

FOUNDATION OF PERSONAL BEAUTY
FINDING BALANCE, JOY & SELF-LOVE
A WEIGHT LOSS PLAN FOR 2009

Learn & develop your personal priority strategy that will tap into your personal beauty. Look and Feel the Way You Want To. This workshop will be presented here at NHC on Wednesday nights from 5:00 pm to 7:00 pm. This is a series of six sessions: Jan 28, Feb 11 & 25, March 11 & 25 & April 8. \$50 fee. Class size limited. This workshop will use the new book "YOU Being Beautiful" by Drs. Roizen & Oz as its foundation.

Facilitators:

Amy Williams: Life Coach & Personal Growth Facilitator

Susan Hanson: LMT & Life Coach

**Experience the Natural Face Lift,
Organic Obsessions Skin Care Products &
the Body Balance BioFeedback Technology
At the**

**WORKING WOMEN'S SURVIVAL SHOW
FEB 13, 14 & 15, 2009**

St Charles Convention Center

Come see us at Booths #1505 & 1507

Listen to the talk "Saving Face"

**ACUPUNCTURE FOR WEIGHT LOSS,
STOP SMOKING, PAIN RELIEF & MORE**

AURICULAR THERAPY (ear acupuncture, with or without needles, using electrical stimulation, and much more) the entire body is treated from the ear points. Safe and enjoys an 80% success rate worldwide. Classic whole body acupuncture also available and may be covered under CAM insurance coverage.

NEW SERVICES & GIFT IDEAS

CranioSacral Therapy: This gentle technique facilitates normal cerebral spinal fluid flow which feeds the nervous system. A fall or traumatic impact (birth trauma) can disrupt this delicate mechanism resulting in stress, chronic pain & depression. Common results are pain relief, improved energy & sense of wellbeing.

Decompressive Traction & ATM: Failed back surgery? Afraid to go "under the knife"? This therapy is a "must try". Don't be fooled by big fancy expensive machines, ours is state of the art, FDA approved, at a reasonable cost. Dr Brian lectures professionally on this technology.

Register online to win free wellness cruise in 2009.

INTRODUCING DR STEPHANIE BAUERLE (DO)

We welcome Dr. Bauerle to the NHC team. I've had the pleasure of sharing patient care with this bright, open-minded physician. My patient's report how nice it is to be able to communicate openly and have two doctors work together. Dr Bauerle loves endocrine & hormone stuff; like treating diabetes, thyroid and well woman work-ups. She also enjoys treating patients with arthritis and cardiovascular challenges. She is a new "Mom" of a beautiful 18 month old daughter, Elizabeth, and wife of engineer husband Shawn. We are so excited to provide awesome complimentary and alternative medical care to you and your loved ones. Call today to schedule your appointment to better health.

***Spring begins on March 22. Seven days before & after this day are the most stressful on the liver & gallbladder, the paired organs of the spring season. This is a common time for allergies and knee problems. Call & ask how we can help you avoid these problems.**

WEIGHT LOSS PATCH-WHO KNEW????

Wearing this natural safe weight loss patch 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 learn more about healthy weight loss and the patch.

HAPPY NEW YEAR

Good health requires BALANCE, LOVE & JOY in our lives. So keep it simple: De-stress your life & the lives of those you love! Have a Happy Healthy New Year!



Natural Healing Centers, LLC.

**Dr. Rosanne Fischer, RNDC
And Professional Staff**

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EXPERTS IN ALTERNATIVE MEDICINE CHOICES

**NATURAL HEALING CENTERS,
LLC
WELLNESS CENTER**

Our mission is to provide a natural healing experience and to promote patient awareness of their alternative choices for any health condition



**NEWS FOR WINTER
December 2008-March 2009**

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

FEEL "IT" IN YOUR BONES?

Many of you know that when the cold of winter hits you feel "it" in your bones. That "it" is pain and discomfort in your bones. In Chinese medicine Kidney "chi" controls bone tissue. Winter is the season that the organs & meridians of the Kidney and its partner, the Bladder detoxify & recharge. The Kidney circuit controls the bone tissue, and when your Kidney "chi" (energy) or body hydration is low you feel it in your bones as a deep bone ache or pain.

The first day of winter, December 21st, is the day of the longest night. Daylight hours lengthen as we move toward spring. Winter is the Chinese water element season. This is the season to get plenty of water, good nutrition, minerals & quality rest in order to recharge the kidney "chi". Like a battery, the kidney is the power source of energy for all the other meridians of the body. This three month **recharge** time is crucial so that the kidney can provide energy to the other body meridians/organs for the **next nine months**.

The kidney is the big battery, each body cell is a micro battery, both are capable of using water to produce energy for the body. Stress causes cells to stop absorbing water.

STRESS<=> DEHYDRATION <=> FATIGUE

No water into the cell means your battery is not getting recharged for the next nine months, drain of energy. Low kidney chi also causes fatigue/depression, Seasonal Affective Disorder & heart problems to name a few. The kidney circuit controls the muscles that hold

BONES? Cont.

the neck up & support the low back. The bladder circuit controls the muscles around the entire spinal column, lower leg & the arch of the foot. 73% of Americans are dehydrated. Chiropractors mostly treat neck & low back pain, headaches & plantar fasciitis as a result of this H2O problem. The body is now running the detox, rejuvenation, and repair program of the urinary system. It is a common clinical finding to see a lot of urinary tract infections (UTI), and patient's passing kidney stones in this 3 month season. Kidney chi influences the bones, hearing, sinuses and also the hair on the head. If your mouth is dry you're dehydrated! This is the most important season of the year to **drink, drink, drink . . . WATER**. An amazing 60-70% of the water you drink is used to humidify the air you breathe & even more in low humidity dry heating conditions of cold winter weather. This explains why the top two most common reasons for doctor visits are cough and throat problems. A mere 2% drop in body water can trigger fuzzy short term memory, trouble with basic math & difficulty focusing.

