

New Years Eve 2009

Upcoming Events

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

Paula's Update

A dear friend of mine sent this quote in his Christmas card, and it captured beautifully my own feelings as this year comes to a close. Thank you all for being in my life and for shining your own light so fearlessly.

News on Health & Wellness

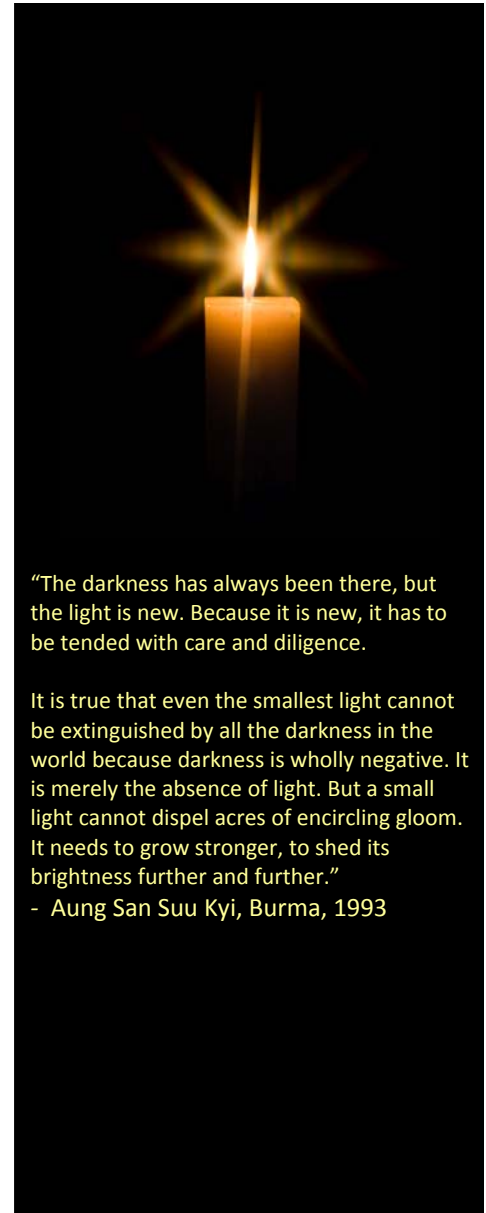
Speaking of light, an estimated 10% of people suffer from Seasonal Affect Disorder (SAD). SAD is a type of depression that is brought on by the loss of daylight. If you have had episodes of depression that clearly have an onset in fall or winter followed by remission of symptoms in the spring or summer, you may have SAD.

According to this Mayo Clinic article, [It's a SAD time of year](#), symptoms of SAD may include the following, in addition to depression:

- hopelessness
- loss of energy
- social withdrawal
- oversleeping (feeling like you want to hibernate)
- appetite changes (especially a craving for foods high in carbs)
- difficulty concentrating and processing information

The article suggests that people with SAD produce too much melatonin, a neurochemical involved in regulating our mood and functioning. It also recommends a safe treatment involving light therapy.

You might also try craniosacral therapy (CST) to balance and tone the nervous system. To introduce more people to this beneficial bodywork, I'm offering 3 CST treatments for \$150, if you book your appointments by Jan 31st.



"The darkness has always been there, but the light is new. Because it is new, it has to be tended with care and diligence.

It is true that even the smallest light cannot be extinguished by all the darkness in the world because darkness is wholly negative. It is merely the absence of light. But a small light cannot dispel acres of encircling gloom. It needs to grow stronger, to shed its brightness further and further."

- Aung San Suu Kyi, Burma, 1993