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EDITOR'S NOTE

Invest Wisely

I know times are tough, but what are you doing to take care of yourself? We've all had to whittle, but please tell me you haven't cut wellness out of your budget.

When I'm struggling I sometimes turn to other writers for inspiration. One of my favorite anonymous sayings talks about the value of time. You're probably familiar with it:

"To realize the value of one month: ask a mother who has given birth to a premature baby.

"To realize the value of one hour: ask the lovers who are waiting to meet.

"To realize the value of one second: ask a person who has just survived an accident."

I can't help but think of these passages in the context of our *Body Sense* lifestyle and its focus on wellness and integrative health.

In comparison, to grasp the value of bodywork:

- Ask a family breadwinner who, in the quest to make ends meet, feels the knots getting tighter and tighter.
- Ask a victim of abuse seeking to integrate healthy touch into her recovery.
- Ask an addict working to reintegrate mind and body.
- Ask someone who's suffered from chronic back pain for longer than he can imagine.

To realize the value of skin care:

- Ask the middle-aged woman who wants to look as good on the inside as she feels on the outside.
- Ask a teenager who hides in a shell because of acne.
- Ask a burn victim searching for the perfect cover-up for his scars.
- Ask someone who works and plays in the elements and yearns to protect exposed skin.

The "Value Every Minute" quotation ends: "Time waits for no one. Treasure every moment you have." The message is: take care of yourself. The very same imperative resonates with bodywork and skin care. This work is an investment, not a luxury. You and your health deserve it.

—Leslie A. Young
Editor in Chief