The holiday season is filled with festivities of eating and drinking. Alcohol throws off the body's water regulator in the brain. A hangover is dehydration of the brain and the body. Enjoy the holiday season and be sure to come to our weight loss, anti-stress, wellness lectures in January to learn how water can help along with other therapies provided at NHC.

PRODUCTS OF THE SEASON:

Hydrate I/II: Increase energy. Helps cells hydrate and recharge. Better Detoxification: escorts water/nutrients in and waste products out of your cells. Awesome with **BioElectolyte** for dehydration.

BioGreen: The bladder and kidney thrive on this chlorophyll source of calcium, trace minerals, Vitamins A, C, E, & B complex.

NATURAL & SAFE cough, cold & flu remedies: **Flu Tonic, Cold Calm, Cellular C, Adrena Pan C, Sinus Relief, Natural Allergy Relief, BAC, Lymphoplex, Echinaplex, Virotox & more.**

Cough & Sore throat Treatments: Chestal Cough Syrup & Sore Throat Spray.

These statements have not been evaluated by the Food & Drug Administration. The products are not intended to diagnose, treat, cure or prevent any disease.

CHANGE YOUR HEALTH PICTURE IN 2009

FREE WELLNESS LECTURES!

Our mission is "to educate the people of their rights and natural healing choices for any healthcare condition or illness". We 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.**

JANUARY 14th, 2009

Body, Mind, Spirit Approach to Weight Loss (Part 1)

- A. Understanding body composition
 - 1) Check yours, % of muscle, fat & water
 - 2) Water the essential nutrient;
 - a. Essential to weight loss
 - b. Stress/Dehydration/Weight Gain
 - c. Food Allergies & Weight Gain
- B. Identify the emotional blocks sabotaging wt. loss
 - 1) Voice Stress Analysis Biofeedback (EVOX)
 - 2) Bach flower emotional remedies, find yours
 - 3) Pure Essential Oils: Emotional balance & Cellulite removal
 - 4) First Line Therapy, coaching for you
 - 5) YOU Being Beautiful (YOU!)
- C. Quick Starts
 - 1) Auricular Therapy, Ear acupuncture
 - 2) Fat Patch
 - 3) Natural Face Lift

JANUARY 21st, 2009

Body, Mind, Spirit Approach to Weight Loss (Part 2)

- A. Hormones, Metabolism, & Nervous System
 - 1) The hormonal see/saw; thyroid and adrenal balance
 - a. Saliva hormone tests
 - b. Vitamin/Minerals/Good Oils
 - 2) It's all in your Head.....and Gut.
 - a. Neurotransmitters, Sleep & Light
- B. Detoxification & Weight Loss
 - 1) Liver, intestine, skin
 - 2) Far infrared sauna
 - 3) Colonics: Hydrotherapy
- C. Exercise: generating enough energy to do it

FEBRUARY 4th, 2009 KEEP YOUR "LOVE" ALIVE

Natural Preventative Heart Care, Bring your Valentine

- A. Cholesterol: the Good, the Bad, and the Ugly
 - 1) Good oils: Omega 3, cooking oils, and more
 - 2) Bad oils: LPP, trans fats and more
 - 3) Don't Lose Your Mind with Statins
 - 4) Fiber: the filter and function
 - a. Lymph Function: Rebounder & LBG
 - b. Removing Cholesterol from the Gut
 - 5) Oral Chelation (Bypass Preventive)
 - 6) Food Allergens/Leaky Gut

FEBRUARY 18th, 2009

The Truth About Cholesterol & Statin Drugs

What Vitamins Do You Really Need

- A. LPP-Blood Test (Lipid Blood Test)
 - 60% of people with normal cholesterol have heart attacks (check this number on the LPP handout)
 - Find out what you can do nutritionally
- B. FIA Blood Test (Functional Intracellular Analysis)
 - 1) Functional blood test to determine vitamin & mineral deficiencies
- C. Find Out Your Antioxidant Score (free test)
 - 1) Protecting your brain function and memory,
 - 2) Protect your heart and vessels from aging & failure

MARCH 4th, 2009 At UNION FURNITURE

21 S. Washington St., Union

Learn How to Recharge Your Bodies Batteries

- A. Winter nesting & recharging
 - 1) Melatonin, Healthy sleep vs. insomnia
 - a. Anti-aging secrets
 - b. Heart & Blood pressure protection proper sleep can reduce blood pressure
 - c. Stress Reduction
- B. Restful Sleep
 - 1) Get fitted for ideal pillow (demo)
 - 2) Find & get fitted for your perfect mattress (demo at Union Furniture)
 - 3) Eliminate electrical interference

MARCH 18th, 2009

Guest Speaker: Dr Michael Q. Edwards

Are Your Teeth Making Your Body Sick?

- A. Energetic Relationship between tooth & body part
 - 1) Tooth-Body Chart
 - 2) Galvanic Currents in the mouth
- B. Is your body rejecting your dental work?
 - 1) Fillings, gum rejection
 - 2) Crowns & Root Canals
- C. Healthy Natural Alternatives in Smiles
 - 1) CEREC technology (biocompatible)
 - a. Fillings, b. Crowns, c. Veneers
 - 2) Taking the charge out of your teeth with ceramics & porcelains (metal free)
 - 3) pH Balance: Preventing Cavities & Gingivitis

Remember your Valentine!
Give the gift of health!
Gift Certificates make wonderful
presents for all occasions
