



Health Notes



Consumer health information & resources compiled by Terri Stines, Community Services Librarian

Ready to try Reiki?

Reiki (pronounced ray-kee) may be the Japanese word for universal life energy, but to many people who have tried it, it's all about relaxation. One skeptical journalist reported being so calm after her first Reiki session that she forgot all about her to-do lists.

Reiki masters help balance an individual's own personal force field by placing their hands on or above the person's fully-clothed body. Some studies have shown Reiki to effectively reduce anxiety and blood pressure in otherwise healthy people.

Reiki Master Tom Wolford will talk about and demonstrate the art of Reiki at a free program at the Main Library, 625 Minnesota Ave, at 7 pm on Thursday, April 21. Call (913) 279-2064 for more information.

According to the International Association of Reiki Professionals, about 60% of the hospitals included in the U.S. News World Report "America's Best Hospitals" list offer some kind of Reiki program, if only informally. Many Reiki masters are also registered nurses.

There is more to Reiki than the physical, however. The following are the spiritual precepts of Usui, the Japanese man who invented Reiki in the 19th century:



- ◇ Just for today
 - ◇ Do not anger
 - ◇ Do not worry
 - ◇ Be filled with gratitude
 - ◇ Devote yourself to your work
 - ◇ Be kind to all people
- And, he might add, don't forget to balance your force field.

Tips from the National Center for Complementary and Alternative Medicine:

- ◆ Take charge of your health by being an informed consumer. Find out what studies have been done on the safety and effectiveness of the treatment in which you are interested.
- ◆ Decisions about medical care and treatment should be made in consultation with a health care provider and based on the condition and needs of each person. Talk to your health care provider before making any decisions about treatment or care.
- ◆ If you use any complementary or alternative therapy, inform your primary health care provider. This is for your safety and so your health care provider can develop a comprehensive treatment plan.
- ◆ If you use a therapy provided by a practitioner, such as acupuncture, choose the practitioner with care. Check with your insurer to see if the services will be covered

New Books on Old Medicines

The following books are available at the Kansas City, KS Public Library:

- ◆ **A tooth from the tiger's mouth:** how to treat your injuries with powerful healing secrets of the great Chinese warriors by Tom Bisio.
- ◆ **Honoring the medicine:** the essential guide to Native American healing by Ken Cohen.
- ◆ **The healing power of herbs:** the enlightened person's guide to the wonders of medicinal plants by Michael Murray.
- ◆ **Latino folk medicine:** healing herbal remedies from ancient traditions by Anthony DeStefano.
- ◆ **Folk remedies from around the world:** traditional cures for 300 common ailments by John Heinerman.

What if everything you know is wrong?

It seems like there's a new diet book out every other day. Now there's one that questions the wisdom of all those that came before it.

Rob Stevens, founder of thintuition, is the author of **The Overfed Head: what if everything you know about weight loss is wrong?** Once morbidly obese, Stevens says he finally stopped dieting and lost 140 pounds. Now slim, he claims to never worry about dieting or gaining the weight back.

If weight loss or maintenance is of concern to you, you might try Stevens' book, or any one of these new titles:

- ⇒ **Better than Atkins** : the country club diet : America's weight solution by Debi Davis.
- ⇒ **Carb-careful solution** : when your diet doesn't work anymore by Adele Puhn.
- ⇒ **Perfect fit diet** : combine what science knows about weight loss with what you know about yourself by Lisa Sanders.

- ⇒ **Reprogramming the overweight mind** : 7 steps to taking control of your subconscious by Kelly Burris.
- ⇒ **Walk away the pounds** : the breakthrough six-week program that helps you burn fat, tone muscle, and feel great without dieting by Leslie Sansone.



Do you need permission to nap?

Remember when you were little and didn't want to take a nap? Now, wouldn't you do just about anything for the chance to lay down and sleep in the middle of a busy day?

Go ahead. According to the Jill Murphy Long, author of **Permission to Nap**, being well rested is "crucial for productivity, essential for good health, and may be the basis for happiness."

If only it were more acceptable.

"Our minds, bodies, and spirits require time to be quiet and still." -Jill Murphy Long

As one busy mother puts it, "In my country of origin, South America, I never felt guilty about napping. In the United States, people think they should always be on the go."

If you need to relax, try Long's book or any one of these titles:

- ☉ **1,001 Ways to Relax** : an illustrated guide to reducing stress by Mike George.
- ☉ **The Art of Doing Nothing** : simple ways to make time for yourself by Veronique Vienne.
- ☉ **Free your breath, free your life** : how conscious breathing can relieve stress, increase vitality, and help you live more fully by Dennis Lewis.



You've got questions, we've got 100 answers.

Many medical experts agree. One of the most important things you can do to protect your health is to be informed.

In fact, the U.S. Department of Health and Human Services, the American Hospital Association and the American Medical Association have put together a fact sheet of five

steps you can take to get safer health care. Number one on the list: **Ask questions and make sure you understand the answers!**

An excellent series of books by a respected publisher, Bartlett and Jones, can help. Each book in the series begins with the title, "100 Questions and Answers About..." Every title covers a different medical

condition, and is written by an authority in that field. Topics include:

Acne	ADD/ADHD
Cancer	Erectile dysfunction
Heart attack	Hypertension
Leukemia	Lung cancer
Lymphoma	Melanoma
Mesothelioma	Ovarian cancer
Parkinsons	Plastic surgery
Pancreatic and prostate cancer	