**Massage and Relaxation Tools**

**Ladies How to take a bath:** Towel behind you on the tub, a bath towel over your shoulders in horseshoe covering our front, a small hand towel across your middle. Now make sure you have added 2 cups Epsom salt and enjoy for 30-40 min :)  
Life is good.  
 **Use Ice & Aspirin:** Ice until it is cold, take ice off and replace again repeat for 35-45 minutes... and good old fashion Bayer Aspirin (unless you are allergic)  
  
**Full Stretch:** 12 times a day  
**why?** increase blood flow...  
  
**Epsom Salt:** 2 cups per bath  
**why?** magnesium improves muscle relaxation and recovery  
  
**Tennis Ball:** 30 seconds will do  
**why?** extend value of therapy and give you control of issues  
  
**Breathing:** 8-8-8 Breath in for 8 count, hold for 8 count, and exhale for 8 count.

Repeat 4 times. Great to do before bed outside and then in bed for a great night’s sleep.  
**Why?** increase oxygen to tissues, great relaxation...  
  
**Listen to Your Body:** You are in control  
w**hy?** Your body is self-healing

**Personal Growth Tools**

**Triple A’s:** Awareness, Action, and Adjust

why? To make changes correctly

**Secret Keys:** Identity, Comparison, Gratitude, Serve

why? Increase confidence and peace

**I Own It:** Responsibility, Accountability

why? Become empowered

**HEALTH LINKS**

**Alpha Omega Touch**

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Glendale, AZ 85308 Email: vilma@AOTouch.com

**Weight Loss:**  
Water, Consciousness,   
Intent... Dr. Masaru Emoto   
<http://www.youtube.com/watch?v=tAvzsjcBtx8&feature=fvw>   
  
Is Glucose a Safer Alternative Sweetener?   
Sugar: The Bitter Truth  
Robert Lustig, MD University of California San Francisco   
<http://www.youtube.com/watch?v=dBnniua6-oM>