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## FLU SEASON NOVEMBER 2009 NEWSLETTER

Solomon Massage has delivered 5 massages and \$355.00 to John. **Thank you all very much for your kind generosity!** An update on last month's "tipping practices": a couple of new clients in October wanted to leave a tip, so I graciously accepted with the provision that it was being donated to my friend John.

All the news these days seems to be focused on the H1N1 flu virus. People are flocking to the vaccine clinics in almost a frenzy, waiting in line for hours upon hours before they even open. I tried going one day and waited for almost 2 hours before hearing news from our "line scout" that it could be 2 to 3 more hours. I hadn't expected to be waiting outside and didn't dress warmly enough for this endeavor, so I packed it in and went home. It wasn't all for naught though, as I met some terrific people! I doubt that I will try again though, unless I hear that there are substantially smaller lineups.

In the meantime, I thought I would share with you what I'm doing as preventative measures:

1. It is my common practice to spray & wipe down the massage table face & armrest after every person has left. This doesn't change.
2. I would spray & wipe down door handles and light switches at the beginning and end of my work day, but **now I do it after every person leaves.**
3. In the bathroom, there is a towel on the rod for anyone to use, and I usually have a little one on the cabinet door that I use for the day. This remains the same, however, there is now a stack of little towels on the counter should you prefer to use a fresh clean one – just leave it in the sink or on the counter when done.
4. I purchased N95 masks to use just in case it might be warranted (for me OR you)! However, as you know, the preferable scenario is that we reschedule our appointment should either of us not be feeling well. In

my opinion, a mild head cold is fine for massage, but anything more serious than that? Resting at home is the right answer.

5. During my daily activities in public, I'm being extra conscious of not touching my face with my hands, and I've placed hand sanitizer around my house as well.
6. I'm taking extra care to look after myself, ensuring I don't get too tired, cold or fatigued; eating and sleeping well; and taking supplements and homeopathic remedies when I'm feeling a little compromised.

**Does being cold and/or wet cause colds or illness?** My input on the debate is this: These circumstances don't "cause" illness, but when your body is stressed physically and/or emotionally, the immune system gets weakened and depressed, which then allows opportunists to gain a foothold in your body and wreak havoc. I hope you are also taking precautions and preventative measures as well, and that you stay healthy this winter season!

### WHAT ARE YOU READING??

Here are some excellent books I've recently read and highly recommend:

**One Breath at a Time:** Buddhism and the Twelve Steps; Kevin Griffin

**Don't Tell:** The Sexual Abuse of Boys; Michel Dorais

**Loving What Is:** Four Questions that Can Change Your Life; Katie Byron