



News

June 2006

Fit U Classes

Continuing the discussion about the mental, emotional and physical connection was the start of our discussion during the Fit U class, You are Not Your Body: The Power of Objectivity. There is a tremendous amount of information available regarding the connection between body image and self esteem. However, our discussion followed a slightly different perspective. It began looking at the work of Dr. Sarno on Tension Myosistis Syndrome. Dr. Sarno found that increasing awareness of the mind-body-emotion connection is the only way to break the cycle of recurrent pain. From this work, we can generalize and apply this model to make change to other aspects of our bodies, from chronic pain to fat loss: increase awareness; state the functions you desire; and address whether those things you want to change still play a role you need. It all begins with acceptance.

During Massage: More than a Back Rub, we explored the various types of massage, what massage purports to do, and the actual scientific basis for what it does. Included in this discussion were terms that clients used to describe massage from EQUIVITA and why it is different from other massage that you may receive. From therapeutic to relaxational benefits - massage and body work do wonders for our bodies.

The first in a series, Supplements, Schmupplements: Beneficial or Bogus began an exploration of the new research that supports expanded benefits of supplementation beyond the traditional illness avoidance approach. Previously, supplements were only recommended to help prevent or avoid illness. Today, with the availability of so many supplements, it is imperative to be an informed consumer to determine the benefits, dosages, toxicity, and interactions with other substances. Regulations don't provide the protections that consumers need.

Join us for our next class, Transitional Fitness: Creating the Environment to Allow Change on July 8, 2006 from 10 am – 11 am in the EQUIVITA café. We will discuss transitional fitness and how to find the right exercises to make a difference for you. We will learn about the support needed to allow the transformation in your life. These seminars are not limited to EQUIVITA clients,

so bring your friends. Visit our web site at www.equivita.com for information on the schedule of the classes, as well as for access to the handouts of the previous classes. Questions? You can email us at info@equivita.com.

Freeze-Framer Interactive Learning System

It's beginning to make a difference! Several clients have been using the software package called Freeze-Framer Interactive Learning System to learn how to prevent, manage and reverse the negative effects of stress. With this system, you watch how your thoughts and emotions affect your heart and autonomic nervous system. There are 4 different ways to see these effects. The purpose of the software is to help you to learn how to control and train your thoughts so that they are more in coherence with a healthy body. The software monitors your heart rate and pulse and provides specific auditory and visual feedback, as well as charts your progress in your journey towards relaxation. Haven't had a chance to try it out yet? Sit down at the computer in the EQUIVITA café and use it for free. See if you can make the waterfall, flowers, rabbit and deer appear. Learn how to use your mind, body and heart as a unified system. For information about the Freeze-Framer software, go to www.heartmath.com. To learn more about the research behind how your heart sends messages to your brain, go to www.heartmath.org and click on any of the research areas listed.

New Brochures About EQUIVITA

Need something to help you to explain EQUIVITA to your friends and family? We have just developed several new brochures that describe EQUIVITA services. You can download copies from the EQUIVITA web site at www.equivita.com or we can provide multiple copies to you. Tell your friends about what a difference EQUIVITA has made in your life. The primary way that EQUIVITA grows is through your referrals and contacts.

Developing a Better Future

David Grewell, Assistant Professor, is a former EQUIVITA client and current researcher at Iowa State University. He and his colleagues are investigating the use of ultrasonic waves on corn to enhance faster production of ethanol. Go to the EQUIVITA web site to listen to an interview with him about the process and outcomes.

Have something you'd like to share? Contact us at info@equivita.com or call 614.298.8781.