



RIGHT NEXT DOOR

I'VE ALWAYS HAD an open mind about health care and holistic therapies. So, when a friend told me she'd experienced positive results from visiting a practitioner of Jin Shin Jyutsu* Physio-Philosophy, I became interested.

"It's right by your office," she said. That's all I needed and, armed with nothing more than a name, I thought I could track down the highly recommended Pat. No luck. A few months later, driving through my daytime office neighborhood, I learned it was literally next door. Not only did I find Pat, but I also discovered that the worldwide operations of Jin Shin Jyutsu, Inc. are based from this red brick building.

This ancient healing art was brought from Japan to America by Mary Burmcistr in the 1950's. Today, she still administers sessions for some Scottsdale clients, but mostly serves as the guiding force for her team that performs the art on a daily basis.

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Every client comes in with a "project," and mine was primarily health, wellness and the functioning of my body's systems at a time when I wanted to be my best. I love spending time with the women I've met there — they have some amazing stories of healing. Pat calls Jin Shin Jyutsu a way of life and, by looking at the radiant glow on her face, her ever-present smile, gentle demeanor and porcelain skin, you realize she is a testament to the power of health and healing through Jin Shin Jyutsu.

Debbie, a practitioner, tells me to imagine a river flowing with no obstructions. It's pure, clean and can maintain itself. Then add some branches and sediment. The flow gets blocked, causing parts of the river to stagnate so it becomes murky and unable to purify itself. The power of Jin Shin Jyutsu lies in its ability to break down such metaphorical obstacles, restoring the body to its optimum level.

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This month, we explore alternative remedies found locally. The free spirit of Arizona seems to have supported the growth of holistic thinking, though much of that thinking has also sparked heated debates. Because we're all hearing more about it, now is a great time to shed some light on the subject.

Best wishes for good health this month and always.

A handwritten signature in black ink that reads "Renee Dee". The signature is fluid and cursive.

Renee M. Dee
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