

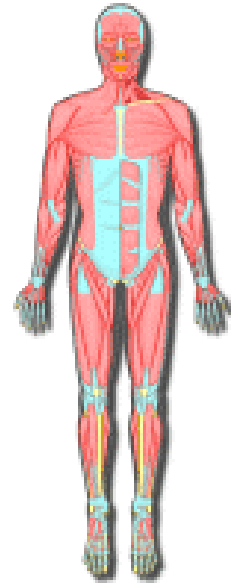
THE RELAXATION CONNECTION

“RELAXATION IN ANY LANGUAGE IS STILL RELAXATION OF THE BODY, MIND AND SPIRIT”

PRESIDENT, MARIE LEHN, R. N., C.A.P. (510) 783-6594

DO YOU SUFFER FROM ANXIETY DISORDERS?

Anxiety Disorders affect about 40 million American adults age 18 years and older (about 18%) in a given year, causing them to be filled with fearfulness and uncertainty. Unlike the relatively mild, brief anxiety caused by a stressful event (such as speaking in public or a first date). Anxiety disorders commonly occur along with other mental or physical illnesses, including alcohol or a first date), anxiety disorders last at least 6 months and can get worse if they are not treated. Anxiety disorders commonly occur along with other mental or physical illnesses, including alcohol or substance abuse, which may mask anxiety symptoms or make them worse. In some cases, these other illnesses need to be treated before a person will respond to treatment for the anxiety disorder.



Effective therapies for anxiety disorders are available, and research is uncovering new treatments that can help most people with anxiety disorders lead productive, fulfilling lives. If you think you have an anxiety disorder, you should seek information and treatment right away. There are various types of “Anxiety Disorders” such as: obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), social phobia (or social anxiety disorder), specific phobias and generalized anxiety disorder (GAD).

Panic disorder is real illness that can be successfully treated. It is characterized by sudden attacks of terror, usually accompanied by a pounding heart, sweatiness, weakness,

THERAPY TREATMENT

- Chair Massage
- Acupressure
- Reiki
- Reflexology
- Swedish Massage
- Phone Consultation

JANUARY, 2012

GIFT CORNER INCLUDES:

- * Gift Baskets
- * Hand Sanitizer
- * Hand Massagers
- * Gift Certificates
- * Deluxe Spa, Express Spa, & more

DID YOU KNOW?

The Relaxation Connection is now offering 50% off “Reiki” treatments to all first time clients effective immediately. This promotion will last until March 1, 2012. Plus all referrals will receive a

special gift offer. The benefits of our “Reiki” treatments usually leaves the client feeling relaxed, calm and rejuvenated. Reduction of stress, the balance and harmony of the body’s energy, strengthening of the

immune system, relief from allergies, arthritis and chronic disorders, promotion of personal awareness, clearing of toxins, enhancing meditative states, promoting relaxation, and clearing of blockages.

**PRESIDENT, MARIE
LEHN, R. N., C.A.P.
(510) 783-6594**

If you are out of town
and need advice
regarding methods to
relieve pain give me a

call and I can discuss
ways to help you
release the pressure in
your body until you
can come for a
massage treatment.

- Phone
Consultations



We are on the Web
www.relaxationconnection.com



If we take care of our bodies,
our body will take care of us.
Remember to eat right,
exercise and think good
thoughts.

YOUR KEY TO BETTER HEALTH

**Relaxation is not a luxury, but a definite necessary element of
good health.**

Connect to:

- ◆ **Muscle, joint and tissue relaxation**
- ◆ **Stress relief or reduction and more ability to cope with
future stressful situations**
- ◆ **Release of toxins from the body**
- ◆ **Enhanced immune system and resistance to disease**
- ◆ **Increased flexibility & improved circulation**
- ◆ **Decreased levels of anxiety and balancing of energy**

**Our pain and relaxation techniques offer a unique approach
to health improvement. Our services are individually
tailored and designed for each person based on their needs.**

**We pride ourselves on customizing your therapy sessions to
accommodate your individual needs.**

ANXIETY DISORDERS (CONT'D)

Faintness, or dizziness. During these attacks, people with panic disorder may flush or feel chilled; their hands may tingle or feel numb; and they may experience nausea, chest pain, or smothering sensations. Panic attacks usually produce a sense of unreality, a fear of impending doom, or a fear of losing control. A fear of one's own unexplained physical symptoms is also a symptom of panic disorder. People having panic attacks sometimes believe they are having heart attacks, losing their minds, or on the verge of death. They can't predict when or where an attack will occur, and between episodes many worry intensely and dread the next attack. Panic attacks can occur at anytime, even during sleep. An attack usually peaks within 10 minutes, but some symptoms may last much longer. People who have full blown, repeated panic attacks can become very disabled by their condition and should seek treatment before they start to avoid places or situations where panic attacks have occurred. For example, if a panic attack happened in an elevator, someone with panic disorder may develop a fear of elevators. Early treatment for this illness can often prevent agoraphobia, but some may go for years with being correctly diagnosed.

Join us next month for the conclusion of "anxiety disorders".