

SPECIAL
POINTS OF
INTEREST:

- Plastic in Your Urine
- Going Electronic

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Elements to a Natural Life

VOLUME 1, ISSUE 4

OCTOBER 2007

Plastic in *Your* Urine?

Christine Schlenker, DC

You've all experienced it, you open up a plastic package, to find another layer of plastic protecting your purchased item. So, why the need for so much plastic? Why does it seem that everything is coming in plastic? The most alarming thing I have recently witnessed is at Trader Joe's®, a natural food store in Maple Grove, is selling your peppers, cucumbers, onions, and other produce in tightly sealed plastic wrap. The instant that flexible plastic wrap touches your food, the chemicals that make up the plastic seep into your food. Tasty, huh? The taste is the least thing you have to worry about.

The most alarming study was released by the CDC (Centers for Disease Control) that in a majority of Americans tested, compounds of plastics like **phthalates** to make polyvinyl chloride (PVC) and **bisphenol A** (the basic building block to all plastic), were found in their urine. They have even found that newborn children are found with measurable amounts of phthalates in their blood. That means that either the packaging your food comes in, the plastic water bottle you drink from, the toys your children chew on, the computer and cell phone you use, your contact lenses and

toothbrush, or the items you eat with and store your food in, goes into your body. So why should you be concerned? Phthalates and



bisphenol A mimic and disrupt our hormones, even before we are born. Your body runs off of hormones (the entire chemical section of your foundation, remember a healthy body is balanced chemically, physically, and emotionally). If your chemicals are imbalanced, then soon your neurological system will become imbalanced (a great time to get adjusted, don't you think?), then your physical structure (here come the aches and pains), and eventually your emotional well-being becomes imbalanced (here comes the anxiety, depression, and other mood disorders). See how your body is connected by one big circle of events, and the only solution to the problem is to approach the be-

ginning of the cycle?

They have found that these compounds disrupt the DNA of mainly our reproductive system and may even predispose someone to obesity (due to the upset of balanced hormones). Women who are planning to have a family should take special interest in avoiding these chemicals. They have also discovered that exposure in the womb is irreversible (through what the mother is exposed to) and baby boys are more at risk versus exposure in adulthood can be reversed.

What can you do to stay healthy? Do the best you can by following the list below of okay and bad plastics, and try to limit the amount of plastic you use overall. And the number one rule I recommend to all patients: **Never microwave or heat up plastic! And typically, the less flexible the plastic, the safer.**

A handy reminder to know what plastic containers are safe to use, provided by *The Institute for Agriculture and Trade Policy*: *Use containers with recycling code 4,5,1, and 2, especially with your food.* All the rest are no good.

Reference: *Mother Jones* Sept-Oct 2007 Issue

What Do You Believe? Mary Marsh PhD Wellness Coach

It is only by following your deepest instinct that you can lead a rich life, and if you let your fear of consequence prevent you from following your deepest instinct, then your life will be safe, expedient and thin.

-Katharine Butler Hathaway

I have spent my life with the attitude that I will believe it when I see it. However, I am learning that according to quantum physics I will see it when I believe it! The nothingness of space is waiting to be created according to our beliefs. It seems we do not have the miracles and excitement of life because we do not believe they will happen. You know Jesus could not work many miracles in His hometown because of their unbelief. If you want miracles in your life, you have to believe that it can happen and it can happen to you. It has nothing to do with deserving it or not. Why should anyone be more blessed than anyone else? They are no more perfect or better than you are; they just expect and believe blessings/miracles will come their way even before they happen. They expect good things to happen so that is what they get. It does not mean that everything goes their way but much more than if they did not believe and expect things to go well for them. Did you know

that people with split personalities have different health depending what personality they are in? For instance, some personalities have cancer, some need glasses, some have diabetes but not all of the personalities have the same health concerns. Now, that body eats the same foods, drinks the same amount of water, gets the same amount of sleep, exercise, sunshine, oxygen, supplements all the things we have determined are important for health but depending on the personality or beliefs, the health is different. Therefore, to improve your health, your finances or your relationships examine your beliefs especially in the areas of your life that you are not happy with right now. Start saying positive things about yourself and the people around you. I was at a Joyce Meyer (Christian speaker) conference this weekend and at one point, she put her hands on Dave, her husband, and said, "I have such an awesome husband". How many people say that about their spouses? I am sure you

can give me a list of why your spouse is not so awesome but if you start focusing on how awesome they are, they will become more awesome as well as your children, boss, friends, family, etc. Many people are struggling with our government and the upcoming election but the more we say and think all politicians are crooks, you cannot believe anything they say, they are just out for themselves the more of that we are going to get. I suggest you start seeing and believing we have strong spiritual people in our government who want to do the best for the country, the world, and us so we can become a positive influence in the world. Remember you get what you believe not what you currently see!



