

Capitol Notebook: GOP seizes chance to educate public

COLUMBUS This shouldn't come as a surprise to anyone. Republicans created a Web site "to educate Ohioans about the mismanagement and cronyism" in the office of Attorney General Marc Dann.

Dann has been under fire by Republicans and Democrats in the aftermath of sexual harassment scandal that led to the firing of two officials and the resignation of two others. A fifth person was placed on administrative leave last week. Leaders of both parties have said he should resign.

"We created this site as a way for Ohioans to hold Marc Dann accountable for his actions," said Republican Party spokesman John McClelland.

The site is www.DumpDann.com

SEX AND MEDICINE

The Senate recently passed two legislative efforts by State Sen. Kirk Schuring, R-Jackson Township.

At the request of the State Medical Board, Schuring sponsored SB 279, which makes changes to board procedures, dealing with massage and cosmetic therapy and renewal of medical licenses.

At bit more eye-catching is Senate Bill 220, which allows courts to impose additional jail time on someone convicted of crimes related to prostitution if the offense was committed close to a school. A court could require an offender to wear an electronic tracking device in lieu of additional time in the lock up.

Both bills go to the House.

HEALTH APPOINTMENT

Gov. Ted Strickland appointed David Bitonte of Louisville to serve on the Public Health Council, the primary rule-making body for the Ohio Department of Health.

Bitonte, who has a private osteopathic practice, was medical director from 2000 to 2007 for Ohio KePro, the Medicare Quality Improvement Organization for Ohio.

CATTLEMEN BACK DAILEY

The Ohio Cattlemen's Association announced it is endorsing Republican Fred Dailey in the race for the 18th Congressional District seat.

Dailey faces incumbent Zack Space of Dover.

The association promotes the economic, political and social needs of Ohio's 15,000 cattle producers, about one-third of whom live in the 18th District.

Dailey, a former director of the Ohio Department of Agriculture, was executive secretary of the association from 1983 to 1991.

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Pool Rules

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2. Stay on topic.

3. Be honest and accurate.
4. Don't threaten anyone. It's against the law and bad manners.
5. No personal attacks. Don't bash anyone based on their race, creed, heritage, or orientation.
6. Don't say anything here you wouldn't say in front of your mother at the dinner table.
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Readers' Comments

Tom Irwin - 12:11 PM on May 11, 2008

I think it's time for the citizens of this country to create a website to educate the DNC and the GOP as to how this country is to be run. The citizens come first. Our economy is in the dumps and people can't afford to live. Both parties should be working on our economy, getting out of Iraq, drilling for oil, stopping foreign aid, regulating the medical area and oil companies, feeding our own people, and our infrastructure. When all is well at home, then, and ONLY then, can we turn our attention to other countries.

nancy cunha - 1:07 PM on May 11, 2008

Why, the GOP has been educating America for years now via Rush, Savage, Beck, Hewitt, Fox News, etc etc. Of course, it's been a pretty one-sided education. Which shows.

Massage, Sun drop Yam, inspired by the 14th meridian of gas, and open up the body meridians role. Prevent qi and blood stasis, promoting blood circulation to gas, Huatan Qufeng and therefore the evidence for obesity patients, obese people have a strong good effect. Rubbing eyes, the 20 -30, Moldova orbital 10 laps, according to Yin Tang 30, Suns 20 -30 kneading times, 10 times at pushing his forehead -20 times, pushing Hong Ying (along both sides of the nose pushed) 10 -20 Times, rubbing ear pinch ears 30 -40 times, pushing listen Palace (middle finger in our ears, index finger in our ears, repeatedly pushed on) 20 -30, that hit his head (two-handed means under the peg-leg, first Kouji Division), 40, -50, rubbing Baihui, 30, -50, pushed on the cheek 20 -30, shells Feng-chi (Rouca Dazhui and Fei Yu) 20, Anroupiyu and Shenshu all 30, -40, And Strickland to wipe lumbosacral lumbar heat (first Woquan Strickland, and then repeated the rub, following the feeding of kneading) 20 -30, Morocco and Anhui (two-handed overlapping first clockwise then counter-clockwise) Moldova 50 -60 Times, pushdown gas-50, wiping the chest (with both hands to breathe clean the chest, then wiped microgastropods oblique), 20 -30, with the shoulder and scapula Well, 20 -30, Anrou-foot-taek, Three hand, to take all the customs and Hegu 20 -30 times, twist hand fingers, referring to three times each, wiping the upper limbs, five times in the lateral -7 times lower limbs have to point the wind City, 10 points fingertips Kouji, -30 Times, with the Xuehai, the Yin and Yang Ling, Anrou Zusanli, Sanyinjiao all 20 -30 times, boxing leg, rubbing the lower extremities, -10, 7, the whole body relaxed spirit of cool.

