**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**

19888 N. 73rd Ave. Phone: 623-363-6212

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>