Safe Plastic

A handy reminder to know what plastic containers are safe to use, provided by

The Institute for Agriculture and Trade Policy

Recycling Code	Plastic	COMMONLY USED IN	Safe?
5	Polypropylene (PP)	Yogurt, margarine, takeout containers, medicine bottles, syrup and ketchup containers	yes
4	Low Density Polyethylene (LDPE)	bread, frozen food, garbage and newspaper bags, squeeze bottles, shrink-wrap, milk cartons and hot beverage cups	yes
2	High Density Polyethylene (HDPE)	Milk, water, juice, shampoo, detergent bottles, shopping bags, cereal box liners	yes
1	Polyethylene Terephthalate (PET)	Soft drink, water, juice, mouthwash, ketchup bottles, peanut butter, jelly, pickling jars	yes
3	Polyvinyl Chloride (PVC)	many containers and hard packaging (toys), medical tubing and bags, bath and teething toys, shower curtains, upholstery, flooring, cosmetics	Avoid- phthalates
6	Polystyrene (PS)	Disposable cups, plates, utensils, take out containers, aspirin bottles	Avoid- contains styrene- a possible
7	Others: includes Polycarbonates	baby bottles, sippy cups, reusable water bottles, food-can liners	neurotoxin Avoid- contains bisphenol A

Voice Biofeedback Snapshots by: Dar Anderson, CMT

How is my Body and Sound Related?



Fueled by electro-magnetic energy and organized according to a unique DNA blueprint, the various organs, glands and systems of the human body are meant to function independently, yet as a whole. The heart, lungs, pancreas and nervous system all have specialized jobs requiring specialized resources. However, to maintain health, all systems and organs must be in constant communication and interacting equitably. If communication breaks down, or if excessive or prolonged stress is placed on one system or organ, an imbalance can develop, first presenting warning symptoms and then more severe challenges.

The various parts of the body attract resources and communicate with each other by way of sound frequency. In other words, each organ has its own keynote frequency that resonates to the particular nutrients, minerals and sound vibration required for function. As an example, the colon vibrates to the note of B, while the liver vibrates to the note of G. Fortunately, for our sanity, the frequencies of our organs and systems function outside the range of human hearing. There are in all, 12 keynote frequencies present in the human body:

C C# D D# E F F# G G# A A# B

Voice Bio Snapshots \$30.00 Find out what your frequency is saying about you. Snapshots will take approximately 30 minutes. The first 15 min will be a voice print which will be analyzed by Darlene Anderson, certified VoiceBio practitioner. The last half hour you will receive a list of what foods are good for you, what colors to wear, what colors to look at and a music CD with the frequency your body responds to. Nutrition will also be discussed as time per permits.

Favorite Essential Oils! Shari Stark, CMT

I would like to share with you some of my favorite Essential oils for this time of year and their benefits to you.

Thieves Oil: Help to keep you from getting sick during the cold and flu season.



Frankincense: Apply with a carrier oil over you pulse points for a over all feeling of well-being.



Lavender: Apply with carrier oil to the bottom of your feet to help you sleep better.



Christmas Spirit: Diffuse throughout your house to get into the Holiday Spirit.

Alternative Healing for Premature Babies: Music and Sound



The Neonatal Intensive Care Unit (NICU) at Children's Hospital Center of Akron, Ohio, is studying the effects of music and sound reduction on the growth and development of premature babies. Since May 1997 the research team has been investigating whether changing or reducing the sounds premature babies hear helps them get better faster. The study includes NICU babies who are 25 to 10 weeks gestation,

weighed less than 2 pounds, 12 ounces at birth, and are medically stable. Previous studies on the use of music and on sound reduction have shown that noise increases a newborn's heart rate and blood pressure and decreases oxygen saturation levels. Noise can cause babies to spend more time awake and crying.

