



November 2008

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Dear Friends:

It is my desire and hope to help my friends and clients on many different levels. In addition to my services offered in the Malik Center, it is my duty as a practitioner to also keep you educated and informed, to help you stay in balance, physically and spiritually. Hopefully, you will find my newsletters helpful. Feel free to contact me with any questions or **further discussions!** I would ABSOLUTELY LOVE TO HEAR FROM YOU!



Sincerely,
Jacqueline Deschamps
harmonyworks@massagetherapy.com

P.S. SEE MY GIFT TO YOU AT THE END OF THIS EMAIL.

EFFECTS OF SEASON CHANGE

Is it me or did it get cold too soon? My ancestric (?) genes are telling me it's time to get fat and hibernate. My body and mind responds 5 seconds after I ask it to move or think. Somehow, I believe I am entitled to eat to every carb I see just because the cold slows me down. I have convinced myself I need to eat to get energy, and I guess I'm looking for a whole lot of energy because I haven't stopped.

Buying those elastic waist pants didn't clue me in. Seeing myself in them and noticing the puffy part was puffy with ME inside instead of air probably was the start of a clue. But I think it was the sting of the red marks around my waist at the end of the day that made me stop, look and finally listen.

Some of us are experiencing the winter blues already! Does any of this sound familiar? Well, this just can't go on! Enough is Enough. The highlight of our day should not be bedtime. We have much to do that we didn't get to do the last five months or so because we were so wonderfully busy enjoying the warm weather.

Why not use this time to do those inside things you like to do or to tackle that task such as painting or redecorating a room, or maybe even something really cool like a fun project you might have been thinking about doing. There must be something you can do that you can get excited about! I'm excited about starting to write again

and possibly bringing my painting skills back!

Even not so fun projects can get you going again such as cleaning out a closet. (I have a whole room that we have been using as a closet to clean out). I find if I schedule the time to do something, I'll do it and *afterwards*, I feel like I've *completed* something and just the sense of accomplishment of checking off another item on my To Do list can lift me up. Even the act of *cleaning out the old* makes me feel *new!*

BUT, first things first, (yes) here comes the "therapist" me. First, you need to do some things for your body and spirit. (Remember, *Keep in Balance* means to take care of both).

1. Do some exercise. I don't care if it's 10 minutes in the morning in front of the mirror sucking in your stomach 25 times (yes, I actually do this) or bettter yet, stretching. (You can graduate to the gym later if you want). *Stretttttcccchhhing* should feel soooooo good, not hurt.

I kinda look forward to it, now that I'm telling you to do it!

2. Get enough sleep (like that's a problem right now). But, if you are not, establish a no-going-over-this-time-get-to-bed time- to- go -to -sleep-time, *remembering* it takes a while to fall asleep.

3. Eat your fruit and veggies. Throw them in the passenger seat in your car (but in a bag or little cooler) and you can eat them on the way to/from home/work, if you usually buy a lunch. If fruit is expensive, tough. Budget it in your shopping. You need it. Don't skimp on what your body needs.

4. Take vitamins. Take them with a yummy tasting protein shake or Instant Breakfast so you look forward to taking them.

5. Drink WATER. You know who you are, **you people who don't drink water**. Your body is mostly water..you know that. Oh, so you think it's OK for your body to run on **OLD** water?

6. Relax for 5 minutes a day. Just stop. Do nothing. Breathe. Be. (Believe it or not, I have some people tell me they don't know how to Be). Better yet, *do it outside!* Take a moment and look up at the sky. Don't you miss it? Our real meant-to-be ceiling. Or, take a walk. What ever you do, do it and BREATHE. Fill your lungs and belly with that beautiful God-given air.

7. Practice Gratitude. Call me Corny. Write 10 things down that you are grateful for. You'll be surprised how it makes you feel. Read it often.

8. Last and so very important. GET A RELAXING MASSAGE. Enter the room of herbal aromas, lie on warm sheets on a heated table, request extra time and hot towels, and give your body and soul the *Gift of Therapeutic Touch*. I would love to see you again! **SEE MY GIFT TO YOU BELOW.**

Call today for you. No one else will. 401-749-8145.

Yours Truly,

Jacqueline Rose Deschamps, LMT, NCTMB

SCROLL DOWN TO GIFT BELOW

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to you

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