

# Portobello Massage Newsletter

July 2013

Dear lovely Clients

Hello and welcome to the July edition of the Portobello Massage Newsletter! I have to apologize for the late delivery of this newsletter. One of my emails was hacked and it's messed up a lot of stuff. For about three weeks now I have been unable to send emails from my computer or phone. Please accept my apologies.

On an optimistic note, instead of hearing about Canada Day on 1 July, we can now all celebrate together at Andy Murray's fabulous victory at Wimbledon. He sure doesn't make it easy on himself but he's clearly learned a lot about perseverance, something that can benefit us all (even if we don't go anywhere near Centre Court).

## Handy Tip

This month's handy tip comes from the National Union of Students in Scotland. They've put together a wee leaflet of top ten tips for a well-balanced you.

### Tip Number One: Have some Good Mood Food

Eating five pieces of fruit or veg a day to stay healthy is not just good to our bodies. Eating healthily **prevents you feeling sluggish and tired**, increases your concentration and can give you the much needed energy to stay awake for the last ten minutes of that Friday afternoon lecture.

## Positive thoughts

"The best portion of a good man's life: his little, nameless, unremembered acts of kindness and love." - William Wordsworth

"Things falling apart is a kind of testing and also a kind of healing." - Pema Chodron

"When there's a disappointment, I don't know if it's the end of the story. But it may be just the beginning of a great adventure." - Pema Chodron

"Every event, every situation in which you may find yourself has a positive value, even the dramas, even the tragedies, even the thunderbolt from a calm sky." - Arnaud Desjardins

## The groan worthy jokes...

When asked "Did you have a good summer?" the Scotsman replied, "Yes indeed, we had a great picnic that afternoon!"

Please remember to **pass this newsletter on** to someone you know who might appreciate it. Maybe together we can help someone smile! Please note that past newsletters are now posted on the website under [Contact](#). Please remember that **gift vouchers** are always a popular gift.

Also, if you like this newsletter and would like a bit more of wacky Portobello Massage humour, click 'like' on the Portobello Massage Facebook page, available [here](#).

I hope you've enjoyed this newsletter and I look forward to seeing you very soon for a massage.

Enjoy!

*Ann Milović*

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