



Natural Healing

Centers, .LLC.

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NATURAL HEALING CENTERS WELLNESS CENTER NEWS FOR SUMMER SEASON 2007



Whoever wishes to investigate medicine should proceed thus: In the first place,
Consider the seasons of the year and the effect each of them produces.
-Hippocrates

Light My Fire

Summer arrives on June 21st with the summer solstice, the longest day of sunlight in the year. In the Chinese Five Element/Season Theory summer is correlated with the Fire element. Summer is the peak season for Yang energy (sun, light, fire, activity). Like the other seasons, summer has two body organ/meridian associations; the Heart and the Small Intestine. Uniquely, summer has two additional meridian associations; the Triple Heater, which acts to maintain proper temperature and warmth and Circulation/Sex (or Pericardium) which functions to protect the heart, regulate heat, blood flow and nourishment to the entire body. All four pairs of these meridians run up and down the arms. This is why heart symptoms commonly refer down the arms. The color of the fire element/summer is Red. The heart pumps 3,000 gallons of blood volume per day maintaining blood pressure and nutrient delivery. An indicator of the general state of heart health is the tongue which is the Chinese "sense" organ of the heart. In fact the fire element gives its energy to the function of speech. With so many meridian feed back circuits to the brain, lungs, lymph, and muscles affecting mental & emotional states it is important to keep balance in these meridians. Severe imbalance lays the ground work for surprise heart attacks.

The small intestine works to digest food and absorb nutrients that it sends directly to the blood supply. The small intestine separates nutrients from waste substances. Summer is the time to reduce intake of mucus forming foods (meats, dairy, breads and sugar). Excess mucus (IBS) in the small intestine can interfere with proper absorption of nutrients into the blood stream.

Imbalance in these meridian circuits result in high blood pressure, heart attack, depression, loss of taste, indigestion, loss of libido and poor circulation to name a few.

Your summer diet, chocked full of fresh fruit and vegetables, will keep you cool and light and ready for all your summer activities. Fried foods, processed foods, alcohol, caffeine, and excessive dairy and meat will slow you down in this season. Make sure you increase your food, mineral and water intake as you increase your activity levels. (Hydrate, Multi-Min, Endura*) Take advantage of this season to recharge your internal batteries with solar power by spending some time outside! A good wholesome diet, low in fat, with adequate exercise and weight control will prevent and alleviate much heart disease. Anti-oxidant rich foods such as fruits, green leafy vegetables, tomatoes are cardio protective and cancer preventative. Is it no wonder that heart disease is the number one killer of Americans?

Herbs for the heart include hawthorne, ginseng, asparagus, golden seal, peppermint, tansy, sorrel, cayenne and valerian root.* Make sure you ask about Circulaflow, Bio Cardio Strength, and Bio Cholesterol Strength.* Herbs for the small intestine include licorice root, fennel seed, and anise.* Make sure you ask about Digestive Relief and Leaky Gut.* Stop by and check out our professional herbs and botanicals to balance the meridian organ deficiencies of the season.

Exercise is an important part of the summer season. Regular exercise eliminates toxins through sweat and increases circulation, strength, endurance, coordination, and energy levels. As well as decreasing stress and excess weight. You enhance the impact of your exercise by making it a separate event for yourself and being sure to pick something you have FUN doing. Remember that Joy is the positive emotion of the heart.

So remember to balance your life with relaxation; planned joy, so you can keep your heart healthy.

***Late Summer or "Indian Summer" is the short season that comes in late August or September coincides with the Earth element and the stomach & spleen organs. Autumn begins September 23rd. Seven days before & after this day are the most stressful on the lung & large intestine, the paired organs of the autumn season. This is a common time for breathing difficulties, colitis flare-ups, GIRD & reflux. Call & ask how we can help you recognize the signs and help you with a natural preventative protocol.**

***NATURAL HEALING CENTERS PRESENTS:
FREE WELLNESS LECTURES!!!!!!***

This series is intended to educate people of their rights and choices for any healthcare condition or illness. We would like to invite you, your families, and friends to Wellness Wednesday. The wholistic series will be held at Natural Healing Centers on the **1st and 3rd Wednesday of each month from 5:00pm to 6:30pm**. It will be a fun and informative series. Summer is Heart and Small Intestine detox season. This season's topics include:

JULY 11th, 2007 (rescheduled from July 4th holiday)

Guest speaker: Dr Michael Edwards (Dentist)



- 1) How dental health effects your heart
 - a) Gingivitis & heart attack connection
 - b) CoQ10
 - c) cardiovascular disease,
- 2) Antioxidants and more
 - a) Are your vitamins working?
 - b) How you can tell, check your score on this visit

JULY 18th, 2007

America's number one killer: Heart disease

- 1) Hardening of the arteries
- 2) High blood pressure
- 3) Oral chelation: do you need your lines flushed?
- 4) Cardiac minerals vitamins and herbs



AUGUST 1st, 2007

**Summer Exercise; water, food & minerals
Special Edition for Athletes**

- 1) Hydration, are you absorbing the water you drink?
 - a) Are your cells grapes or raisins?
 - b) Hydrate & Endura vs Gatorade
- 2) Foods/Diet, Acid vs Alkaline
 - a) Fruits
 - b) Vegetables
- 3) Minerals, bio-available or rocks?
 - a) Food sources
 - b) Liquid sources

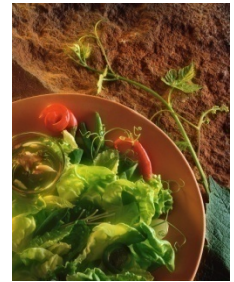


- c) Synthetic or Natural?

