

A U T U M N 2 0 1 7

Azure Touch

Body-Mind Connection Centre LLC



Happy Thanksgiving

It's the season of harvest again, when we reap the fruits of the past year that we prepare with great love and attention to share with friends and family. It's a mixed bag however...

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Save the Date!

Open House

December 11, 2017 6:30 – 8:00 PM

Rediscover the joy of play and health at our open house
Healing Arts of Oriental Medicine

405 Lake Cook Road, Suite A211, Deerfield, IL 60025

AUTUMN

The forces of autumn create dryness in Heaven and metal on Earth; they create the lung organ and the skin upon the body... and the nose, and the white color and the pungent flavor...the emotion grief, and the ability to make a weeping sound.

-The Yellow Emperor's
Classic of Internal Medicine



Autumn Self-care

Shades of gold in the leaves, autumn winds, and the brisk air remind us of the changing seasons. It's especially important to practice good self-care as the seasons change.

Drink plenty of fluids

As temperatures cool, humidity levels naturally drop, thus staying hydrated can be a challenge. Herbal teas are hydrating and warming.



Enjoy warming, grounding meals

Fall is a good time for soups and stews to come back into your diet.

Take care of your body

Move every day. Movement is an awesome way to maintain your health with the falling temperatures. Massages and saunas are the bomb.

Get plenty of rest

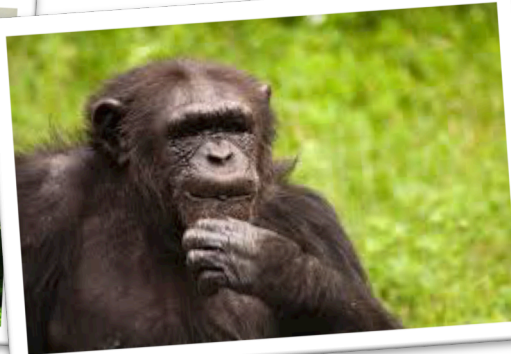
Rest becomes more important this time of year; do your best to get a full night's sleep. Take rest breaks during the day and meditate if you can. Rest is a key factor in adapting gracefully to fall.

Gratitude

We live in a beautiful place, the United States of America; it's an amazing time to be alive. Cultivating an attitude of gratitude is akin to strengthening your immune system.

Courtesy of The Bodywork Bistro family





Wisdom Corner Inspiration for daily living

YOU CAN'T DO BIG THINGS IF
YOU'RE DISTRACTED BY SMALL
THINGS Picture Quotes.com

You are FREE TO CHOOSE, but you
are not FREE from the
CONSEQUENCE of your CHOICE
Unknown

NEVER LET THE THINGS YOU
WANT MAKE YOU FORGET THE
THINGS YOU HAVE Unknown

Behind you all your memories
Before you all your dreams
Around you all who love you
Within you all you need Unknown

STOP LETTING PEOPLE WHO DO
SO LITTLE FOR YOU, CONTROL
SO MUCH OF YOUR MIND,
FEELINGS AND EMOTIONS Unknown



Turmeric Tea

Also called golden milk

1 pinch Black Pepper
1 pinch Cayenne Pepper
½ tsp Cinnamon
1 tsp Turmeric or
turmeric spice mix
2 cups Milk
¼ tsp ginger powder or
tiny piece of fresh,
peeled ginger

*Add ingredients to boiled milk. Stir
and let sit for 2-3 minutes
Enjoy*

*For the sweet tooth in you, add
1 tsp Raw Honey or Maple syrup*

OPEN HOUSE

Azure Touch & HAOMI...

Presents an evening of Play and Health
Please join us for our open house

Monday, December 11th 6:30-8:00PM
405 Lake Cook Rd., Ste. A211, Deerfield



Azure Touch returns to Barrington

Note new address...

101 Lions Dr., Ste. 112, Barrington

Thank you to all my devoted clients, I
will be returning to Barrington the first
Sunday of each month starting Sunday
December 3rd.

Gift Certificate

Consider the gift of health and relaxation
with gift certificates from Azure Touch

(Save 10% on Gift Certificates purchased through Dec)



Breathe

The sensation is pleasant as you breathe in.
As you breathe out, a wave goes through
the inside of the body... go with it!

Happy Thanksgiving

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While autumn is a season of great blessings for which we give thanks on the 3rd Thursday of the month of November; there is also its emotional side, *grieving*.

Grieving is being given much air-time recently.

Until recently, I did not have a full appreciation of grieving through personal experiences, so the universe stepped up my learning. In the Spring of 2016, a group of friends and I got together to create a program where women in the community could gather together to learn about, acknowledge their emotions and process especially grieving in a safe space.

The planning was evolving beautifully and we got to the stage where we started to look at possible locations for the grieving program; this is where my lesson began... My Mom crossed over in August of last year and my Dad transitioned this past April, 7 months after Mom.

One would think that the program my friends and I were creating would really take off especially now that I have some experience under my belt...Ha...I have not returned to the planning meetings. Goodness knows I tried to talk myself back to the group and I got nowhere.

What I am discovering folks is that, I am in the throes of my own grieving...the seeming stuckness of it, which looks very much like basic survival. I go about my daily work, care for my family, occasionally visit friends and family and yes, you may notice, my circle of life is very small and routine.

To return to the grief planning meetings, means I would have to go out in the greater community for which I was not ready. Observing my own behavior, I've started to wonder; just how many people in my community are grieving as well?

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Happy Thanksgiving

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Therefore, during this Thanksgiving season and the time of autumn's expressed emotion, *grieving*; I wish to convey to all of you, my dear family, friends and devoted clients, I bow to you with much love, appreciation and gratitude. Thank you for journeying with me during my difficult year.



Sharon

Azure Touch

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