

Yahara Therapy Newsletter – 24 January 2009

Hello friends of Yahara Therapy!

I would like to share some upcoming events and resources that I think you might appreciate.

Many of you have expressed how much you really like the relaxation eye pillows and heated massage table warmer. Below are some links if you are interested in them for your own use.

Eye Pillows

Eye Pillows from Ocular Siesta: <http://srgaller.googlepages.com/home>
These are sold locally in Madison and are also available for shipping. You can get scented, unscented (lavender or chamomile) and your choice of fabric style.

Table Warmers

If you choose to purchase a table/bed warmer, please do research and follow the safety features, and include one with automatic timed “off” setting.

The pad I purchased I found at Massage Warehouse:
<http://www.massagewarehouse.com>

Search for “table warmer” in the search box.

NCCAM – Resources for research in complementary and alternative medicine
<http://nccam.nih.gov/health/decisions/>

This site for the National Center for Complementary and Alternative Medicine (of the NIH) is a helpful resource when researching therapies. Its scope is limited to what current review of prior studies reveal about various modalities and treatments, but it has been a useful resource for me. Perhaps you will find it useful, too.

Thank you for working with me; I have learned so much from you and appreciate the work I am able to do because of you!

If you have items you would like to share with me about resources or upcoming events, please let me know any time.

Stay warm.

And breathe!

Susan