(B) on the massage acupuncture slimming method

Visceral meridian on the direction of a massage by a point or more, from one or more as the cause of the lesions caused by the Visceral fat

Ineffective, intermittent one week, the first two further treatment.

During the treatment of patients with restricted food intake requirements, and gradually increase the amount of physical activity, so that the body over a period of time to maintain consumption is greater than intake, consume excess body fat, weight loss to achieve the purpose.

(C) on the friction of fat to the sword

Through the use of friction, tapping, hand-foot-grip twist Jianbi accumulation of fat, skin ways to achieve the objective of eliminating fat. Suitable for emerging obesity, shortness of breath, sweating, abdominal distention, lower limb swelling, and other symptoms of simple obesity people.

Shaoyin kidney - the medial calf Zuxin position to return to the spiral of friction 5. Firming to the chest from the kidney along the spur line through parts of friction. Spur line by line through the abdominal perineum (at the center line next to a 1.5 cm) and take the chest (next to the center line is open 2 cm), limited to Yu House Point.

Shuaidao left hand behind the back of the sword with the right shoulder 10 times. Back then the right hand tapping the left shoulder 10 times. From the right arm with his left hand inside the sword to the neck 10 times. Reuse inside the right hand stroking his left arm to the neck 10 times. Jianbi can eliminate the Department of fat.

Then backward and forward rotation of the shoulders 10. Jianbi can eliminate the Department of fat.

(D) body massage slimming Law Division

Suitable for all types of obesity, can be divided into the face, neck, upper limbs, chest, waist, abdomen, genitalia, legs, knees, feet and other parts of 10, depending on the degree of obesity accumulation of fat people, can be Adjustments, so they have flexibility.

1. Massage abdominal obesity

Elimination of big belly belly is an effective way to lose weight abdominal massage, it applies to the digestive system, nervous system and genitourinary system of many diseases, but also as the elimination of abdominal fat, a strong physical methods, is easy to learn, Feel comfortable, quick, etc. Passed the point of stimulation and massage, can adjust the neuroendocrine function, and promote fat metabolism and decomposition, massage can promote blood circulation to the skin telangiectasia, the increase in local surface temperature, thus contributing to subcutaneous fat consumption. Abdominal massage can not only eliminate abdominal fat, but also Jianzhi digestive system, nervous system and genitourinary system, and other diseases.

Massage abdominal obesity means available Erzhi stacked by law, that is, two thumb overlap, according to the severity of his patients have the pulse beat and do not feel pain suitable waves of pressure that is pushing for two-handed finger Binglong, natural extension, Zuoshou Zhang placed That hit the right hand, palm-paste refers to the abdomen, pushed forward by force, then forced back Zuozhang pressure, pushing a back, top-down slowly moving in Sishui spray.

Moroccan belly, from supine position, exposed abdomen, hands down in the stack on the abdomen, navel as the center clockwise rotation Mount move 50 laps, so that the abdomen and a fever flu comfort. To the right in accordance with guidance in Wan Point, under the Wan Point, Guanyuan point, both sides Tianshu Point, Meixue sustained pressure one minute, not suitable pain. Click Tianshu Point, the first point right after the left point, the focus on the left, moving a finger under the pulse of movement and feel the two Yao Yan, Fa Zhang, Yao Yan Han Qi through two downlink, Songshou, have a hot air Down to two feet.

