



*Enhancing lives with healing hands.*

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**Find something that relaxes you while at the same time gets you going. Find what relieves your stress and incorporate it into your daily or at least weekly life.**

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# Tranquility

A publication of A.M. Massage

## Stress, do you have it?

We all have stress, what makes the difference is just how much we have and how we deal with it. Here are some signs you may have excess stress:

- Walking, eating or working in a rushed way
- Regularly worrying about the past or future
- General tension in the body especially the neck, shoulders, and back
- Emotionally edgy



- Often feel tired throughout the day
- Dependant on outside stimulation to feel good, coffee, sugar, food alcohol, drugs

Here are some things you should avoid in dealing with stress:

- Trying to make everything in your life stress-free
- Focusing on every event and constantly reminding yourself to relax
- Avoiding feeling emotions



Activities to help reduce your stress levels:

- Yoga
- Meditation
- Tai chi
- Conscious breathing
- Dancing
- Bioenergetics classes

So the idea here is to find something that relaxes you while at the same time gets you going. Find what relieves your stress and incorporate it into your daily or at least weekly life.

## Harvest Party!

Getting ready to harvest your garden? From my experience in gardening I find that I ended up with a lot of a few things. And not enough of some others.

To avoid the hours of canning or other preserving techniques you use, why not throw a harvest party? Ask your friends and neighbors who garden to bring their extra veggies over and lay them out on the table.

Everyone gets to take a grocery bag and go shopping!! This way you don't have to grow everything yourself and you get to enjoy having a grocery store of vegetables home grown.

And who doesn't love a party? This is much healthier than the usual 'Cookie Exchange'.





### Recipe of the Month

## Broccoli Salad with Creamy Feta Dressing

#### Ingredients

- 1/3 cup crumbled feta cheese
- 1/4 cup nonfat plain yogurt
- 1 tablespoon lemon juice
- 1 clove garlic, minced
- 1/4 teaspoon freshly ground pepper
- 8 ounces broccoli crowns, trimmed and finely chopped (about 3 cups)
- 1 7-ounce can chickpeas, rinsed
- 1/2 cup chopped red bell pepper

#### Preparation

Whisk feta, yogurt, lemon juice, garlic and pepper in a medium bowl until combined.

Add broccoli, chickpeas and bell pepper; toss to coat. Serve at room temperature or chilled.

#### Tips & Notes

**Make Ahead Tip:** Cover and refrigerate for up to 1 day.

#### Nutrition

**Per serving:** 122 calories; 3 g fat (2 g sat, 1 g mono); 11 mg cholesterol; 18 g carbohydrates; 7 g protein; 4 g fiber; 260 mg sodium; 324 mg potassium.

### What's Goin' On

## Welcome Adrian!

I am very excited to announce that my business partner and school chum is working at AM Massage!

Adrian Smith is the A of AM Massage, and has officially moved into the building!

Adrian will be coming down from Fort Lupton once a week to take walk in clients, expanding to scheduled appointments as he gets busier. Adrian will be available in the evenings, so all you PAMA people can get

a massage while your little one is taking Taekwondo class. Welcome aboard Adrian!!

Call to set up your appointment with Adrian at

**303 931 4437**



### The Green space

## Button up your House

I know, it's still warm outside, however fall is almost here, so I have some tips to help keep your heat inside this winter.

If you have a window air conditioner unit that can't be taken out, seal it from both the outside and the inside to prevent loss of heat.

Walk around the outside of your house with a caulk gun and seal up any places where cables or pipes go into your home. These little spaces add up to a big loss of heating.

If you change the light plates in your home to the draft blocker style you will reduce the amount of draft from the walls. Draft blockers are plates with a foam backing designed to seal

the opening and are very inexpensive.

Putting weather stripping around windows and doors will reduce drafts throughout your home.

Updating your thermostat to a programmable style could reduce your electric bill by up to 12% per month. The idea is that when you are not at home or sleeping you can set the temperature differently to save energy.