"We are trying to find intervention techniques to help hospital staff and parents create a better growth environment for these infants," said Vanessa L. Cook, RMT-BC, a board-certified registered music therapist and research coordinator for the study. -www.mothering.com

What are Soap Nuts?



Soap Nuts are the dried fruit of the Chinese Soapberry tree, similar to the lychee. A long time ago, local folks in the South East Asia figured out that when the nuts get wet, they release saponin, a natural cleaner, making them great for washing clothes!

Maggie's Soap Nuts are the only household cleaner made exclusively from Nature, by Nature. A single soapberry tree produces hundreds of kilos of nuts per year! Maggie's Soap Nuts fall to the ground in Indian and Indonesian forests where they are collected by

folks who have used the nuts for centuries.

History:

The fruits of this special soapy tree, when peeled from their inner seed, are primarily used as a cleanser. The leathery fruit skins release saponin and become a magnificent detergent when immersed in water. In ornaments of gold and silver, and used in the laundering of fine silks and wools.

Today, you can easily purify yourself by using Soap Nuts in your washing machine. Just close 2-4 Soap Nuts into a

small cloth bag and add it to the clothes in your wash. Soap Nuts naturally soften and add body to your fabrics, are safe for wool and silk, and keep your colors looking bright.

Environmental Impact:

By using Maggie's Soap Nuts you are preserving tropical forests! You are supporting real people in their local economies, cultures and communities! You are using the safest, most natural product available!

Essential Oil: "The Breath Easy Four" Lavender, Peppermint, Eucalyptus, and Tea Tree

Lavender-relieves pain, relaxes spasms, calms, promotes sleep, fight infection, and eases cough.

Peppermint-stimulating, clears congestion, and induces sweating.

DO NOT TAKE PEPPERMINT IF YOU ARE USING HOMEOPATHIC REMEDIES-IT PREVENTS THEM FROM WORKING.

Eucalyptus-fights infection, clears sinuses, eases aches and pains, and stimulating.

Tea Tree-antibacterial, antiviral, antifungal, stimulates the immune system, and induces sweating.

To Ease Sinuses:

2 drops Eucalyptus

2 drops Peppermint

2 drops Tea Tree

Add the drops of oil into a steaming bowl of water, immediately cover the bowl and your head with a towel and inhale for 3 minutes.

Keep eyes closed.

2 drops Eucalyptus

2 drops Lavender

Add the drops of oil into a steaming bowl of water, immediately cover the bowl and your head with a towel and inhale for 3 minutes.

Keep eyes closed.

To Ease Coughs:

To Ease Coughs throughout the day:

2 drops Eucalyptus

2 drops Lavender

Add drops of oil to 4 tsp of carrier oil and apply to the throat and chest (this will make enough for several applications)

To Combat Colds and Flu-daytime:

2 drops Eucalyptus

2 drops Lavender

2 drops Peppermint

2 drops Tea Tree

Add drops of oil into a steaming bowl of water or diffuser and diffuse into your room.

To Combat Colds and Flu-nighttime:

2 drops Lavender

2 drops Tea Tree

Add drops of oil into a steaming bowl of water or diffuser and diffuse into your room.



Clinical Studies show that eating Avocado's can help reduce blood cholesterol!

Event Schedule & Promotion's : October and November

October 2007

How to use Emotional Freedom Technique to Lower Stress and Anxiety Class

Presented by: Mary Marsh PhD,
wellness coach
October 9, 2007
6:30pm-8:00pm
\$10.00

Dr. Christine will be on Vacation

October 5th-6th

Call today to schedule an appointment!
She will be booking up fast the week before and week after her vacation. Get in before it's too late!

November 2007

Learn to Balance your Energy

Presented by:
Dr. Christine Schlenker, DC
November 8th, 2007
6:30pm-8:00pm
\$10.00

Learn how to make Chemical-free Bath and Body products

Presented by: Mary Marsh PhD, wellness coach
November 13, 2007
6:30pm-8:00pm
\$10.00

November 22nd & 23rd
Office Closed
Happy Thanksgiving!

15% off any size

Himalayan Crystal Salt Lamps

Makes a great gift!
Offer good 10/1-10/15

Cold and Flu Savings

10% off teas, supplements, oils and herbs.

