



*Enhancing lives with
healing hands.*

Volume 1, Issue 5

November 2010

Tranquility

A publication of A.M. Massage

Things to do in Denver This Holiday Season



Denver comes to life during the holiday season, with millions of twinkling lights, festive parades, special events and much more. Come to the Mile High City

and make a night of it, taking advantage of dozens of incredible Mile High Holiday hotel deals. Learn more at www.MileHighHolidays.com.

Grand Illumination of Downtown
Downtown Denver
Nov. 26

www.downtowndenver.com
This year's Grand Illumination of Downtown Denver features beautiful lighting displays at the City and County Building, Denver Pavilions, Union Station, Skyline Park, the 16th Street Mall and the historic D&F Tower. Downtown's unique holiday atmosphere is sure to get you in the holiday spirit. Festivities start at 5:30 p.m. and feature an evening of FREE holiday fun for the entire family, including live music, a visit from Rockies mascot Dinger-Claus, complimentary refreshments, special guest speakers and a countdown to "light the lights" live with 9NEWS at approximately 6:30 p.m.

Southwest Rink at Skyline Park

Skyline Park (Arapahoe St. and 16th St.)

Opening Nov. 26

www.downtowndenver.com

A new addition to the Denver holiday scene, the Southwest Rink at Skyline Park will kick off the holiday season, opening on Friday, Nov. 26. The rink will be FREE and open to the public with the option to bring your own skates or rent a pair at a minimal cost.

Trail of Lights

Denver Botanic Gardens at Chatfield

Dec. 3, 2010 – Jan. 2, 2011, Wed. – Sun.

Blossom of Lights

Denver Botanic Gardens at York Street

Dec. 3, 2010 – Jan. 2, 2011, nightly

www.botanicgardens.org

See Denver Botanic Gardens at Chatfield in a different light this holiday season

Wednesday through Sunday evenings, as you wind through a charming forest path decorated with more than one million colorful lights at the Trail of Lights. At the Gardens' York Street location, experience Blossoms of Light, where countless festive lights draped in elegant designs enhance the winter beauty of this unique Denver attraction. Romantic kissing spots can be found throughout the gardens and intricate ice sculptures further highlighting the Gardens as a winter wonderland will be placed throughout the gardens path. The popular HoloSpex

glasses, which magically transform the lights into shimmering 3-D shapes, will be available at both locations for just \$1.

9NEWS Parade of Lights
Downtown Denver

Dec. 3 – 4

www.denverparadeoflights.com

The 9NEWS Parade of Lights is the signature event of the Downtown Denver holiday season. The sparkling lights, marching bands, giant balloons, majestic floats and delightful characters will once again wow hundreds of thousands. Viewing along the parade route is free, and Grandstand tickets are sold for seating in front of the beautifully illuminated City & County building. Friday's event begins at 8 p.m., while Saturday's event begins at 6 p.m.

Zoo Lights

Denver Zoo

Dec. 10, 2010 – Jan. 2, 2011

www.denverzoo.org

Come and experience a holiday light safari with more than 38 brilliantly-illuminated acres of lights, featuring more than 150 animated animal sculptures that swing through trees, jump across lawns, hide in bushes and appear in places where they're least expected. Good to know: environmentally friendly LED lights, or light-emitting diodes, have been added to the Zoo and they now compose 100 percent of the Zoo Lights.

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Holistic Health Alliance



A number of common plants have been shown to be effective at absorbing VOCs.

Recipe of the Month

Tips for a stress-free Turkey day!

Here are some thanksgiving dinner tips to help reduce the stress this day may cause. The trickiest part of preparing a holiday meal is the timing. The key is to make as many items ahead of time as you can, and reheat them on Thanksgiving Day.

One to Two Weeks Ahead:

- Make a shopping list; beat the holiday rush
- Make & freeze Yam Casserole (omit topping)

Two Days Before Thanksgiving:

- Place turkey in refrigerator to thaw (birds larger than 12 lbs. will require 3 days to thaw)
- Make cranberry sauce
- Bake pecan bars. Cool completely; slice bars. Store tightly covered with plastic wrap in a cool, dry place.

