

May 10, 2010

### Upcoming Events

- ✓ [Reiki I Training](#), TBD in June or July
- ✓ [Reiki I Training](#), Saturday, August 7<sup>th</sup>

### Paula's Update

I've been giving weekly massages to Wanda, my mother-in-law for several months now. She is 85 years old, going on 25. We chat brightly for the first 15 minutes or so, until she takes a deep breath, falls quiet, and relaxes deeply. We treasure our time together. While massage can't cure all of the aches and pains of growing older, it helps.

### News on Health & Wellness

There's a great article in today's Denver Post: [That's the rub: New studies suggest massage helps depression, anxiety and grief](#). The article describes three recent research studies that reinforce the importance of touch to our lifelong health and well-being. The research suggests that receiving regular massage is an effective and pleasurable way to help combat depression and anxiety.

1. The [first study](#), published in the March issue of the Journal of Clinical Psychiatry, reviewed 17 studies, involving 786 people that compared massage therapy to other approaches. The researchers concluded that massage has "*potentially significant effects*" in alleviating symptoms of depression.
2. In the April issue of the Journal of Clinical Nursing, [a smaller study](#) showed that weekly 25-minute hand or foot massage for eight weeks helped people deal with the grief of losing a loved one.
3. In [one of the first studies](#) to look at the benefits of massage on generalized anxiety disorder, this study showed that after receiving a series of 10, one-hour massages, patients continued to experience half the symptoms of anxiety and stress three months later.



Depression opens the door to  
beauty of some kind.  
-James Hillman

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