

Leap into Spring with Touch of Gratitude!!!

Business Development/Updates – Feature Product: CRYODERM™

CRYODERM™ is an all natural topical analgesic available in gel, spray or roll-on. Their formula of cold therapy provides fast and deep pain relief, helping to break the pain spasm cycle. It's beneficial for muscle sprains, strains, and "itis" relief – arthritis, bursitis, and tendonitis. I've used it for neck and shoulder pain and was impressed with how it promoted my healing. If you're interested in trying CRYODERM™, please contact me for a sample.

Personal Growth/Benefits – “Be What’s Missing”

I got this idea from the short story “Be What’s Missing” by Kitty Chappell. One of her characters encourages her friend to do just this when in an “unpleasant situation.” Find what is needed and provide it. If there is bitterness or anger, give kindness. If someone is inconsiderate, be thoughtful. If you experience hate, give love. Take the challenge and be what’s missing!

Giving Back – Click for a Cure

(I love the idea of simply visiting a website to make a difference...)
The band, Five for Fighting, is generously donating \$0.40 to Autism Speaks for *each time* the video is viewed. The funding goes toward research studies to help find a cure. When you have a moment, please visit the link below to watch the video and pass it along to your friends and family.

<http://www.whatkindofworldyouwant.com/videos/view/id/408214>

I look forward to seeing you!

Steph

Show your body some gratitude...schedule a massage today!

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