Day Before:

- Toast almonds for green beans in ungreased skillet over med. heat until golden and fragrant. Transfer to a bowl or lidded container. Cook bacon if using; crumble and mix with toasted almonds & refrigerate
- Make mashed potatoes; store in the refrigerator
- Make stuffing; store in the refrigerator
- Prepare Pumpkin Cream Pie
- Set the dining room table. Include serving dishes for gravy, dinner rolls, butter, and green beans, plus serving utensils.

Night Before:

- Place Yam Casserole in the fridge to thaw
- Chop onion for Gravy; sauté with herbs. Add to prepared gravy; store in fridge.

Thanksgiving Morning:

- Remove an oven rack, if necessary. Preheat oven to 325 degrees Roast turkey as directed. Remove from oven and let stand for 30 minutes before carving.
- Add topping to yam casserole.

An hour before dinner:

- Increase oven temperature to 350 degrees F. Replace oven rack. Bake the mashed potatoes, the stuffing, and the yam casserole.

Half an hour before dinner:

- Wrap dinner rolls in foil. Place in oven to heat.
- Warm gravy in saucepan over medium-low heat.
- Melt butter for green beans in a large skillet over medium heat.
- Cook beans until tender. Stir in almonds and crumbled bacon and cook until heated through.

Finishing Touches:

- Transfer gravy, rolls & green beans to bowls.
- Carve turkey & arrange meat on a warmed platter

ENJOY!!!

What's Goin' On

Release your Inner Child

Many of our anxieties and fears come from our inner child rather than our adult self. Sometimes it is difficult to realize the emotional upsets we feel are actually feelings left over from childhood fears, traumas and experiences. When unhealed, they remain with us into adulthood causing emotional distress over issues that competent grown up people feel they should be able to handle.

For example: fear of the dark, fear of being loved, and fear of

rejection often originates in early or unhappy experiences with our parents, siblings, early social peers.

While, many of these deep, unresolved emotional issues may require counseling, there is much we can do to heal childhood wounds.

Teri is a new member of the AM Massage family. She is teaching Tai Chi at PAMA and has joined us to offer Hypnosis sessions to help people manage their weight, stop smoking, relieve physical pain and resolved

unwanted childhood issues that are disrupting their everyday life.

She is offering a free program on how to get in touch with your inner child to start the healing process on November 13th at 3pm.

After the presentation, she will offer a meditation taking you within to meet your inner child.

Teri is a Life Coach who uses the Mind Body and Spirit approach to help you to live a much happier lifestyle.

The Green space

Zap Harmful Air Pollutants, Naturally

Pick up a few of these common houseplants the next time you visit a local nursery: palms, ferns, corn plant, dragon tree (dracaena), rubber plant, weeping fig (ficus), English ivy, peace lily, florist mum, gerber daisy, dumb cane (dieffenbachia), schefflera, orchid, spider plant, philodendron, arrowhead plant, pothos, dwarf banana and Chinese evergreen.

Why? Houseplants can help remove certain harmful volatile organic chemicals (VOCs) from indoor air. Things nobody wants around their lungs, or their kids.

In the late 1980s, NASA and the

Associated Landscape Contractors of America (ALCA) conducted a study of 19 houseplants in an attempt to find ways to purify air for extended stays in orbiting space stations. The tests were conducted in sealed test chambers that contained pollutants such as formaldehyde, benzene and trichloroethylene, commonly present in indoor air from paints, varnishes, insulation, particleboard, pressed wood, adhesives and other sources.

What they learned for outer space can be applied to your inner space as well. Many of

these plants are adapted to tropical climates and grow under dense canopies and low-light conditions. They have to be super efficient in capturing light as well as in processing the gases necessary for photosynthesis. Because of these traits, they have greater potential for capturing other gases, including harmful ones.

One company has taken the idea a step further with an enclosure for houseplants called Andrea. According to the designers, the device magnifies the ability of plants to filter toxins, since its optimizing airflow and exchange.

Stretch to Health

This month I am focusing on the calf muscles, as this is one of the places we carry stress. Really push into the wall and feel that calf stretch out on this wall stretch.



STRETCH 1

- 1) Face a wall and stand 12 inches away from it.
- 2) Extend one leg behind you, keeping both feet flat on the floor and your rear knee straight.
- 3) Lean toward the wall until you feel tension in the calf muscle of the extended leg. (You can put your arms on the wall for support.)
- 4) Hold for 30 seconds.
- 5) Repeat with the other leg.



