

FREE WELLNESS LECTURES!!!!

The spring climate/wood element is characterized by wind. Overexposure to wind weakens the liver and symptoms such as poor resistance to illness, sinus & skin problems, allergies & watery eyes present. (Natural Allergy Relief, Sinus Relief*)

The Wood element rules the morning and a healthy Wood element gives one the capacity to arise energized for the day. A sluggish liver will make a slow morning riser. The liver is the body's master laboratory, largest internal organ, and it is 96% H₂O (Hydrate & H₂O*). Essentially it stores and distributes nourishment for the entire body. It is involved in the formation and breakdown of blood, and filters toxins from the blood. The liver cells make bile which aids in digestion, and stores the bile in the gall bladder to be used in the intestines for the breakdown of fats and for enhancing the small intestine's ability to absorb fatty acids. The liver aids in the metabolism of carbohydrates, fats, and proteins, maintaining 60% of the blood sugar levels. (Glucofactor*) It can form vitamin A, and stores it along with other vitamins like D and B-complex. It also stores minerals such as copper, zinc, and iron.

From a natural viewpoint, when the liver is overloaded, it is less able to detoxify the blood, and poisons remain, potentially leading to many acute and chronic problems. Too much of any food, but especially alcohol, chemicals, drugs, fried oils and meats, can be toxic to the liver and gall bladder.

The gall bladder sits beneath and at the front edge of the central area of the liver. The gall bladder stores and secretes bile for digestion, especially for the breakdown of fats. Improper function may cause gas and cramping in the abdomen, most commonly in the right upper abdomen, as well as "referred" pains to the shoulders and the back between the shoulder blades. (Digestive Relief*)

Most illnesses (physical, mental, and emotional) are a result of excess toxins. Healing is the elimination or cleansing of these toxins, and then achieving a balance of intake and output. **SPRING IS THE PERFECT TIME TO START A CLEANSING (Fibercleanz*) &/OR WEIGHT LOSS PROGRAM.** We have many options available for your specific need.

This series is to educate the 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. This season's topics include:

APRIL 2, 2008

- 1) Learn why you're blowing your own horn (nose) during Liver/Allergy season
 - a) Find out what you are allergic to
 - i) Foods
 - ii) Inhaled
 - (1) Tree, grass, pollen, mold, weeds
 - iii) Zyto Pro
- 2) Excellent Natural Antihistamines that also Detox the Liver & Gall Bladder
 - a) Natural choices to allergy shots
 - b) Homeopathic alternatives

APRIL 16, 2008

- 1) Maintaining Hormone Levels/The anti-aging Secret
 - a) Phytotherapy; A different approach to Hormone Replacement Therapy
 - i) Wild yam, dandelion, black cohosh, angelica root, dong quai, damiana, and much more!
 - b) Life Pro-longing Effects of Estrogen/Progesterone
 - i) Heart and brain
 - ii) Balancing estrogen for men & women
- 2) Gallbladder; Do I Really Need It?
 - a) Fatty digestion & small intestine function
 - b) Reflux & heartburn
 - c) Bile and cholesterol connection

MAY 7, 2008 Mother's Day Special

- 1) Enhancing your youth & decreasing the aging process
 - a) Hormone connection
 - b) Skin Health
 - c) Antioxidants
- 2) Natural Face Lift
 - a) Experience this amazing nano-microcurrent machine that really works – Lady Di used it

MAY 21, 2008

- 1) Female Hormone Irregularities & Liver Connection
 - a) PMS-taking the edge off (day 14-28)
 - b) Peri-menopause/menopause
 - i) Finding the mind you are about to lose
 - c) Breast health
 - i) Fibrocystic breast disease
 - (1) Lymph drainage
 - (2) Nutrition
 - (3) Progesterone
 - d) Cancer prevention
 - (1) Natural vs. Synthetic
 - (2) Progesterone Balance
 - e) Dyspareuria (pain with intercourse)
 - (1) Proper hydration, spinal alignment
 - (2) Vaginal dryness and bleeding