(exclude Young Living products)

Stock up now on Winter supplies!
Offer good 10/1-10/15

RECIPE BOX: 15 Minute Halibut with Avocado Salsa and Shiitake Style Green Beans

Ingredients:

- 4-6oz halibut steaks or filets
- 1/4 cup minced scallion
- 1-2 tsp finely minced jalapeno
- 6 medium cloves garlic, pressed
- 1/4 cup + 1 TBS fresh lemon juice
- 3 TBS chopped fresh cilantro
- 8 cherry tomatoes, quartered
- 1 medium ripe but firm avocado diced in 1/4 inch cubes
- Salt and pepper to taste

Directions:

- Mix all ingredients except halibut in a bowl and set aside.
- Preheat a 10-12 inch stainless steel skillet on medium high heat for about 2 minutes.
- Rub halibut with 1 TBS lemon juice and season with a little salt and pep-

per. Place in hot pan. (You do not need oil or liquid for this) Cook for about 3 minutes and turn. Cook for another 3 minutes and remove from pan. Place on plate, and top with salsa.

-www.whfoods.com

15 minute halibut with avocado salsa



Ingredients:

- 1 tsp Olive oil
- 1 tsp sesame oil
- 1/2 cup sliced Shiitake mushrooms
- 16 oz. Green beans
- 1 TBS Soy sauce
- Toasted almonds

Directions:

- Heat oils in a 10 inch skillet over medium heat. Add the garlic and shiitake mushrooms to oil; cook and stir 2 minutes.
- Stir in the green beans. Cook, stirring constantly, until vegetables are tender. Sprinkle with soy sauce and toasted almonds. – www.recipezaar.com



Got Old Shoes?

Feel bad about tossing your old tennis shoes in the trash? Since cleaning out my closets this fall, I am finding old tennis shoes with worn out soles and supports, and many that are beyond use for mowing lawn and gardening. But it feels like such a waste to send them to the dump to rot, and to my luck, this past weekend I read a magazine with a reference on how to recycle your old shoes! Check it out: www.nikereuseashoe.com

80,000 pairs can help make an athletic field surface

75,000 pairs can help make a running track

2,500 pairs can help make a playground

Nearest recycling center: Minnkota Recycling, PO Box 1864, Fargo, ND 58107

Contact: Mary Aldrich, (701) 293-8428

Otherwise, you may send them directly to

Nike Recycling Center
c/o Reuse-A-Shoe, 26755 SW 95th Ave
Wilsonville, OR 97070



This organization makes recycled donations to many youth organizations around the country to help make their soccer fields, playgrounds, etc. Help our Earth, our youth, and our athletic teams by giving a used shoe!

The information in this newsletter was written by Dr. Christine Schlenker, DC, a chiropractor at Natural Elements. The information is meant for educational purposes and is not to replace the advice of your healthcare physician. Before implementing any new treatment or therapy, it is best to consult with your doctor.

Does Colored Candy Make Your Kids Hyper?

With the beginning of the school year here, many parents, teachers, and kids are getting back into the routine of sitting in class. In the next month or two, there will already be conferences with teachers. Are your kids going to get a good behavior and learning report? Or, are the teachers of your children going to have some other news for you?

To best prepare your children for optimal learning and to avoid behavior reports from the teachers, a new study has linked fidgeting, hyperactivity, lack of concentration, restlessness, and frequent interruptions with *artificial ingredients and neon-bright colors*. Study published by the British medical journal: The Lancet

So those bright gum balls, Fruit Loops cereal, soft drinks, and other foods may be affecting your child's behavior and learning ability. Of course, the recommendation is to limit the intake of those types of foods for the children. Any

types of foods with food dyes and preservatives (specifically sodium benzoate in soft drinks, fruit juices, and salad dressings, and the colors red and yellow) should be in limited quantities. Personally, I would also recommend spinal adjustments for kids as they grow to allow maximum nerve communication in the whole body, fish oil to feed their brain, and lots of fruits and vegetables to provide a high amount of antioxidants while they are under stress. The study also found that three-year-old children were much more affected by the dyes and preservatives than the eight-year-old children.



They also found those that have autism or atrial fibrillation have worsened symptoms when eating these types of foods. The foods these chemicals commonly hide in are: **baked goods, candy, cheeses, gum, jam, soft drinks, soups, and a few others.** (Food list released by the FDA)

A wonderful resource if your child is experiencing concentration, learning, and other restless symptoms is the Feingold® Association of the United States at www.feingold.org. They provide a diet specifically for those with the diagnosis of ADHD, and other helpful literature and resources to help children become more nutritionally and chemically balanced to excel at their school and home life.

