



In This Issue

Pain and Vitamin D

Mindfulness

Pain, Fatigue and Vitamin D Deficiency



Vitamin D has been called the sunshine vitamin. Our bodies naturally produce and synthesize it when exposed to ultraviolet-b (UVB) rays from the sun. Learn about this important vitamin and how the lack of it can affect the aches and pains you may be experiencing.

[Click Here to Learn More](#)

Click Below to
Book an Appointment Now!



News @ Inner Balance

Dear Lauren,

School's almost out, the sun is shining and the farmers market is open! With the transition into summer, it is important we remember to keep our body on a healthy routine. Summer vacations, yummy ice cream and county fairs... just a few ways to neglect our bodies. With a balanced diet, active lifestyle and personal time, we can ensure good health for years to come! Check out the articles below for ways to help keep your body in optimal health this summer.

On a more pertinent note, with long debate and a lot of number crunching, I have decided that as of June 1, 2009 I will be raising my prices by \$5. I know that times are tight and we are concerned with our economy but with increased overhead and life expenses, I have had to make some adjustments. You are my valued client and I want to give you the service and care you deserve and I feel imperative to the mission of Inner Balance. However, I can only continue to do this if I adjust my service prices, although I will continue to offer my package discounts, which will help substantially drop the cost of a session. Also, I am always willing to work something out, I never would want you to forgo care due to financial restrictions. One last note- the price adjustments will only be affecting my services, as Sandra's prices will remain the same. I thank you for your support and continued patronage.

Warmly,
Lauren Wipperman

Mindfulness By Sandra Kessler



Mindfulness is an attitude of acceptance that consists of being experimentally open to the reality of the present moment. In mindfulness the breath is used as the primary object of attention. Mindfulness meditation comes from ancient Buddhist tradition, yet its practice requires no particular religious orientation or belief system. The

foundation of mindfulness is the development of concentration. This is accomplished by focusing attention on the physical sensations of breathing. Each time the practitioner notices their attention has wandered into past memories or regrets, future plans, worries or fantasies, he or she gently returns the attention to the breath. The breath is used as the primary object of attention because it is always present, always changing and is the link between body and mind. It is the skill of carefully paying attention moment by moment that is being developed. This is equally applicable to other activities of daily life. Mindfulness is the process of deeply experiencing one's life as it is unfolding in the present moment.

The following is a brief meditation for cultivating mindfulness. Try to do it whenever you can:

Pull your mind away from wherever it is, and concentrate on what you are doing at that moment. It doesn't matter whether you are standing up, walking or sitting down. Whatever you are doing - walking home, eating, having a shower - start doing it with all your senses. Smell the fragrance of the air around you, taste every mouthful of food you are eating, feel the sensation of water against your skin as you shower. Ask yourself what you are doing, and what you are experiencing and feeling.

After a short while, you will find your mind trying to distract you. Notice the thoughts that arise, but don't follow them. Let them go, and bring your mind gently back to the present moment. You will gradually find yourself moving into a peaceful alpha brain wave state. Keep the meditation going for as long as you can.

Refer A Friend

Know someone that could use a massage? Inner Balance has an ongoing client referral program, that could save you \$20 on your next massage. Word of mouth has been the best form of advertisement and I want to pass my appreciation to those who have been spreading the word!

When you refer a friend to Inner Balance and they mention your name during their visit, I will send you a \$20 off coupon in the mail. Yes...it's that simple!

[Forward email](#)

 **SafeUnsubscribe®**

This email was sent to optimum_lifestyle@yahoo.com by optimum_lifestyle@yahoo.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Inner Balance | 610 Eastbury Dr. Suite 3 | Iowa | IA | 52245