



Body Rescue Tips February '09

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Feed Your 'Soul': The 4th symptom of inner peace "A loss of interest in judging other people"

From Symptoms of Inner Peace (Saskia Davis):

Feed Your 'Body': Going forward, the direction of my newsletters will be changing. I will be providing a monthly publication (accessible at the studio and online), filled with information relating specifically to massage, anatomy and specific musculoskeletal issues. I hope you will find the information helpful for making a wellness plan for yourself and your family.

In addition, I will also publish a quarterly newsletter, more personal and in line with the philosophies of Eastern culture; focusing on understanding the process of illness, disease, causative factors of both, and how to access a deeper and more substantial method of healing from within. It will be more about life force, looking at our bodies and ourselves as a whole entity, understanding and living according to Nature's cycles. Excerpts and information will be compiled from Staying Healthy With The Seasons by Elson M. Haas, M.D., which integrates ancient Eastern healing traditions with modern medical practice.

I hope one or both of these publications will help you to decide from which perspective you would like to view and address your health.

Feed Your 'Spirit': **Pure Moods** (featured this month at the Body Rescue Studio)



New Age music, ambient electronica, and spiritualized hip-hop, with selections of beat-enhanced chants and a few other popular themes ("The Mission," "Twin Peaks, X-files"), also includes a few selections noteworthy only for their originality and quality. A three-track section near end of the 70-minute disk features affecting soft African chants from Geoffrey Oryema, followed by "My Wife with Champagne Shoulders," a dollop of regal, faintly ethereal romanticism from master film scorer Mark Isham.

'Body' Facts: **Knees-**As you age, the soft tissues between your bones can deteriorate leaving you at risk for crushing your meniscus and painful bone-on-bone grinding that can limit movement and cause injury to surrounding soft tissue. To decrease risk of injury, tone surrounding muscles in order to absorb some of the shock and wear that comes from everyday living.*

(*Info compiled from You Being Beautiful, Michael F. Roizen, M.D. and Mehmet C. Oz, M.D.)