Abdominal push, two-handed finger Binglong extension, placed his right hand that hit the Zuoshou Zhang, You Shouzhang paste abdominal strength by pushing forward and then backward pressure forced Zuozhang, pushing a back from abdominal moved to do three microgastropods , -4, And then from left to right, pushing three times -4, abdominal pain-are suitable.

2. Massage facial slimming method

(1) respectively in the two Shouzhang Xin Liangsai Department, light up the net and Morocco forced to forehead, ears, as before (after the thumb in the ears) to Moldova to the mandibular Department, the final rotation to Saibu Moldova, the Moldovan I0 under this rotation. Again with the same strength and tactics in the opposite direction of rotation and Morocco under 10.

(2) used in the index finger of one hand at the same time or in two Meijian the Yintang point, forced to push up straight after a massage to the occasion for the Yintang, a total of 10 under the push and pull.

(3) Fresh hands with the middle finger at the same time side by side before the occasion of the ears, since Ying-up under the push rubbing the roots, each side pushing 20.

(4) used in the index since Waijiao head to the temples, sliding back and forth from top to bottom. -20 Per side sliding under 10 under. Head Waijiao Depression and the Taiyangxueshang Anrou, each side of the kneading 5 under.

3. Massage the neck slimming method

(1) a first-hand middle finger food or in the ipsilateral Feng-chi point, the wind force to the opposite point of vertebral pool, and then back to the

original Feng-chi point. Moldovan pushed back and forth under 10.

(2) with a means or in the hands of three Ikegami wind down the same side to push Mount Dingchuan Point, and then back to the wind pool to the point, moving back and forth and Morocco under 10. Again with the same action on the other hand ipsilateral Mount moving back and forth under 10.

(3) Fresh hands were put in the middle finger of Pleurotus after high-bone, turn to massage the same side were forced Quepen Point. Under a 10 per side.

(4) to use both hands to thumb pressure on the two-Feng-chi point, the gains after the flu-gas to force upward, Meixue to 5 under.

(5) asked the lower right palm with his left jaw, pushed to the top left; Wuzhi separately in the head and right hand after the pull-down the left occipital right, rotating head, neck led to reverse, reverse to the maximum noise may be issued, but do not force too Meng, forced beep. Rotary pull from the left side of 5, then in the same way and strength to pull D-5, can also be carried out around the turn.

4. Massage chest slimming method

(1) Nierou pectoralis major. Duanzuo-or vertical stations, is to head, eyes-visual, Kouqing closed, tongue touch on the palate, body relaxed. Hands-front, with his hands thumb and the rest of the four that clamping contralateral pectoralis major, top with a pinch Anrou 30 -50 times. Reuse hands of thumb pulp Tuirou massage sternum on both sides, since the last to the next repeat 10 times.

(2) Anrou chest. The two front-forearm, dual-hand extension, with palm-Anrou contralateral front, from start to Leigong subclavian, the rotating massage 10 times. And then massage the palm side of the chest from top to bottom repeat 20 -40 times.

(3) call-fighting front. Two-hand will extend, where appropriate SHI Li, alternately call a front 100 -200 times.

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About the Author

From www.cantonrep.com:

Unless specifically exempted by law, massage therapists must be licensed by the Massage Therapy Board to practice.

Simply Massage Therapy by Dawn in Atlanta Georgia offers professional.

Today, massage therapy is being used as a means of treating painful ailments. Before beginning a massage therapy session, therapists conduct.

Ordinary massage and the legitimate practice of massage therapy should not be categorized as quackery. Massage can help people relax, relieve.

A massage is the manipulation, by hand or with an instrument, of soft body tissue. Massage therapy may be done to aid circulation, to stimulate.

Massage Therapy, a combination of science and art, provides a relaxing experience by artistic hand strokes on the body to rejuvenate.

Massage Therapy. Start Tutorial. Starts multimedia presentation with questions. Requires Flash Player. Download Flash. download button.

Massage for relaxation and pain relief in San Antonio, Castle Hills, and Shavano Park, Texas. Gift Certificates.

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