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for love's sake

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E-Newsletter

Greetings!

February has marched in and reminds us of our love relationships which can sometimes resemble a teeter totter on the playground of life. With five decades of my own relationship adventures and having worked in the field of relationships for over two decades, I'm convinced that there is no greater need than **the companionship of love!**

Many of you know that I specialize in working with midlife business women. It's fascinating to me how some folks keep juggling and adding more hats and don't think twice about it....until their bodies and spirits start breaking down. That's typically where I come in.

Through darker times the true gifts of women have been forced under the radar. Healthy women are natural agents of connection, harmony, and nurturing. Studies by the United Nations-World Bank have shown that women are more likely to contribute to community development than men, therefore, are better candidates for support programs. Or in the words of rock singer/activist Bono: "Give a man a fish; he'll eat for a day. Give a woman even a micro-credit; she, her husband, her children, and her extended family will eat for a lifetime."

This month's e-news celebrates the marvel of women and all you men who cherish them deeply for love's sake.

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Feel free to forward this to a Friend!

Ask Marcia - Q & A

Email your questions to Marcia@MarciaNewman.com

Q. What can I do to help my best friend though this tough time? She's struggling with her business, health and marriage. I feel guilty about sharing the good things that are happening for me.

BodyMind
Tip of the Month:

The Power of Friendship;

(more than just a Girl Thing)

Women are keepers of each other's secrets, boosters of one another's wavering confidence, and co-conspirators in life's adventures. Through laughter, tears and inexhaustible river of talk, they keep each other well, and make each other better. ~Melissa Healy

Friendships--the feeling of being connected to a supportive network, profoundly affect the health of BOTH genders.

According to UCLA social neuroscientists, Friendship buffers the hardships of life's transitions, it lowers blood pressure, boosts immunity, promotes healing and can protect us from the effects of dementia!!

Loneliness is one of the principal causes of premature death in this country. Then why do women on average have lower rates of heart disease and longer life expectancies than men?

In my humble (slight cough) opinion, women in general are more interested in working at developing intimacy with others. In other words, WE DO RELATIONSHIPS!

So the 'secret' wellness weapon is strengthening

A. You bring up the 'triple topic of turmoil' which touches so many people these days. Pain is pain and it always feels bad. Fortunately or unfortunately, pain drives a human being to *eventually* reach out for help and relief. Your 'thriller guilt' will not serve you or this friendship. Your quiet contentment is the best gift that you can bring to any situation. Feel good that you feel good. Encourage her by your own example of practicing wellness and providing her a loving presence. Rumi once said, "through love all pain will turn to medicine". I hope my response helps you in some way.

Homeopathic of the Month - #3 WATER



NET Remedies® safely activate your body's defenses to naturally heal, strengthen and prevent further illness.

#3 WATER is correlated with Oriental Medicine's "blue" WATER Element. The organs/meridians associated with the Water Element are the Bladder and Kidneys. **Major emotions associated with this element are fear and a sense of paralyzed will.** I had the good fortune to recently attend a workshop with a **talented colleague, healer and licensed acupuncturist, Stephen Stiteler. He described the Kidney/Bladder meridians as helping us to be able to finish that which we start.** He went on to share that blockages within the Kidney meridian issues can be related to more inner, existential questions about knowing one's Self where as Bladder meridian issues may be more about fears relating to the outer world.

Physical symptoms related to the Water element include dehydration and burning-type pain especially related to urine and pain within the ears. The Water element also influences the sacrospinalis muscle group (the large muscle group lying on either side of the vertebral column extending from the sacrum to the head).

For more information about NET Remedies and Neuro Emotional Technique contact Marcia@MarciaNewman.com

Marcia & Friends at T.O. Actor's Guild

Tony Lashchi, Director

For info contact: toactorsguild@verizon.net



your networks of healthy friendship and support.

Most successful business women (out of their own innate survival mechanism) have been incorporating the power of networking & volunteerism for years.

Many prospering companies/businesses are now using the concepts of team building and replacing the "ME" with the "WE".

I believe that our (former?) ego driven country will be enhanced by working together with more cooperation. **Isn't it amazing what can happen when competition and fear tactics are lessened?**

Women are natural leaders of this type of change.

Or closer to home, after watching some amazing highlights from a brutal tennis match that lasted over 5 hours, I said to Jim "why don't they just give BOTH of them a trophy call it quits?!!" He gave me one of those *hon, you're so clueless looks.*

It's OK; you guys have it your testosterone way (especially Rafa Nadal)!