JUNE 4, 2008 Father's Day Special

- 1) Male Hormone Imbalances & Andropause
 - a) Balding
 - i) Hormone metabolism & the liver
 - b) Erectile Dysfunction
 - i) The Viagra alternative
 - ii) Exercise
 - iii) Estrogen dominance
 - (1) Dietary connection
 - iv) Proper hydration
 - c) Prostate Health

JUNE 18, 2008

- 1) Getting a Tune-Up; Performing Your Best (Change your oil & filter)
- 2) Intestine detox: What's a normal BM look like?
 - a) Nutritional colon cleanse and/or colonics
 - b) Good bacteria, prebiotics, probiotics, and fiber
 - c) Toxins: solvents, heavy metals, parasites
- 3) Skin/Full Body detox
 - a) FIR (far infrared sauna) –weight loss, improved skin tone- free treatment for any attendee
 - b) Detox foot bath, check this out

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

PRODUCT OF THE SEASON:

SINUS RELIEF: 3 capsules/day

* The simple reason most sinus sufferers don't get relief: Mayo Clinic in 1999 found that 93% of chronic sinusitis sufferers showed signs of fungal infections. Antibiotics and most OTC products treat bacteria only and do nothing to address fungal infections leaving 93% without help. Get the help MO sinus sufferers need . . . also helpful with airborne allergens of the spring and fall seasons.

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 body 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 today!!!!

MOM'S LOVE GIFT CERTIFICATES

They can be used for any service at NHC

*Summer begins June 22. Seven days before & after this day the most stressful on the heart & small intestine, the paired organs of the summer season. This is a common time for silent heart attacks & colitis flare-ups. Call & ask how we can help you recognize the signs.

ASK ABOUT OUR FREE
MINI-MASSAGES or
POSTURE EXAMS

DID YOU KNOW WE HAVE SAUNAS & SPAS?

Did you know Farinfrared (FIR) saunas are great for weight loss and cardiovascular health? FIR emits photons, light frequencies, that stimulate enzyme and white blood cell (WBC) activity which increases the release of toxins. This results in weight loss and improved cardiovascular & skin tone. Check out how FIR can be a wonderful benefit to you and your family. Stop by the office and take a look at ours. REMEMBER - We also have Lymph Drainage Massage available. You can purchase gift certificates and packages!!!

WEIGHT LOSS PATCH-WHO KNEW????

Who knew weight loss and healthy body composition could be this easy?! 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.



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NATURAL HEALING CENTERS WELLNESS CENTER



NEWS FOR SPRING 2008

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

The Body's Spring Cleaning

Spring arrives on March 21st, on the spring equinox when day equals night. You may feel sparked or energized to get things done. Spring is the "new idea" & new growth time. This "chi" life force has two polarities: 1) Yang the heavier male & light is balanced by 2) Yin the earth, female and darkness. These two forces determine the very nature of the universe, the seasons are explained in the "Five Element Theory". Each element has a color, two body organs, tissues and many associations. Spring, the Chinese medicine wood element governs the paired organs, liver and gallbladder. The tissues governed by the wood element are the muscles, tendons and ligaments that hold us together give us strength & flexibility. Therefore fatigue, muscle weakness, spinal problems and arthritis are all wood element weakness or "meridian" energy channel imbalances. (Dandiplex, Glucosamine, Chondrotin Sulfate, MSM, Hydrangeaplex*) The EYES are the sense organ for the liver/wood element. Problems of the eyes, vision and tearing mechanism are related to a wood imbalance. A specific health/balance indicator for liver is the nails and eye tissue. (Optique eyedrops, Betacarotene, Thyroplus, Sabadil, Sinusalia*) The color of the liver/wood element is GREEN, the predominant one of spring. A liver imbalance may cause a greenish hue on the face and around the eyes.

(* Products available at
Natural Healing Centers)