



Body Rescue Tips October '08

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Feed Your 'Mind': The first sign and symptom of inner peace is “A tendency to think and act spontaneously rather than on fears based on past experiences.” From Symptoms of Inner Peace (Saskia Davis):

Feed Your 'Body': This month's focus is **National Massage Awareness week Oct 19th-25th**. Book a massage with Body Rescue SD during this week and receive a **free gift!**

- **Garlic**-This versatile herb not only tastes great but has amazing antioxidant properties. Compounds in garlic bind to free radicals, heavy metals and other pollutants in the body so they can be excreted. Aged garlic also keeps blood vessels healthy and helps to prevent fats from being oxidized and deposited in tissues and arteries. Eat more garlic!
- **Recipe for October** - Low Fat; Low Calorie Soup that's easy to make...Get your hands on the following and make yourself a delicious soup that's quick, easy, delicious, and nutritious all in one! (Courtesy of John Wilkins, thanks John!)
 - 2 cups chicken broth;
 - 6-8 frozen pot stickers from Trader Joes'

Simmer until cooked; garnish with green onions, tofu, red pepper flakes, fresh garlic...voila! Use your imagination to enhance the dish and use for soup, topping, and appetite suppressant in the best of ways... ☺

Feed Your 'Soul': **Dharma Cafe** by Cybertribe (featured this month at the Body Rescue Studio)



Combining the ancient, ethnic sounds of the Australian didgeridoo and drumming with the modern sampling and recording techniques of today, Cybertribe has created an original and fascinating sound that has come to be known as world fusion music. These remixes all carry a trance quality in them that gives a spaciousness to the music that is very mystical and ethereal, making Dharma Cafe sure to be popular with all lovers of new age music in addition to lovers of world fusion and chillout ☺

'Body' Facts: Storing Energy-The body's ability to store fat is essentially limitless. Its fat storage sites (adipose cells), can increase in weight by 50 times. If the amount of fat to be stored exceeds the ability for the cells to expand (they've reached their capacity), the body will form new adipose cells.

Keeping it 'Clean': Go green with cleaning- A mixture of baking soda, lemon and vinegar will get bathroom sinks, toilets and tubs squeaky clean! Baking soda and vinegar alone will clean just about anything in your house. Use soda in your laundry to remove even the strongest of odors. Check out one of 2008's best green websites: www.BigGreenSmile.com for products and news ☺

Move Your “Body” in San Diego, Courtesy of Body Rescue SD, Your 911 for Massage!

October 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 The Women, Old Globe thru Oct 26	2 SD Women’s Film Fest Oct2-5 Ultrastar Cinema MV	3 Air Show Oct 3-5 ————— La Mesa Oktoberfest Oct 3-5	4 Harvest Walkabout South Park
5 Chargers vs Dolphins in Miami	6 Star Trek the Exhibition @ Air & Space Museum daily	7 Acoustic Alchemy @ Anthology 7 th & 8 th	8 Smokey Robinson 4 th & B The Exorcist-Birch North Park Theater	9 Joan Osborne @ Belly Up	10 Halloween Spooktacular Sea World every weekend	11 Octoberfest OB
12 Chargers vs Patriots Polish Heritage fest PB	13 Live dance performance by Sushi Performance & Visual Arts, Bluefoot Bar	14 Full Moon walk on Scripps Pier	15 Texas Chainsaw Massacre-Birch North Park Theater	16 Jimmy Buffet Cricket Amphitheater	17 ‘Uh Huh Her’ Belly Up- Leisha Haley from ‘L Word’	18 Fleet week starts!
19 Massage Awareness Week-Book Massage w/ Body Rescue today!	20	21 Body Rescue Clinic Call for appointment!	22	23 Body Rescue Clinic Call for appointment!	24	25 Capitol Steps political comedy from DC in Escondido
26 Chargers vs Saints in New Orleans	27	28	29 OB Farmers Market every Wed night	30 Sunset Sailing w Sail SD, Shelter Island	31 Rocky Horror Picture Show-Birch North Park Theater	