

HAPPY  
HOLIDAYS!!

# Elements to a Natural Life

VOLUME 2, ISSUE 7

DECEMBER 2008

## SPECIAL POINTS OF INTEREST:

- December Promotions
- Coupon's
- Gift Basket Drawing
- Food Drive
- Coupon for \$10 off with Kim, our new massage therapist

## INSIDE THIS ISSUE:

- Why do muscles get sore? Pain and Massage Therapy 2
- Essential oil recipe 3
- Recipe Box: Roasted Vegetable Rata-touille 3
- Welcome Kim 4
- Therapeutic Counseling 4

## Don't Let the Holiday Stress Get You Down...

Here we go again, another year of many families running around shopping, cooking, cleaning, taking care of sick kids or the elderly, and getting those last minute things done before either rushing off to get-togethers or having family over for celebrations. But where in that list did you put taking care of *yourself*? It is more common that we increase the expectations of ourselves through the Holiday Season, which lengthens the list of *things* we need to accomplish. With that, you become short on time, short on patience, and often short on health. And recently, it has been discussed at several of our meditation and discussion groups that if we don't love and care for ourselves first and foremost, then we cannot extend any more love to those around us, than we have given to ourselves.

And for that reason, I am asking you all to think of your aching backs, sore feet, or tired minds, and take a moment for yourself to feel better. Take a look at what load you have taken on, and if it is all really necessary. Could you delegate some of the cooking? Could your spouse do some of the shopping? Every one of us deserves to take care of the one and only body we are given. So

if you are hurting or just plain worn out, getting a massage or adjustment can make you feel a world of difference in your aching body by re-aligning your nervous system to be able to handle the stress and workload better. Nutritionally, taking additional B-vitamins or stress relieving herbs, like Sere-negen® or Adrenogen®, or snacking on NuSera® chocolate chews, can boost your body's chemical performance. Even stopping in for 10 or 15 minutes of getting your energy boosted on the Chi Machine, sitting in the cozy Infrared Sauna, or relaxing your feet and whole body with a Reflexology session, could help keep all your days' good ones through the Holiday Season. But even if you can't squeeze that in, or you are feeling the financial squeeze like everyone else, stay at home and take a hot Epsom salt bath with ½ cup of salts and a couple drops of your favorite essential oil, or ask your spouse to rub your feet to reconnect at the end of the day, or simply make a cup of Stress Relief Yogi™ Tea and pick up a good-to-read book. You can even get your kids involved, to start teaching them how to take care of them-

By Dr. Christine Schlenker

selves; I think you would be amazed at how much they also enjoy foot rubs and will sleep better! (But don't forget to trade!) And if you get good at taking care of yourself during the Holiday Season, carry it on through all of the seasons, because there is no reason you don't deserve it.

So, I challenge all of you to make and take time for yourself this Holiday season, to love and appreciate yourself, to be able to give and receive love and happiness with your family and friends, and make it a much healthier Holiday season for yourself and others.

Happy Holidays to you all,  
And thank you immensely for your continued support!



## Happy Holiday

A special ***thank you*** to all of our clients for your support through the years!

~ Your friends at Natural Elements

## Why Do Muscles Get Sore? Pain and Massage Therapy!



Treat yourself to  
a complimentary  
cup of hot Yogi

Tea while you  
visit the clinic.

Like what you  
taste? Take a box  
home with you for

just \$3.99. Less

expensive than at

the local grocery

store!

Our bodies have over 600 muscles working for us 24 hours every day! When they become sore or start to ache or burn they have our undivided attention. The most common reason muscles become sore and achy is because of lactic acid. Exercising makes you feel that burn from the lactic acid which is building in your muscle. This is caused from the incomplete breakdown of sugar by the muscle. Also, exercise can cause soreness from fibers in your muscle which are strained or torn and must be rebuilt. The new muscle fiber you build from exercising is able to grow faster than the blood needed to supply the area. In order to get the proper amount of blood to the new muscle fiber, the capillaries need to redevelop. Without proper blood supply to muscle there is pain. Viruses and infections can also cause sore muscles. This is due to the inflammation going on throughout systems when our immune system is compromised from flu, colds, etc. Another factor causing sore muscles is not getting enough oxygen to them. Our breathing is compromised when we are ill and muscles not only need the correct blood supply like stated above, but also the correct oxygen for cellular respiration. Other reasons for muscle pain could be an imbalance in your electrolytes or dehydration. In rare cases various medications have caused muscle soreness and pain, check with your physician. A good massage can increase your blood circulation, oxygen levels, reduce strains and push out excess lactic acid, the waste product of your muscles.

