed into that hard little pill get absorbed into our system. The best way to "take" vitamins and minerals is to eat food containing them. More information can be found in books and websites about the nutritional values of food to see which ones pack the most punch. (Books and websites will offer more

complete nutritional information than the food labels.) Liquid multi-vitamins are also sold, though they also tend to be more expensive. Vitamin and nutrient-rich drinks are also recommended. For example, Malt and Chocolate Malt Ovaltine contains 15-80% of the vitamins you need every day.

Your body is constantly working throughout the day, and providing it with a constant source of energy helps it to do its job better. Eating only once or twice a day or going a long time between meals convinces the body it is being starved, causing it to hold on to whatever food you give it and store it as fat. Also, when you are hungry, your concentration, energy level, and mood are adversely affected. By eating many small meals throughout the day, your body can use that constant intake of energy to keep it going. However, try to stay away from junk foods for those meals since those will just give you empty calories. Include fruit, vegetables, yogurt, and a handful of nuts (see the article below) for a light but nutritious meal.

For those on high-protein diets, minimize the unhealthy fats you consume. Beef and pork contain high amounts of unhealthy fats. Poultry is a low-fat alternative, but fish is the best and contains high quantities of Omega-3 fatty acids which can improve cardiovascular health and may reduce the development of memory loss in later years. Raw nuts and soy can also be excellent sources of protein and contain many important nutrients your body needs (a serving of miso soup contains about 80% of the daily recommended protein). Chock full of protein and vitamins, yogurt contains beneficial bacteria which can aid in the health of the digestive tract and boost the immune system.

NUTS TO YOU!

Nuts are naturally higher in fat; however, many companies increase the amount of unhealthy fat by processing the nuts in additional oils and salt. Healthier versions of nuts are nuts still in the shell or shelled nuts which have not been roasted or salted, both of which can be found in health food stores and the baking aisle and health food section of most grocery stores. Read the label to make sure the nuts do not have additional oils or salt added. Making the change from processed nuts to raw nuts can be a bit of a shock to the taste buds, but nuts are very flavorful on their own and can also be added to salads and other yummy recipes.

Before going to the grocery store, research the nutritional benefits of the various types of nuts. Also watch for any allergic reaction, and ask guests if they have nut allergies.

Peace, Love, Health, and Happiness to all!

Jenn & Jamie