

June 2008

Upcoming Events

- ✓ Reiki II Training on June 22nd
- ✓ Reiki I training on June 29th

Paula's Update

Thanks for your phone calls and e-mails to check on us after the Windsor tornado! We experienced some hail damage, but otherwise came through unscathed. It's amazing how quickly help arrived in the community and how willing people are to pull together.

I still have space in my reiki I and II classes this month. Give me a call if you're interested. The classes will be in my Windsor office, 130 N. 6th Street, Windsor.

News on Health & Wellness

If you or someone you know is scheduled for surgery, consider including alternative therapies, such as gentle massage, reiki and visualization, before and after. Several recent studies demonstrate their effectiveness in reducing pain and improving patient recovery:

- ✚ [A 2006 study of 104 patients](#) undergoing open heart surgery found that guided imagery along with gentle touch or massage reduced pain and tension during early recovery. These therapies were implemented with ease in a busy critical care setting.
- ✚ [Another study](#) shows that foot massage along with guided relaxation are "effective, noninvasive techniques for promoting psychological wellbeing in the patient group following cardiac surgery."
- ✚ Acute postoperative pain is a nearly universal experience after major surgical procedures. This [2003 study of 202 male patients](#) showed that massage significantly reduces the unpleasantness of post operative pain.
- ✚ A [2007 study of 605 veterans](#) undergoing chest or abdominal surgery shows that a daily 20-minute back massage helped reduce pain and anxiety, particularly the peak pain immediately following the surgery.



*Our truest life is
when we are in
dreams awake.
— Henry David
Thoreau*