

11/11/ 2009 (11)

Upcoming Events

- ✓ Reiki I class,
Sunday, January
10th
- ✓ Reiki II class,
Sunday, January
24th

Paula's Update

On this memorial day, it's hard for me to believe that it's been twenty years since the fall of the Berlin Wall. I remember when it happened. We were all amazed at the bloodless coup. Reflecting back, I'm struck by some dates. On 9/11/89, the iron curtain between communist Hungary and Austria opened. From Hungary, thousands of East Germans thronged to Austria and West Germany. This actually precipitated the wall coming down on 11/9/89. There sure seems to be something special about September 11th. Let's hope the next one leads to another bloodless victory for peace and freedom in the world.

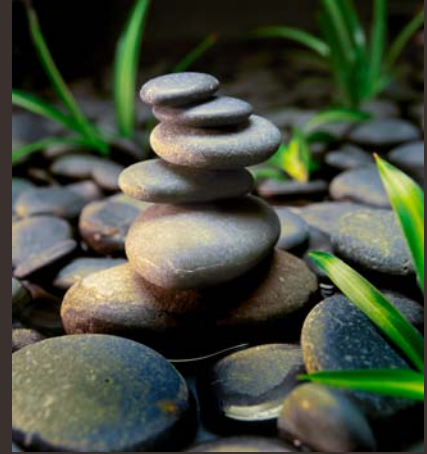
News on Health & Wellness

To help you prepare and survive the holidays, I'm offering a special, good through the end of the year: **3 one-hour treatments for \$150.**

- Massage
- Reiki
- Craniosacral Therapy (CST)

Because of the success of our pilot study with migraine patients (see last newsletter), I'm planning another study, this time focused on people with fibromyalgia. I'm offering three CST treatments for \$99. Participants in the study will be asked to fill out pre and post-study questionnaires, as well as keep a daily log. The log takes only a couple of minutes to fill out, and helps assess the effects of the treatments. If you know people who suffer from fibromyalgia, please pass this along.

I've also learned of a new local chapter of the National Fibromyalgia Association (www.fmaware.org) in Fort Collins. The local office is called Northern Colorado Fibromyalgia Recovery Center (www.FibroRecovery.org) and offers weekly support group meetings.



Life is like riding a bicycle. To keep your balance, you must keep moving. - Albert Einstein