

Hello Clients and Friends:

The Spring Solstice was earlier this week, on 3/21, and now Mars is getting ready to go into retrograde. It is a time of change, and as you feel rushed, hurried or just plain unsettled, take a moment to B-R-E-A-T-H-E, reflect and needed resources will come to you. Enjoy a cup of the tea recipe below, as you put your feet up for a mid-afternoon break, and acclimate to the increasing temperature and humidity. Time to buy new or refresh your butterfly and hummingbird-attracting native plants.

PERSONAL: I've just returned from a retreat at a lovely beach, in a place where TV and telephone is absent. Honestly, after a couple of hours, I got used to being "out of touch". Laura, my daughter, came along and took another 24hours to get over feeling the need to "know everything" happening with her circle and learned to relax. We return refreshed to handle the havoc wielded by TV news and our hectic Houston lifestyle.

It was a lovely 5 days in Playa del Carmen, Mexico, (original home of the Maya) attending the Arvigo Maya Convention with 40 of my fellow practitioners. It was great to be able to meet people I had been communicating with through group sites and via email, to put faces to names, and to reconnect with some people I had not seen since my earliest classes in this work. Of course, Rosita was there, and I also got to meet her husband, who has done so much work with the IxChel Foundation. We took a trip to Cozumel, to San Gervasio, and viewed the remaining foundations of the White Road and the area where 2000 years ago women went for female training, education on their cycles and fertility, birthing their babies, and serving the Mayas with astronomy, beekeeping, dedication to trades, overseeing port commerce, caring for orphans and many other duties. Maya women on the coast of Cozumel were closest to the sky, and their recordings of the planets traveling were used by the high priests to write the calendars.

I felt fortunate being so close to the moon during the Spring Solstice. We could see the forms of the Maya Goddess Ix-Chel on the moon: maiden, mother and crone depending on where you were standing and from which direction you were looking at the beautiful full moon. Laura was thrilled to be able to use her astronomy class education, viewing a cloudless vibrant sky filled with stars from a friend's upstairs balcony, 200 yards from the beach. Rosita held a *Primicia* the last day, blessing us and those close in our memory, rededicating us to this work. I visualized each of your faces and good health and happiness for you all.

SERVICE/PRODUCTS OF THE MONTH: The office and its retail products are here to support you. With the constant bombardment of information on radiation watch, weather havoc, and the body getting adjusted to higher temperatures and humidity, take your own break with a Seaweed Wrap. Seaweed has beneficial properties that are able to be used immediately by the body when absorbed through the skin; studies found that in just 20 minutes of application or ingestion, the seaweed nutrients are being metabolized in the liver. As part of a seasonal detox or support to diet and weight loss changes, a seaweed wrap is integral in supporting the body by binding the harmful byproducts for excretion, supplementing the cells with essential nutrition and supporting water balance process. Skin feels refreshed and renewed; sleep is enhanced. **The Kombu wrap** (the Japanese word for seaweed is *Kombu*) offered at KCRH is 60 minutes; includes dry brushing, anointing with stress relieving essential oils, a body wrap

with Source Vital seaweed. A light massage with body lotion is including after showering. 50 min/\$90; 75 minutes (has 25 minutes of relaxation massage), \$125.

Retail products: Source Vital's **Algae Nutrio tablets** and **Algae & Dead Sea Salts bath formula** both have Spirulina (as does the wrap above), which supports the body's immune response to radiation. Be aware that stress increases internal damage from things we are exposed to daily, and that standing in front of the microwave, using your cell phone without hands free attachments, time in front of the computer, fluorescents, and being unprotected in full sun are also sources of daily radiation. I personally use a combination of monthly wraps, 2-3xweek 20 minute baths in the Algae & Dead Sea Salts, and daily Algae Nutrio tablet supplements.

CLASS NEWS: April 9 is the date and my office is the place for the one day **Hands on Health, the Maya Way**, 9:30a-4p. A review of how the body works, common problems affecting the reproductive system, how to eat to support health, and a 5 minute self care routine to maintain daily good health. CEs for massage, midwives and acupuncturists. For more info and to register, go to www.arvigotherapy.com/node/197. This is the second offering of this mini-class; the third and final one for 2011 will be in June in Friendswood. This fall will debut the 3 day class/weekend seminar, and future offerings will alternate the 2 courses each year.

RECIPE OF THE MONTH: SPRING TEA

This tea can be enjoyed anytime of the day and is particularly beneficial during the spring season for cleansing kapha from the system. The ginger root and mint balance *agni* (digestive, metabolic and mental fire). Coriander and cumin support balanced digestion and a healthy urinary tract. (Tea recipe courtesy of Kaya Mindlin, Yoga Therapist & Ayurvedic Consultant). Drink 2-4x a week or whenever you need a pick-me-up. Due to the "live plant" nature of the ingredients, doesn't keep longer than 24 hours.

Ingredients: 2 cups water; 1 Tbsp shredded ginger root; 1 Tbsp chopped fresh mint leaves; 1 tsp cumin seeds; 1 tsp coriander seeds.

Directions: In a medium saucepan, bring all the ingredients to a boil. Reduce heat and simmer for 5 minutes. Strain the tea into a mug, tea pot or thermos. Sweeten to taste--raw honey for kapha types, raw cane sugar, stevia or maple syrup for vata & pitta types (raw honey should be added after the tea has cooled to drinkable temperature). This delicious tea supports a light and energized quality on all levels.

Yours in optimal health, naturally.

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