

May 2009

Upcoming Events

- ✓ reiki I class for teenagers, Sun 5/31 from 1-5 & Thu 6/11 5-7pm; Cost is \$25

Paula's Update

I'm excited about teaching reiki to teenagers at the end of this month. I'm breaking up my one-day class into two smaller sessions and incorporating more hands-on exercises that I hope will give these kids tools to stay balanced. I'm only charging \$25 and still have a few openings left.

Last month I mentioned the pilot study I'm participating in that's looking at the benefits of CranioSacral Therapy (CST) for migraine patients. Our study is just now getting underway and the results are already very encouraging! After their initial CST treatment, study participants are giving us this type of feedback:

"It feels like everything bad in my life just went away."

"My headache pain is gone - at least for now."

"My sacrum and hips feel so much looser and I feel like I've got a lot more room in my head."

"After our session Tuesday, my head has been noticeably better."

News on Health & Wellness

I want to recommend a book that looks really interesting, even though I haven't had time to read it yet;-) It's called the "[Core Balance Diet](#)" by Marcell Pick. You can read an [interview with Pick](#) that gives you a taste for how this book differs from the thousands of other diet books that we've all got on our shelves. Here are a few highlights:

The Core Balance Diet takes an individualized approach, first by looking at your emotional and physical well-being to define the core imbalances most likely interrupting your body's ability to maintain a healthy weight, and then by offering a functional approach to heal the imbalances and encourage the best foods for your metabolic make-up.

The book will help you understand if you have one of the six most common biochemical imbalances in women who are overweight -- digestive, hormonal, adrenal, neurotransmitter, inflammation, and detoxification -- and will help you determine which is affecting you most and how you can heal it simply and naturally.



*"Our biography
becomes our biology" -
Carolyn Myss*

The reality is that our food speaks to our genes. And not only can an overabundance of processed and refined foods send misinformation to our genes, but so can our environment, along with what we think and feel.

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