

NEWS RELEASE

Self-help: The answer to our medical crisis?

Gini Maddocks, LMT, author, and self-care expert believes in a pro-active approach to our health care crisis. “It’s the little things that make the biggest difference”, she says, “and repetitive activity at work is one of the biggest issues that we face-- and our faulty habits follow us home. The good news is that there’s much that can be done—and it doesn’t take that long to do it.”

Statistics:

According to the U.S. Bureau of Labor Statistics, ergonomic (work-place) disorders are the most rapidly growing category of work-related illnesses reported to the Occupational Safety and Health Administration (OSHA). Estimates place work-injury at a whopping \$20 billion a year, not to mention the unreported and unrecognized dysfunctions such as stress overload and depression.

Our system is unique.

Gini Maddocks has developed a system that provides healthy habits at work. It’s called, *R&R*: Rescue and Relief, and it’s designed for busy people at work—and on the go. *R&R* differs from many programs in the following ways:

- Our approach is “holistic”, addressing both physical *and* mental issues at work such as pain relief and stress management.
- We teach the “Healthy Habit Technique”©, based on Ms. Maddocks’ 20-plus years as a massage therapist and stress management coach. “Most therapies address the mental stresses separate from the physical ones”, she explains, “but our system sees them as the same issue—and utilizes techniques that integrate changes on both levels. *Our system is life-changing.*”
- Her book, **R&R: Rescue and Release for Computer Users** has won 3 awards. Its desk-top set-up, colorful pictures and easy to follow instructions make it user-friendly and fun to use.
- Each technique takes less than 1 minute to do—and the results are that fast too.
- Our workshops are interactive and personal, teaching personal awareness and offering tools for constructive change.
- We provide email support to reinforce behavioral change.
- Positive attitude is *taught* so that work—and life in general--becomes more fun.

Our Mission: To help each of us feel better—and have fun doing it. When we *desire* what’s good for us, it’s easier—and that’s how we approach good health practices at work—we make it fun.

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