Reference: TIME September 24th 2007



Want to get off coffee? Try Dandy Blend Beverage

Why should you stop drinking coffee?

Bruce Tainio and D. Gary Young, a North American expert on essential oils, used a bio-frequency monitor to determine the relationship between frequency and disease. Part of the study was to measure the frequency within the human body as different substances were introduced. One of the substances was coffee, tested on 2 males ages 26 and 24 and both males had a frequency measured at 66MHz. The 26 year old held a cup of coffee (without drinking any) and his frequency dropped to 58 MHz in 3 seconds. He then removed the coffee and inhaled an aroma of essential oils. Within 21 seconds, his frequency had returned to 66 MHz. The 24 year old took a sip of coffee and his frequency dropped to 52 MHz in the same 3 seconds. However, no essential oils were used during the recovery time and it took 3 days for his frequency to return to the initial 66 MHz. —Reference Guide for Essential Oils.

It has been found that the higher your bodies frequency the healthier you are. To maintain a healthy level of body frequency it is important to consume food and beverages with a high frequency.

Dandy Blend instant dandelion bev-

erage is the only instant herbal coffee substitute in the United States that features both the health benefits of dandelion and the rich, full bodied flavor, smoothness and texture of real coffee.

Dandy blend is made from the extracts of three roasted herb roots—dandelion, chicory and sugar beet—and two roasted grains—barley and rye. Naturally sweet with the fructose released from the breakdown of the storage starch inulin when the dandelion and chicory roots are roasted. This same process makes Dandy Blend a low carbohydrate beverage, 1 gram of carbohydrate per cup.

Dandelion and chicory are rich in trace mineral and health-promoting substances and have been renowned for centuries as liver cleansers, blood purifiers, gastrointestinal regulators, diuretics, and regulators of acid-base balance.

How can Dandy Blend help you:

Acid reflux, Gall bladder problems, strengthen the blood, lowering high blood pressure, lowering high cholesterol, liver problems, cancer, coronary artery or heart disease, PMS sufferers, helps with weight loss, also includes B vitamins, antioxidants and trace minerals.

Dandy Blend:

Sugar-free	Dairy-free
Pesticide-free	Gluten-free
Low carb	Low calorie
Wheat-free	Fat-free
No acidity	Caffeine-free
No bitterness	Mineral rich
Rich & Smooth	High Antioxidant

Many different ways to enjoy Dandy Blend:

Tea—1 level tsp in 8oz. water or milk

Coffee—1 rounded tsp in 8oz. water or milk

Espresso—1 full TBS in 8oz. water or milk

Add any flavoring you enjoy in your coffee!



10% off
any Dandy Blend product
through October 31, 2007
at:
Natural Elements Health Cen-

Place
Stamp
Here

Natural Elements Health Center, PC

900 Hwy 23 W Suite 3
Milaca, MN 56353

Phone: 320-983-2333



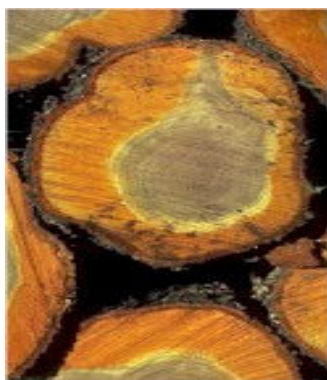
Natural Elements Health Center-- Going Electronic!

Each year, the world produces more than 300 million tons of paper.

Impact on Forests and Environment.

More than 30 million forested acres— an area about the size of Pennsylvania—are lost annually. More than 40 percent of logged trees is used for paper. For every ton of paper produced, two to four tons of trees are brought to the mill, with old-growth trees supplying nine percent of that fiber. Paper manufacturing requires huge inputs of chemicals, energy and water.

-www.woodconsumption.org



Trees are cut down to make paper!

We at Natural Elements Health Center would like to do our part in protecting our forests and environment. In doing so we will be making changes within our office and our circulation of the newsletter. We will be using much less paper in our office by downsizing our patient paperwork and record keeping of each visit. Saving files to a CD (instead of paper copy) and by emailing our newsletter.

If you would like to help us do our part in preserving trees, please, email or call us with your email address and start receiving your newsletter, promotions, and class updates via email. For those of you who have already given us your email address, you will start to receive electronic information soon. We appreciate all your support!

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