STRETCH 2

If you can't reach your toes yet don't worry, there is a way to get around this. Be sure to really pull back on your toes though so you feel those calf muscles lengthening. You may feel a little stretch in the hamstring just by the way you are sitting to get this stretch on the calf, that is fine as long as it is not where you feel the most stretch.



- 1) Sit on the floor with your legs straight out in front of you.
- 2) Lean forward and grab the arches of your feet.
- 3) Pull your toes toward your body until a stretch is felt in your calf muscles.
- 4) Hold for 30 seconds.
- 5) Repeat with the other leg.

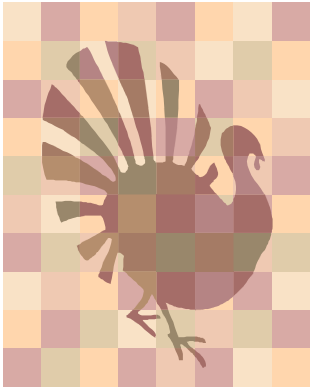
*if you can't reach your toes yet, a pillow case works great to get that extra length.



Really push into the wall and feel that calf stretch out on this wall stretch.



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Of Current Interest

History of Thanksgiving

It was Sarah Josepha Hale who really pushed hard for a permanent national Thanksgiving celebration. But her involvement was far down the road from when the first Thanksgiving took place.

The first Thanksgiving celebration held in America occurred in 1619. On December 4th, thirty-eight English settlers arrived at the Berkeley Plantation in Virginia. Part of their original charter stated that they would set aside that day every year and observe it as a day of Thanksgiving. Due to the hardships of those

early times and various other factors, the celebration turned out to be a short-lived occurrence.

The next recorded celebration is also the most famous. Plymouth, Massachusetts, 1621. The first winter the Pilgrims had in the 'New World' was a brutal one (nearly half of those who came over on the Mayflower died). Times did eventually grow easier though. The following harvest season was so bountiful, in fact, that the Pilgrims decided to hold a feast for celebration and thanksgiving. This 'festival',

which lasted three days, included the participation of nearly one hundred Native Americans. Governor William Bradford had invited the natives to show them appreciation, for helping his colony survive through the harsh weather conditions.

During Roosevelt's administration, in 1941, Congress declared the fourth Thursday in November to be the legal Holiday known as Thanksgiving.



Michael's Message

The Charles Schulz Philosophy

Don't actually answer the questions but when you get to the end you should understand the point.

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America pageant.
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winners for best
6. Name the last decade's worth of World Series winners.

How did you do?

The point is, none of us remember the headliners of yesterday. These are no second-rate achievers... They are the best in their fields. But the applause dies. Awards tarnish. Achievements are forgotten. Accolades and certificates are buried with their owners.

Here's another quiz. See how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated
5. Think of five people you enjoy spending time with.

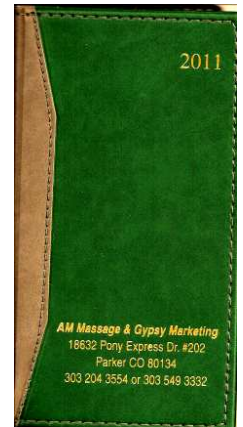
Easier?

The lesson: The people who make a difference in your life are not the ones with the most credentials, the most money, or the most awards. They simply are the ones who care the most!

I thought this was appropriate for thanksgiving month. Hopefully this gives you a better list of people to be thankful for this holiday season.



Namaste,
Michael



FREEBIE OF THE MONTH

Be sure to get your Calendar for 2011 - Get your planning done early.



THE PEOPLE WHO MAKE A DIFFERENCE IN YOUR LIFE ARE NOT THE ONES WITH THE MOST CREDENTIALS, THE MOST MONEY, OR THE MOST AWARDS. THEY SIMPLY ARE THE ONES WHO CARE THE MOST!

Produced by
gypsy
Marketing
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DEAL OF THE MONTH

Get your holiday shopping done for half price. Thru Nov. 30 your gift certificates will be **half off**. And who doesn't want a relaxing massage? That means your holiday \$\$\$\$ can go twice as far. Offer good only until Nov 30, 2010.