

AIRMEITH'S MUSINGS

WINTER 2010

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Easing Holiday Angst

Five Stress Busters for a Joyous Season

You enter the holiday season with the best of intentions - looking forward to time spent with family and friends, decorating, shopping, baking. But as soon as you pile holiday activities on top of an already busy life, you're likely to find yourself relating more to Ebenezer Scrooge than Martha Stewart.

Consider these five suggestions to keep holiday stress at bay:

1. ***Determine a Shopping Budget***- For many, gift giving is an important part of the holidays, serving as a way to

express love and appreciation for friends and family. But when the credit card bills arrive in January, you may discover you've extended your holiday stress well into the New Year. Plan your budget in advance, determine what you can spend, and stick to the plan.

2. ***Create a Time Budget***- Many will make a shopping budget, but what about making a time budget? Before accepting every invitation this year, decide ahead how many parties you can and want to attend while maintaining your sanity. Make choices about your time commitments based on what you'd really like to do this year, rather than what you think you should do or what you've always done. Don't forget to leave time for yourself.

3. ***Set Food-Intake Boundaries***- You'll likely be tempted to eat in excess, and don't be too hard on yourself if you don't stick to your pre-holiday eating standards. But do decide ahead of time just how much you'll deviate from your eating routine.

4. ***Stick to Your Exercise Regimen***- Regular exercise is a powerful stress buster. You'll feel better, sleep better, avoid weight gain, boost your immune system, and maintain a positive outlook about yourself. While it may seem like an easy time concession to make, don't give in to the idea. Stick to exercise, and you'll thank yourself for it.

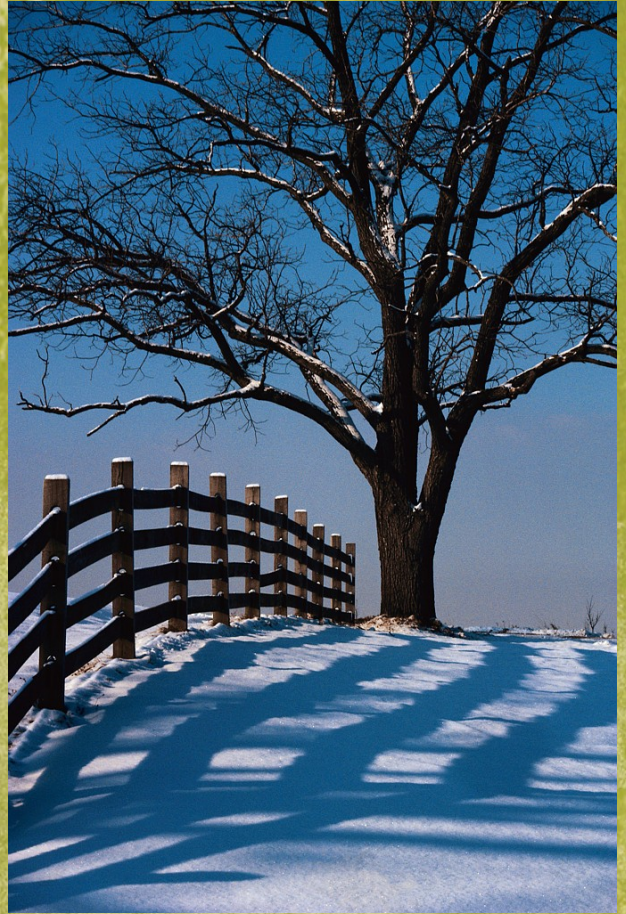
5. ***Take Time to Rest***- Take time from your schedule to honor the cycles of the season. The holidays fall during winter solstice - the shortest day of the year. Learn from nature, and get plenty of rest.

*"In a way Winter is the real Spring - the time when the inner things happen,
the resurgence of nature."*

- Edna O'Brien

How to Make a Pot of Tea

- First, boil fresh water. The water must be at boiled for most tea.
- When the water has boiled, pour a little of it into the empty teapot and swirl it around to warm the pot.
- Place the tea in the pot (either loose or in a infuser). Rule of thumb is one teaspoon of loose tea per person and one teaspoon of tea for the pot.
- Pour the just boiled water into the pot and let sit for at least two minutes (longer for some herbal blends). A tea cosy is ideal for keeping the tea hot.
- Put the cream or perhaps lemon and sweetener into the teacups and then pour the tea.
- Relax and enjoy your tea.



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our Holyoke, MA office;*

*located at 476 Appleton Street, Ste 4
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Open for product purchase or pick up

Every Tuesday and Thursday

4 pm to 8 pm

HERBAL LORE

White Pine (Pinus strobes L.)



The pine tree is more than just a symbol of winter. Known to have a high Vitamin C content. The Native American tribes have used it for centuries as an important medicinal plant.

Pitch was used to draw out boils and abscesses, it has also been used for rheumatism, broken bones, cuts, bruises, sores and inflammation. A tea from pine twigs has been used to treat lung and kidney issues. Bark and/or needle tea was used for coughs, colds, sore throats, and as an expectorant. A poultice was made for headaches and backaches. Inner bark has been used as a common ingredient in cough syrups. The Ojibwa would boil the needles and inhale the vapors as an aromatherapy for relief for backaches.

For educational purposes only. This information has not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure, or prevent any disease.

What Is Reiki?

Understanding Energy Work

A type of energy bodywork, reiki (pronounced ray-key) relies on the ancient belief in the life force energy, referred

*If I keep a green bough in my heart,
the singing bird will come.*
- Henry David Thoreau

to as chi, that flows through all things. This life force runs throughout pathways in the body called meridians, nourishing organs and cells and supporting vital functions. When this energy is disrupted by negative thoughts, feelings or actions, illness and disease result. A reiki practitioner's hands hover just above a person's body, sensing the affected areas and infusing them with positive flow. This raises the energetic vibration and breaks up the negativity to heal, clear and restore the natural flow of the life force. The reiki practitioner, trained to access and serve as a channel for the life energy, places his hands on or just above the client's body and uses a passive touch that some clients experience with warmth or tingling. The hands remain in position for 3-5 minutes, alternately covering 10-12 positions over the body.

Thought to be Tibetan Buddhist in origin, the practice of reiki is comprised of three levels of training. Through this training, the practitioner learns how to access energy flow through the hands to heal. Completion of the third and highest level of training results in the title of reiki master. Reiki is used to accelerate healing, assist the body in cleansing toxins, balance the flow of subtle energy by releasing blockages, and help the client contact the healer within.

According to reiki.org, reiki is beginning to gain acceptance as a meaningful and cost-effective way to improve patient care in hospitals and clinics across America. In an interview on the website, Dr. David Guillion, an oncologist at Marin General Hospital in California, says, "I feel we need to do whatever is in our power to help the patient. We provide state of the art medicine in our office, but healing is a multidimensional process. I endorse the idea that there is a potential healing that can take place utilizing energy." For more information, consult your bodywork practitioner.

FIND US ONLINE: *Etsy - [etsy.com/shop/AirmeithHerbals](https://www.etsy.com/shop/AirmeithHerbals)*

Facebook - [facebook.com/pages/Holyoke-MA/Airmeith/125229734184413](https://www.facebook.com/pages/Holyoke-MA/Airmeith/125229734184413)

Websites - airmeith.com & airmeithbodyworks.com

WINTER 2010

Our Simmering Potpourri
can be used in either a small crock pot or
a pot on the stove; may also be used as:

- Closet or drawer sachet
- Room Potpourri
- Car freshener



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*Naturally handcrafted herbal and nature inspired
products for body, mind & spirit*



Happy Holidays
from all of us at
AIRMEITH

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