

Massage Therapy—The Vocation of the Future

By Anna Remick, LMT

750 Hour Massage Therapy Program Starts April 16th



The Oriental Healing Arts School of Massage Therapy

Massage & Wellness News

Have you ever considered becoming a massage therapist and working in the Complimentary Alternative Health Care industry? Massage therapy is the fastest growing segment of natural health care, due largely to the growth in public demand for alternative approaches to wellness.

Each year, thousands of people pursue careers in massage therapy. Typically, these are individuals who are interested in different types of therapies that promote well-being and a higher quality of life. Traditional healthcare sys-

tems throughout the world recognize that therapeutic massage can play an important role in treating illness or chronic ailments, and contribute to a higher sense of general well-being. Massage therapy has become an important part of general health care for many people living in today's stressful world.

With ever-expanding research on the beneficial effects of massage, more professionals are advising patients to include therapeutic massage in their health care treatment plans. Physicians

and chiropractors are recommending more patients receive massages for certain health conditions, while many employers and health insurance plans support the use of certified massage therapists.

The Oriental Healing Arts School of Massage Therapy is the school of choice in Alaska for Oriental Healing Massage and Bodywork. We offer day, night and weekend classes as well as continuing education classes for professionals.

**Call us today for a catalog and registration kit.
907-279-0135.**

~Short Courses~

Massage Workshops for Everyone!

Do you want to learn some basic skills in massage and wellness without making it your career? Now you can! Starting March 25th we will offer weekly 2-3 hour massage and wellness workshops for the general public, along

with some CEU workshops for massage professionals. See the schedule on the next page, then check our website for future offerings. You can register by phone, in person, or on-line.



Students practicing massage techniques in class.

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*"Enjoy Yourself.
It's Later Than
You Think."
~~Taoist Proverb*

OREGANO OIL

NATURE'S GERM KILLER

By Anna Remick, LMT

Have you tried Oregano Oil, nature's germ killer? Some of the powerful actions of Oregano Oil include:

- Antiseptic and Antimicrobial
- Antifungal
- Antiparasitic
- Antispasmodic
- Expectorant

Oregano oil has an immediate impact on acute germ inundation and it can be used daily providing a broader spectrum of benefits than Echinacea, Tea Tree, Goldenseal and Grapefruit Seed extract combined. Medical research has found the phenol, Carvacrol, to be the active biochemical in Oregano Oil that provides the anti-microbial action.

TOPICAL USES: Must be diluted first!!

Cold sores, Acne, Boils, Athlete's Foot, Gum Disease

ORAL/INTERNAL USES*:

Arthritis, Candida, Cough/Cold/Flu, Ulcers, Parasites, Irritable Bowel Syndrome, Sinus Infection and more.

(*NOTE: consult a professional health care practitioner and make

sure the Oregano Oil is food grade quality.)

Essential Oil of Oregano and Wild Oregano Oil are available at the Oriental Healing Arts Center and at many natural health retail stores.



For Plantar Warts: Place one drop of pure Oregano Essential Oil on the wart. Cover and leave on overnight. Repeat daily as needed.

To Dilute For Topical Use: Use 8 drops essential oil per Tbs. of carrier oil. To be used for small areas only, not for full body massage.

Open House

Schedule of Events

SATURDAY MARCH 24th 11-4

FREE Chair Massage

FREE Workshops

Massage School Orientation

11:00 Children's Tai Chi

12:00 Beginning QiGong

1:00 Spring Equinox Meditation with Tao Shih Pei Wo Lun

2:00 Beginning Tai Chi

3:00 **Massage School Meet & Greet:** Meet and talk with current massage students and recent graduates about school & work

Free Chair
Massage
& More....

How Massage School Changed My Life

by Duke Jones, massage student

The Oriental Healing Arts School of Massage Therapy has broadened my horizons more than I ever thought possible. Through the QiGong and Tai Chi we practice I have cultivated more self-awareness and energy. My core, strength, and focus are honed in to all aspects of healing, others and myself. More


importantly I have learned a blending of Eastern and Western medicine that I had never thought could be accomplished.

My practice here is not complete and I am only more excited about what I have yet to learn. The information seems to only grow upon itself and the stronger I get the



more I want to know. These times will keep me flowing through life and probably to my end where I hope to find complete peace and tranquility with a harmonizing of love and life.

The School of Choice in Alaska for Oriental Healing Massage & Bodywork
Back Massage For Couples Workshop: Licensed Massage Therapists Chase Acuff & Michele Keck teach basic back massage techniques to relax and nurture your partner. Learn how to give a great massage without tiring your hands!
Open House Schedule Sat. March 24th 11-4
Oregano Oil—Nature's Germ Killer , & More!



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Element: Wood
Color: Green
Direction: East
Emotion: Anger
Balancing Emotion: Kindness

Spring is the time of renewal and growth. It is an easy time to become angry with anything that seems to be in the way of our own renewal and growth activities.

Anger is an appropriate emotion when we use it to maintain our boundaries and keep ourselves from being insulted or harmed. Appropriate anger is also mitigated with compassion as an essential element.

Anger is inappropriate when it lingers on in excess, or is used to hurt someone else either physically or emotionally.

In Chinese Medicine, anger also means stress, frustration, and resentment. These feelings, when chronic,

Meditation for Spring By Cynthia McMullen, LMT

can cause damage to our health in many ways.

In this Spring Meditation, we will focus on Kindness as a way to balance Anger.

If you would like, face the direction of East and either wear the color green or have green plants or objects around you.

Sit comfortably and focus on your breath, breathing slowly, softly, and full—all the way down to your lower

abdomen. This should feel relaxed and unforced.

Inhale and imagine breathing in air from a lush green rain forest. Imagine how healing to your entire being this is.

The plants are so generous to share this gift of fresh clean air with us.

Exhale and say **“I am kind”**.

When you sincerely feel this, your body will relax and open more. Your face will soften. Your eyes will brighten.

Be kind to yourself and practice this meditation daily for 3-15 minutes.

Use it especially to neutralize the feelings of chronic stress, frustration, and resentment. When you are kind, you will also attract kindness to yourself. Who couldn't use more of that?