AUGUST 15th, 2007

Check the oil: Cholesterol levels and lymph function

- 1) Cholesterol: the good, the bad, and the ugly
 - a) Good oils: Omega 3, cooking oils, and more
 - b) Bad oils: trans fats and more
 - c) Fiber: the filter and function
 - a) lymph function
 - b) removing cholesterol from the gut
 - c) rebounder
- 2) Check the electronics (Sample these techniques)
 - a) Acupuncture
 - b) Auricular therapy
 - a) Stop smoking
 - b) Lose weight



SEPTEMBER 5th, 2007

Alignment, Do YOU Have an Abnormal Normal?

EXPERIENCE THE ATM2 AT THIS LECTURE, YOU WILL BE AMAZED

- 1) Rear-end alignment;
 - a) spinal balance & massage
 - b) traction/decompression
 - c) spine/body connection
 - d) ATM2: active therapeutic movements
- 2) Front-end alignment; cranial/ sacral pump;
 - a) TMJ
 - b) feeding the nerves
- 3) Driving Habits: Posture and Muscle Balance
 - a) pillow
 - b) bed
 - c) proper lifting
 - d) exercise



FREE MINI-MASSAGE ALSO AT THIS LECTURE

SEPTEMBER 19th, 2007

Stomach & Spleen and the Late Summer Season

Detox season for the Stomach and Spleen

1) Stomach and Digestion

- a) Food Combining
- b) Acid & Alkaline Diets
- 2) Spleen & Pancreas
 - a) Center of the Five Elements
 - b) Sugar & Alcohol; foods or poison?

**COME JOIN US!! WE WOULD LOVE TO SEE YOU THERE!!
FEEL FREE TO BRING A FRIEND, TOO!**

PRODUCT OF THE SEASON:

ENDURA Energy and Rehydration Formula

*Lance Armstrong's (seven time Tour de France winner) formula; Endura replenishes electrolyte minerals to sustain high level athletic performance. This formula includes a unique form of magnesium (that does not cause gastric distress) a vital nutrient for heart health. Endura contains no sucrose or artificial sweeteners. People who try this product come back asking for more of "the Good Stuff".

Enjoy refreshing herbal teas to enhance your health during this season.

We also carry natural insect repellent: Buzz Away (DEET FREE! - a chemical that can cause toxic reactions, especially in children).

TREATING THE WHOLE BODY FROM A PART

One aspect of Chinese medicine is that each body part is a reflection of the whole body. Therefore one can treat the low back, for example, from our ears, nose, feet, and hands.

AURICULAR THERAPY (ear acupuncture)

Auricular therapy is one of the most important components of traditional Chinese acupuncture. It is a specialized form where the ear is used to stimulate various organs and meridians in the body. A deeper look at Meridian Therapy shows that energy travels along a system of pathways, neither vessels nor nerves, and converges in the ear. It is safe. It works (80% success rate worldwide). It is not painful. Pain relief is the most accepted and commonly known benefit of acupuncture. Other benefits include stop smoking, weight loss, bedwetting, normalization of organ functioning, and much more. Please contact our office to find out more. Auricular Therapy is available by a certified therapist, by appointment only. Prices vary according to protocol.

REFLEXOLOGY



Reflexology is acupressure of the foot points. Reflexology means happy feet and feeling better all over. Don't your feet need a tune-up? Let us show your feet how much you appreciate and love them. We have a reflexology appointment available for your feet. Schedule your appointment with Doti or Elizabeth today!!!! Gift certificates are also available for great gifts.

NEW THERAPIST

We have a new Massage Therapist on staff. Her name is Debbie Jones, LMT. She specializes in neck, shoulder, and facial massage. She is available on Monday, Wednesday, and Saturday. Come by and experience a free mini-massage from Debbie!!!!

GOLF TUNE-UP

Golfer's, are you looking to add yardage to your drives and take strokes off your game? The ATM2 (Active Therapeutic Movements) is a new piece of equipment that helps to reprogram the way your nerves and muscles work together. You can learn to get more extension (Range of Motion) and more consistency in your swing. It can also go a long way to prevent injuries. Call the office to see when Dr Brian will be at the local courses.

The ATM2 is also awesome in breaking through chronic muscle pain patterns. We are getting phenomenal results with many conditions. Come check it out.

WEIGHT LOSS PATCH-WHO KNEW????

Who knew weight loss and healthy body composition could be this easy?! We would like to introduce a new product to our patients and their families and friends. It is a weight loss patch that you wear on your skin. It is easy, it is natural and safe, and it works. It is a synergistic formula to help reach and maintain weight management goals. It increases your energy levels, and helps you burn fat while maintaining muscle. What have you got to lose? INCHES!! Join us during our Wellness Series to find out more about weight loss and the patch.

ELECTRODERMAL SCREENING

Elizabeth Rench, LPN just returned from continued acupuncture training in Florida, and is now Level II certified in Electrodermal Screening. This procedure screens the body to find meridian imbalances, and provides information as to the nutritional and herbal remedies that will help the body heal and regain balance (homeostasis). It is non-intrusive, and opens the door to natural alternatives to help the body heal itself. It integrates advanced western biofeedback instrumentation and methods with eastern meridian science. For a limited time you can call and get a free mini-screening to find out how you can benefit from this wonderful technology!

ASK ABOUT OUR FREE MINI-MASSAGES or POSTURE EXAMS

(Product may help body repair listed conditions. These statements have not been evaluated by the Food & Drug Administration. The products are not intended to diagnose, treat, cure or prevent any disease.)*