Healing Touch is a Relaxing, Nurturing, Energy Therapy

Healing Touch session feels like a nurturing radiance that flows through and around you. Clients frequently report feeling deeply relaxed and peaceful during and after the session. Gentle touch assists in balancing your physical, mental, emotional, and spiritual well-being. Healing Touch works with your energy field to support your natural ability to heal. It is safe for all ages and works in harmony with standard medical care.

Benefits
- Reducing stress
- Calming anxiety, depression
- Decreasing pain
- Strengthening the immune system
- Enhancing recovery from surgery
- Complementing care for neck & back problems
- Deepening spiritual connection
- Supporting cancer care
- Creating a sense of well-being
- Easing acute & chronic conditions

Call our office for an initial assessment or for further information.

Reference: HealingTouchInternational.org

~ Gift Certificates Available ~
Healing Touch, CranioSacral, You Choose the Amount!

CranioSacral Therapy Improves Your Body’s Ability to Take Better Care of You

CranioSacral Therapy is a light-touch approach that can create dramatic improvements in your life. It releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance. Few body structures have more influence over your health and well-being than your central nervous system. Few body systems have more impact on your central nervous system than the CranioSacral system - the soft tissues and fluid that protect your brain and spinal cord.

Everyday you endure stresses and strains and your body absorbs them, but your body can only handle so much tension before the tissues begin to tighten and potentially affect the brain and spinal cord. Unfortunately, this can compromise the function of the central nervous system and the performance of nearly every other system in your body.

CranioSacral Therapy releases those tensions to allow the entire body to relax and self-correct. Using a gentle touch, starting with about the weight of a nickel, practitioners evaluate your internal environment. Then they use distinctive light-touch techniques to release any restrict-

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CranioSacral Therapy, continued

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otions they find. By freeing the central nervous system to perform at its best, CranioSacral Therapy naturally eliminates pain and stress, strengthens your resistance to disease, and enhances your health and well-being. Because it’s so gentle, CranioSacral Therapy can be effective for all ages, from newborns to elders.

What conditions does CST address?
- Migraines and Headaches
- Chronic Neck and Back Pain
- Chronic Fatigue
- Stress and Tension-Related Disorders
- Motor-Coordination Impairments
- Infant and Childhood Disorders
- Brain and Spinal Cord Injuries
- Fibromyalgia
- TMJ Syndrome
- Scoliosis
- Central Nervous System Disorders
- Learning Disabilities
- ADD/ADHD
- Post-Traumatic Stress Disorder
- Orthopedic Problems
- And Many Other Conditions

Call our office for an initial assessment or for further information.

Reference: www.upledger.com

Gift Certificates
Healing Touch $40
Cranio Sacral $80
General Office Any Amount You Choose

Medicinal Tool Kit

For cold and flu season the following products may be helpful to have on hand in your medicinal tool kit.
- Flora Syntropy - a probiotic which survives antibiotics/ acids
- Sambucus Intrinsic - used for influenza, sinus, mucus, lymph drainage
- Flu Millieu - used for colds, flu, ‘airplane flu’, viral
- Sinus Tox - used for sinus drainage and decongestant, colds, flu, cough, allergies
- Silver Shield - powerful support to the immune system
- Olive Leaf Intrinsic - powerful antimicrobial, -viral, -bacteria, -parasites
- AB #11 Liquid - used for trauma, colds, swelling with pain, inflammation without fever
- ABB #12 Liquid - used for inflammation with fever, cold, and flu with temperature
- ABC #13 Liquid - used for acute and chronic ear infections
- Tei Fu - used for colds, coughs, headaches, etc.
- Electrolyte Synergy - can aid with hydration if colds and flu deplete your electrolytes.

