



The Personal Touch

R & R Productions, Inc. Newsletter

Fall/Winter 2003-2004

Fasting: A Physical, Mental and Spiritual Rejuvenation

Mission Statement:

To work together
with our clients and
communities to achieve
better health and a
sense of well being.



Lillian C. Pounds, President/CEO
R & R Productions, Inc.
State Certified Massage Therapist
License #1686-046
Massage and Aerobics Instructor
Reiki Master
Certified in Diversified, Hot Rock Chair Massage
and Reflexology

Between Thanksgiving and New Year's, if we are not eating, we are preparing to eat. The holiday season may not necessarily be the right time to talk about fasting, let alone try fasting, especially if you have never fasted. As a person who has fasted seasonally for over 20 years, I encourage you to explore fasting as another alternative to improve your health.

Most people dismiss fasting, saying they cannot go without eating. You may even agree. But, you already fast every day of your life - between dinner (or a late night snack) and breakfast.

Fasting has been practiced by man since the beginning of time. For centuries people world-over have fasted for reasons varying from religion to self-discipline to political purposes. Four hundred years before the birth of Christ, Hippocrates, "the first man of medicine," prescribed fasting as a measure to combat illnesses. "Everyone has a doctor in him," said Hippocrates. "We just have to help him in his work."

A fast is not a "cure-all" for every known ailment. The "true" purpose of a fast is to allow the body full range and scope to fulfill its self-healing, self-repairing and self-rejuvenating functions to their fullest potential. Healing is an internal biological function. Fasting gives the body a physiological rest and permits the body to become 100 percent efficient in healing itself. However, total fasting makes it possible for your body to take a break from her desperate and continuous effort to remove and expel foreign matter and dis-ease producing toxic wastes. When done properly, fasting is probably the quickest and the safest way or means to regaining health.

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R&R Productions, Inc.

Revitalize Renew Rejoice Rejuvenate

3510 N. Oakland Avenue
Suite 206
Shorewood, WI 53211

Tel: (414) 961-9300
Fax: (414) 355-1742

Email: renew@randrproductions.net
Website: www.randrproductions.net

Newsletter and website designed by
Designs Around You (414) 355-0559

Did you know?

There are 74 references to fasting in the Old and New Testaments.

“He that hath health hath hope and he that hath hope hath everything”

FASTING: continued from page 1

Fasting, as used here, means total abstinence from all food for a definite period of time. The word “fast” comes from the old English word faesten, which means firm or fixed. In other words, the fast is something we hold to on a firm basis under controlled and fixed conditions.

There are many types of fast. The TOTAL FAST – no food of any kind, just water as desired, is the most commonly practiced. But knowing how long to fast and especially how to break a fast is of the utmost importance.

Just as there are people who should never go on a diet, there are also contraindications for fasting. You should not fast if you have the following health conditions:

- Active Pulmonary Diseases
- Bleeding Ulcers
- Blood Diseases
- Cancer
- Cerebral Diseases
- Diabetes (juvenile)
- Gout
- Heart Diseases
- Kidney Diseases
- Liver Diseases
- Pregnant Women
- Recent Myocardial Infarction
- Tumors

Fasting is a positive, elective action that confers bountiful benefits:

- Allows the body to heal itself
- Better digestion
- Better elimination
- Cleanse the body “internal shower”
- Eliminates or modifies smoking, drug and drinking addiction
- Enjoy sex more
- Feel euphoric, “a natural high”
- Feel great

- Gives the body a physiological rest
- Helps with insomnia
- Improves dietary habits
- Improves mental alertness
- Look and feel younger
- Lowers blood pressure and cholesterol levels
- Quickest and easiest way to lose weight than any diet
- Relieves tension
- Save money
- Save time
- Sharpens the senses
- Slows down aging, graying and balding
- You feel better physically and mentally

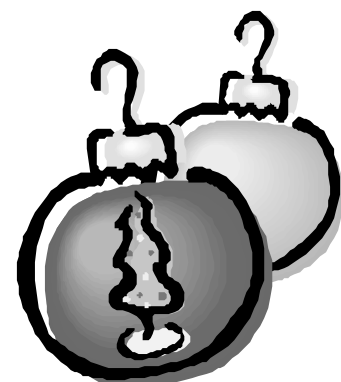
Today, people of all ages and backgrounds are fasting: musicians, athletes, teachers, doctors, artists, designers, lawyers, housewives, students, CEO’s, clergymen, pharmacists, actors and politicians. Three celebrated fasters of this century are Dick Gregory, Mohandas K. Gandhi, and Katherine Dunham who all fast for moral, social and political wrongs.

Fasting may not be for everyone, under every condition, but fortunately, fasting can prove to be acceptable and beneficial to the greater majority. If you are interested in learning more about fasting, log on to the internet: Fasting or Fasting Books or visit your library.

Note

This information is not intended to be medical treatment or advice. Every person experiences fasting in a different manner and degree. Any person desiring to fast should first consult his or her doctor. It is also recommended that you remain under your doctor’s close medical supervision and advice during and following any fast.

*Best Wishes for a Happy
and Healthy New Year*



What’s New?

- Power*Breaks*, LLC
“The Finest On-Site Seated Therapeutic Massage,” is another service by R & R Productions and Massage By Design. We provide seated/chair massage for conferences, conventions, tradeshows, expositions, corporate and sporting events locally and nationally. To get rate information and/or to book, call Power*Breaks* at (414) 465-1862.
- The 2004 Wellness Diary/Calendar is here. This diary can help you live a healthier lifestyle. Come in and get a copy or two.
- Essence of Vail Massage & Bath Oils: Relief, Calm and Detox. All three oils are available to be sampled during your massage session and you can also purchase them for home use. Just ask.
- New Gift Certificates for the Holidays and Special Occasions are available.

Thank You

My sincere appreciation to all of you who found time in your busy schedules to complete and return my survey. Your opinions are important to me.

Holiday Specials

Free one hour massage

gift certificate with the purchase of a 3 hour massage or three 1-hour massage gift certificates.

Special expires 12/19/03

Free 1/2 hour massage

gift certificate when you buy two 1-hour massage gift certificates
Purchase before 12/19/03

FEBRUARY/VALENTINE

Special

10% off

Valentine gift certificates

Expires 5/1/04



Holiday Gift Certificates

\$5.00 off

Offer ends 12/19/03

FEBRUARY/VALENTINE

Special

\$15 off

1-hour massage and paraffin foot bath gift certificates.

Expires 2/14/04

TREAT YOUR FEET

Special

\$45.00

During the holiday season, with a "Spa" Foot Treatment or purchase a gift certificate for a loved one. The 1-hour session includes foot reflexology, foot bubble bath and paraffin wax.

Purchase by 12/19/03

FEBRUARY/VALENTINE

Couples Special

1/2 off on 2nd person

on gift certificates for couples.

Appointments must be at the same time for the discount.

Expires 2/14/04

Holiday Specials can not be used with other discounts. All Gift Certificates will be honored through June 30, 2004.



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May all your days be filled with prosperity, peace, and good health