

June 2009

Upcoming Events

- ✓ Tai Chi in the Grass, on Saturdays, 9-10am, beginning June 6th at my office. Cost is \$20/month or \$7 drop-in. For more info, call Ellen Williams at 970.213.6331
- ✓ Reiki I class; Sunday, July 12th from 1-4 pm & Thu, July 23rd from 6-8 pm

Paula's Update

I had a great time teaching eight teenagers reiki on Sunday. We sat on the deck and in the grass at my office and learned to feel and channel healing energy. The kids are naturals at it! My next Reiki I class beginning on July 12th is open to all ages. Please call if you're interested in reserving a space.

I've had exit interviews with two migraine patients who completed our pilot study of four craniosacral therapy (CST) treatments. Here is what they said about the effects of the treatments:

"I found that I have a lot more stamina and ability to concentrate. I've also noticed a vast improvement in my love life in the last month."

"This past month, I didn't have anything close to a migraine. Historically, May is a really busy and stressful month. So, to make it through without a migraine is a big deal. This was successful!"

We are in the process of completing this phase of our study and will have more formal results soon.

News on Health & Wellness

This month's issue of *Massage & Bodywork* has a great article on coping with fibromyalgia. I passed it on to one of my clients who has dealt with fibromyalgia for years and she said that "it's one of the best articles I have read on the subject."

Fibromyalgia syndrome is an enigma that involves serious, widespread muscular pain and fatigue. There appear to be a variety of symptoms and no single treatment that works for everyone.

The article cites several research studies demonstrating that massage therapy can alleviate pain, reduce depression, and improve quality of life, especially when applied consistently. The article also recommends nutritional therapies such as vitamins D & B, and Ribose (a natural sugar that improves energy).

The article also suggests that a regular exercise routine is indispensable, even though it may be a challenge to find the right program. It cites a study involving 39 patients who took two tai chi classes per week for six weeks and experienced statistically significant improvement in their symptoms and quality of life.



Happiness is not a matter of intensity but of balance, order, rhythm & harmony.
- Thomas Merton

To read the article "[Bodywork for Fibromyalgia - Alternative Therapies Soothe the Pain](#)", click on the table of contents and scroll to page 80.

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