



# Body Rescue Tips December '08

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**Feed Your 'Mind':** The 3rd symptom of inner peace “A loss of interest in judging other people”

From Symptoms of Inner Peace (Saskia Davis):

**Feed Your 'Body':** As we move into winter, you will find it necessary to adjust aspects of your daily routine. To maintain whole body balance- keep warm, embrace the quiet evenings, sleep well, spend more time at home, reflect more, and take time to give. Winter energy imbalance is caused by- remaining overactive, late nights & parties, lack of rest & sleep, frustration and hoarding.

- **Water & Herbs-**Winter temperatures are clearly much lower than in the summer months, but it's still important to maintain water intake, even if you don't feel thirsty. Water is essential for several things, including cleansing the body through the kidneys and bladder (the two organs associated with winter). Hot tea made with marshmallow root is helpful for lung & bronchial complaints. Cayenne pepper and ginger are both natural stimulants, aiding in congested areas thereby increasing circulation. Nettle is a diuretic & tonic, and when used in tea is considered an excellent herb for kidney trouble & backaches. Used topically it aids with joint pain.
- **Recipe for December** -Tofu-avocado salad is a filling and high protein treat. With all the heavy and sugar laden holiday foods, this recipe is simple and yummy without the added calories and saturated fats. (Courtesy of Marcia, Body Rescue VIP).
  - Mash a half pound of uncooked tofu with 1 or 2 avocados
  - Ground sunflower seed/nut mix
  - Little olive oil (or sesame oil) for smooth consistency
  - Diced green onion, tomato, fresh lemon juice, and seasonings like soy sauce, cayenne pepper, and basil (all are optional, use as much or little of any-or add some of your own).

Mix everything together and enjoy! It can be eaten in a whole grain sandwich with sprouts, or as a dip for chips, crackers, celery & carrot sticks. Make this your holiday contribution at any gathering.

**Feed Your 'Soul':** **Revive** (featured this month at the Body Rescue Studio)



"Revive" allows for renewal of the spirit, restoration of purpose, and the opportunity to revitalize one's soul. Includes music by Ladysmith Black Mambazo, Suphala, Deepak Chopra, and Adam Plack, to name a few.

**'Body' Facts:** **Kidneys-**Several thousand quarts of blood pass through the kidneys daily, from which 160 quarts of liquid are extracted for further filtering. Of this liquid, most of it is reabsorbed into the body by a very complex filtering system., leaving one to two quarts to be excreted. In the Chinese system, the kidneys are perceived as storing the energy of life force-governing the cycle of transformation; birth, life and death.

## Move Your "Body" in San Diego, Courtesy of Body Rescue SD, Your 911 for Massage!

### DECEMBER 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 How the Grinch Stole Christmas, Old Globe thru Dec 28 <sup>th</sup>	2	3 Skating by the sea Ice Skating at the Hotel Del, Thru Jan 3rd	4 Chargers vs Raiders, Qualcomm	5 December Nights, Balboa Park Dec 5,6	6 Paul Stanley of KISS, Self-Portrait, Wentworth Gallery La Jolla, appearances Dec 5,6
7 51 <sup>st</sup> Annual History on Parade, La Jolla	8 Lego Train Exhibit, Model Railroad Museum, Balboa Park	9 Me'Shell Ndegeocello HOB	10 A Tuna Christmas, Hillcrest Theater	11 Los Lobos, HOB	12 Birch North Park Theater sing-a-long 'White Christmas'	13 Shamu' Holiday Night, Weekends at Sea World
14 San Diego Bay Parade of Lights, Dec 14 <sup>th</sup> & 22nd	15 Bone Density Screening, Henry's in PB	16	17 Dancing w the Stars-The Tour, Sports Arena	18 Cholesterol screening, Henry's Point Loma	19	20 Freedom Surf Series, Oceanside Pier <hr/> Aztecs vs Santa Barbara Basketball, Cox Arena
21 Cardiovascular screening, Point Loma Henry's	22	23 Poinsettia Bowl, Qualcomm	24 Christmas Eve Christmas caroling at Winstons, OB	25 Christmas Day	26	27 Holiday of lights, Del Mar Fairgrounds daily thru Jan 4th
28 Hanukkah celebration, Oceanside Pier Amphitheater	29	30	31 New Years Eve 91X Big Night SD, Sheraton Hotel & Marina			

Additional information for event dates & times :[www.sdreader.com](http://www.sdreader.com) and [www.CoastToCoastTickets.com](http://www.CoastToCoastTickets.com)