A good way to stay healthy is by eating properly, staying hydrated, and resting. Also, during cold and flu season, adding probiotics such as Flora Syntropy or Kiddi Flora can help maintain the natural balance of organisms (microflora) in the intestines.
Healthy Holiday Eating Tips

For many people, the holiday season brings more than joy — it can also bring unwanted pounds. Whether it’s your mom’s eggnog or Aunt Judy’s signature holiday cookies, it can be tough to pass up those favorite holiday foods you only taste once a year.

So, what can you do to avoid weight gain and stay well — and still have fun at holiday parties? These tips can help.

Get off to a good start. Don’t go to a party hungry. Snack on healthy, filling foods before you leave the house. You’ll be less tempted by high-calorie options if your stomach isn’t growling. Good pre-party bets include a handful of nuts, an apple, or a half a turkey sandwich. Once you arrive, ask for a glass of water to help you feel full and avoid overindulging. And don’t head straight for the food — make a point of greeting friends or introducing yourself to new people.

Think small. When it does come time to eat, use a small, appetizer- or dessert-sized plate and fill it with healthy choices such as fresh fruit and veggies (go easy on the dip). Leave just a little space for a small sample of whatever unhealthy treat you’re craving, but eat that last, after you’ve filled up on the more nutritious offerings.

Position yourself for success. If you’re standing by the buffet table or facing the food while seated, you’ll be tempted to “graze.” Turn your back to the table, and focus on having fun, not having food.

Avoid alcohol. Not only are alcoholic beverages loaded with calories, drinking them tends to weaken your resolve to eat better. However, if you decide to partake in spirits, avoid heavy holiday drinks, and stick with light beer or a glass of wine instead.

The American Cancer Society can help you learn more ways to stay well and reduce your risk for cancer — visit http://www.cancer.org/Healthy/index or call 1-800-227-2345 for more information.

Digestive Enzymes: Rapid Relief for Indigestion from Holiday Feasting

Oh, the joys of Christmas dinner. Many of us look forward to this day of feasting with mouth-watering anticipation, but unfortunately, a lot of us get carried away and eat more than we should. The result is sleepiness and indigestion. (The TV show Mythbusters just proved it isn’t the tryptophan in the turkey that makes you sleepy, it’s overeating.)

So, if you overindulge, it’s time to break out the enzyme supplements. Enzymes, along with hydrochloric acid and bile salts, are the catalysts that break food down into usable components. Without them, food just rots in the digestive tract, producing acid irritation, belching, bloating and gas. Poor digestion also contributes to toxicity in the body and compromised immunity, not to mention bad breath and body odor.

Unfortunately, many people reach for antacids to settle their holiday indigestion, especially from diets comprised mainly of cooked food. Taking enzymes helps the body utilize food better, which can result in overall better health. It can also reduce appetite and help with weight loss. The benefits don’t stop there. Taking digestive enzymes can also reduce allergic reactions, increase energy, ease pain, and help to detoxify the body.

Enzyme supplements aren’t just for holidays and overeating. Many people have chronically poor digestion, especially from diets comprised mainly of cooked food. Taking enzymes helps the body utilize food better, which can result in overall better health. It can also reduce appetite and help with weight loss. The benefits don’t stop there. Taking digestive enzymes can also reduce allergic reactions, increase energy, ease pain, and help to detoxify the body.

Taken between meals, enzymes benefit the immune system and destroy yeast, harmful bacteria, and parasites. For instance, you can take Artemesia Combination or Herbal Pumpkin along with Food Enzymes or High Potency Protease between meals to help rid the body of parasites.

Using enzymes like Hypozymase, Proactazyme or Food Enzymes with GastroHealth or Cat’s Claw Combination between meals can help balance intestinal flora and get rid of

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of a natural program for combating cancer. For this purpose, they are also taken between meals.

Hypo Zymase is a gentle yet highly effective, dual phase digestive product designed specifically to provide support for the stomach and small intestine. This product presents a powerful synergistic blend of two types of HCl (betaine) and Glutamic acid, enzymes, ox bile and organic (bitter) botanicals to gently and effectively bring balancing terrain factors to the correct binding sites.

By Steven Horne