

Light My Fire, cont.

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 options 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 & Small Intestine, Pericardium & Triple Warmer detox and repair season.

JULY 9th, 2008 (rescheduled from July 4th holiday)

Summer; exercise, water, food & minerals

- 1) Hydration, are you absorbing the water you drink?
 - a) Are your cells grapes or raisins?
 - b) Hydrate & Endura vs Gatorade
 - c) Water intake, retention & BP regulation
- 2) Summer Foods & Diet, Acid vs Alkaline, Ph check
 - a) Raw Fruits & Vegetables
 - b) Meat & other proteins
- 3) Minerals, electrolytes & more energy
 - a) Best bioavailable sources
 - b) Salt, good or bad
 - c) Energy minerals, Magnesium, etc.

JULY 23rd, 2008

Guest speaker: Dr Michael Q. 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 antioxidant score & Ph this visit

#3 TUNE-UP-CHECK SERIES

AUGUST 6th, 2008 Check the Engine America's #1 killer: Heart disease The Stress-Heart Disease connection

- 1) Inflammation matters
 - a) High blood pressure
 - b) Obesity, diabetes
 - c) Hardening of the arteries
 - d) Food Allergies (Balance & Pro)
- 2) Is your Heart working overtime?
 - a) Sleep disturbances & Melatonin
 - b) Healthy hormone levels
- 3) Distress your life with Voice Stress Analysis: EVOX

AUGUST 20th, 2008 Check the Oil & Electronics Lower your Cholesterol level naturally

- 1) Diet & Natural Supplementation
 - a) Good oils: Omega 3, cooking oils, and more
 - b) Bad oils: trans fats and more
 - c) Niacin & Panathenic Acid
 - d) Fiber: the filter and function
 - e) Lymph-Cholesterol relationship
 - i) rebounder
- 2) Check the body electronics: Acupuncture & Biofeedback
 - a) Balance, Pro & EVOX: experience these technologies
 - b) Acupuncture: Body & Ear, Classic & Electronic

SEPTEMBER 3rd, 2008 Check your Alignment Do YOU Have an "Abnormal Normal"? EXPERIENCE THE ATM2 AT THIS LECTURE, YOU WILL BE AMAZED

- 1) Importance of a Rear-end alignment;
 - a) spinal balance & massage
 - b) traction/decompression
 - c) spine/body connection
 - d) muscle tune up
 - i) ATM2: active therapeutic movements
- 2) Front-end alignment; CST & cranial/ sacral pump;
 - a) The diaphragms
 - i) Feeding the nerves
 - b) Extremity Adjustments
 - i) TMJ, hands & feet
- 3) Driving, Posture and Muscle Balance Habits
 - a) Pillow & bed
 - b) Desk, work & driving
 - c) proper lifting
 - d) exercises

FREE MINI-MASSAGE ALSO AT THIS LECTURE

SEPTEMBER 17th, 2008

Stomach & Spleen and the Late Summer Season Detox, rejuvenation & repair season for Stomach & Spleen

- 1) Stomach and Digestion
 - a) Reflux, Heart Burn, Irritable Bowel Syndrome
- 2) Pancreas, Spleen & Blood sugar regulation
 - a) How Stress effects blood sugar levels
 - b) Protein- the Insulin & Glucagon relationship

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*.

BIOFEEDBACK STRESS TESTING

One aspect of Chinese medicine is that each body part is a reflection of the whole body. Therefore one can assess & treat the body from our ears, nose, feet, and hands. The ZYTO company has developed a way to use Galvanic Skin Response (long used in "lie detector" testing equipment) and sound frequency recording to assess your bio-stressors. This technology can identify energy blockages in teeth, spine & meridians. There are three unique ZYTO offerings:

ZYTO BALANCE

This technology is a quick way to screen all the major acupuncture meridians or energy pathways in the body. The Balance uses Galvanic Skin Response to measure the level of energy moving in the various meridian "circuits" in the body. It will show you which circuits are under the most stress and suggest remedies that may help you get back to functioning in balance. It is not painful. The Balance is a quick and easy way to get started with a program to bring you back to a healthy balance.

ZYTO PRO

A more sophisticated version of the Balance, the Pro can assess more specific frequencies and thereby be more specific in assessing and suggesting treatment for your more complex problems. The Pro will help you to find natural choices you probably were not aware were available.

ZYTO EVOX

The EVOX is part of the ZYTO technology package that can help you identify and release emotional issues that may be blocking your growth as an individual. The focus of this technology is assessing the frequencies that are present or absent in your voice.

GOLF TUNE-UP & BACK PAIN RELIEF

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.

SUMMER ELECTROLYTE PUNCH

Your heart needs the proper balance of electrolytes and minerals to stay in top shape this summer. Try this delicious drink that will keep your electrolytes in balance:

2 Ounces	Organic Bing Cherry Juice*
20 Drops	Bioelectrolyte*
10 Drops	Hydrate I/II*
10 Ounces	Pure Water

Does your perspiration leave "frost lines" on your clothes? Restless Leg Syndrome, Diarrhea, & sore muscles are all related to a lack of minerals. Make sure you replace the minerals that make the frost lines by taking Multi-min II regularly through the hot summer months. Give your heart the electrolytes and minerals it needs to keep you going in the active summer months.

ASK ABOUT OUR FREE MINI-MASSAGES or POSTURE EXAMS

(*Products 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.)



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NATURAL HEALING CENTERS WELLNESS CENTER



NEWS FOR SUMMER 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

Light My Fire

Summer arrives on June 21st with the summer solstice, the longest day of sunlight in the year. The summer season directly influences the heart & small intestine function, as these organs are detoxing, rejuvenating & repairing in this time. 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. The fire element gives its energy to the functions of speech & taste. 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, depression, fatigue & heart burn.

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.