Now is the time to take the small steps that will keep your home cozy when ol' Man Winter comes to call. Since we live in Colorado that could be anytime from September on. The thing I know for sure is that he'll be here soon.



Stretch to Health

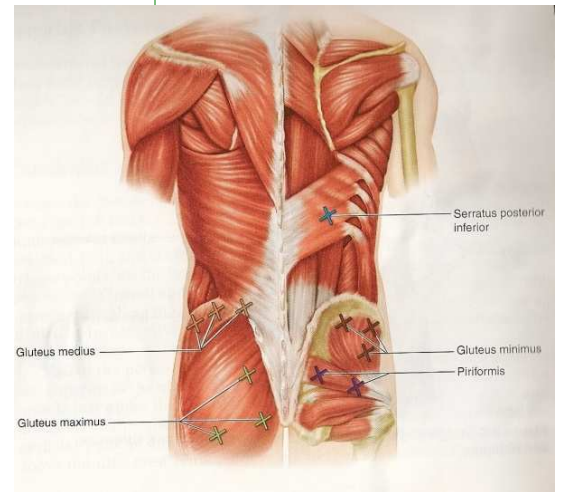
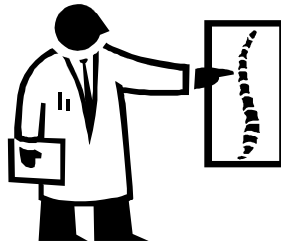
# Low back Stretches

Here are some great ways to relieve low back pain caused by sore muscles.

Lay on your back with your knees bent, sway knees to the left and hold for 8 seconds, sway to the right and hold for 8 seconds, repeat 5 times. Extend left leg straight up in the air and reach it to your right hand and hold for 30 seconds, repeat on right side.



Sit with legs in front of you, bend right knee towards your chest and apply right elbow to the inside of the bent knee, twist your upper body as you look behind you and hold for 30 seconds, repeat on left side



Lay on your back and pull your right knee towards your chest as far as you can and hold for 30 seconds, repeat on left leg.



Sit on the edge of a chair and with your legs shoulder width apart slowly reach your hands towards the floor and bring your head between your knees, hold for 30 seconds, repeat 2 more times







Enhancing lives with healing hands.

Blessed are the flexible, for they shall not be bent out of shape.

Each of us have our own unique flaws. We're all cracked pots. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding.

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Of Current Interest

Lucy in her Wheelchair

Lucy poses for her fans part way to the top of Mt. Washington, a climb that took the handicapped animal six hours. "I think many people underestimate handicapped pets and don't realize just how much they can do given proper care and training," explained owner Courtney Dunning of Peterborough, New Hampshire.

Source: HandicappedPets.com



Michael's Message

Cracked-Pot Friends

A water bearer in India had two large pots, each hung on the ends of a pole which he carried across his neck. One of the pots had a crack in it, while the other pot was perfect and always delivered a full portion of water.

At the end of the long walk from the stream to the house, the cracked pot arrived only half full. For a full two years this went on daily, with the bearer delivering only one and a half pots full of water to his house.

Of course, the perfect pot was proud of its accomplishments, perfect for which it was made. But the poor cracked pot was ashamed of its own imperfection, and miserable that it was able to accomplish only half of what it had been made to do.

After 2 years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream. "I am ashamed of myself, and I want to apologize to you. I have been able to deliver only half my load because this crack in my side causes water to leak out all the way back to your house. Because of my flaws, you have to do a lot of

this work, and you don't get full value from your efforts," the pot said.

The bearer said to the pot, "Did you notice that there were flowers only on your side of the path, but not on the other pot's side? That's because I have always known about your flaw, and I planted flower seeds on your side of the path, and every day while we walk back, you've watered them.

For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."

Moral:

Each of us have our own

unique flaws. We're all cracked pots. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are, and look for the good in them. Blessed are the flexible, for they shall not be bent out of shape. Remember to appreciate all the different people in your life!

THANK YOU ALL - MY

Tired of your old hands?

Looking for new feet?

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They'll feel like new and OHHHH so soft!

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