### ~ Darlene Anderson, CMT

Many of the people I talk with about pain say they learn to live with it. To hear this makes me want to reach out and let people know you don't have to live in pain. Massage therapy can help stop that painful cycle. When you live in pain it can become chronic and can become extremely draining and may continue for a long time if not taken care of. Your energy level drops and it can also be emotionally draining, leading you to be irritable. Pain can be triggered by an injury from a sports accident or a car accident. It can also be triggered by misalignment of the bones, like scoliosis or poor posture. Overuse of the muscles, like repetitive movements, can cause pain. Stress can be a large part of pain, whether it be stress from family life or financial troubles or even planning a wedding. With anyone of these triggers the pain can become chronic. When treating pain it is good to find the

root cause. With massage your pain can be experienced differently. Massage stimulates the release of natural pain relievers known as endorphins. It can reduce the excruciating grip that pain can have on your body and let you experience relaxation. Muscles will contract around any painful spots to protect and support the area. If the pain is taken care of quickly the muscles will relax. If the pain continues, muscles can stay contracted and stuck in this cycle of pain. This can lead to muscles pressing on nerves causing tingling and numbness. When a muscle is contracted it can't hold much fluid therefore leaving it deprived of nutrients and oxygen. Imagine squeezing your hand in a fist for an hour-or even a day-then release it. Now think of how bad the pain in your hand would be. This constant contraction allows for toxins to accumulate, leaving you sore and low in energy. Massage will release the contracted muscles by bringing in circulation, allowing the toxins to be flushed out and relaxing the nervous system. Allowing blood flow which brings in oxygen and nutrients. When muscles are deprived of circulation for a long time the body will react by laying down collagen fibers, which are building blocks for scar tissue. This becomes known as a trigger point. These spots are extremely irritable that refer pain and tingling to other areas of the body. This causes other areas of the body to start a new pain pattern. Therefore it is important to find the root of the pain and treat it as soon as possible. Massage helps restore normal movement by releasing trigger points, removing toxins and stretching out contracted muscles. Many people feel so much better after a massage. Not only do they feel a difference in their pain but they tend to feel more energy and are motivated to do more physical activities. Naturally we stretch an area that hurts and rub the area in pain. Instinctively our bodies know what it needs. We just need to listen and pay attention.

### ~Maria Werner, CMT

Enter to Win  
A Holiday  
Gift Basket

From Dar & Maria

Stop at  
the clinic  
to enter!!



# Essential Oil Therapy by Stacey Wiedewitsch, Aromatherapist

Essential oils are the volatile, aromatic oils obtained from plants through steam or hydro distillation. Essential oils are chemically complex, highly concentrated substances that are composed of hundreds of esters, phenols, alcohols, aldehydes, lactones and ketones. It is these chemical components that have been laboratory proven to fight disease, inspire relaxation or relieve pain. Because of this complexity, one variety of oil can address many physical complaints due to the many components. However, the true beauty of the oils manifests when two or more oils are mixed together. The synergistic effect that happens when a blend is created enhances the properties of each individual oil. When an Aro-

matherapist makes a custom blend for a patient, the individual symptoms of the patient can be addressed, making the healing process accelerated and the symptoms more bearable. A blend also enables the Aromatherapist to dilute the essential oils with a carrier oil down to a nontoxic level. It is important that the recommended daily dose of the essential oils is not exceeded.

One area in which the essential oils excels is dealing with the fear response in the body. Four oils have been clinically proven to reduce the stress response in the body. They are Neroli, Bergamot, Melissa and Lavender. A synergistic blend of these oils is particularly effective.

## Stress Reduction Blend

Stress reduction recipe:

- 6 drops Neroli
- 6 drops Bergamot
- 6 drops Melissa
- 6 drops Lavender
- 9 ml. carrier oil

Mix the essential oils in a colored glass bottle and then add the carrier oil. Apply a few drops of the diluted oil to the inside of the wrists or on the temples when the need to calm down arises.

At Natural Elements, We have a few new varieties of essential oils for you. Come check them out!



## December 1st-31st Promotions!!

### Chi For Free

*Relax and loosen your spine!*

Monday & Friday Only

### OrthoMega Fish Oil

Save 10% on any size

\$5.00 off ChiroFlow Water Pillow

## Recipe Box— Roasted Ratatouille

### Ingredients:

- 2 red bell peppers, seeded and sliced into strips.
- 5 baby eggplant, quartered lengthwise
- 6 baby zucchini, quartered lengthwise.
- 5 plum tomatoes, quartered and seeded.
- 1 small onion, peeled and finely sliced.

### Directions:

Combine all veggies on a baking sheet and mist with olive oil to coat. Season with sea salt and pepper and toss. Roast in a 450 degree oven for 15 minutes, or until veggies are just tender. If you cannot find baby eggplant and zucchini, use 1 large eggplant and 2 regular sized zucchini cut into 1" chunks. 2 regular tomatoes will work, too.



Food Drive Save 10%

On all products (not already on special)

Save 10% on any session with Jay

With Donation of food item

## Welcome to Natural Elements, Kim!! Deep Tissue and Relaxation Massage Therapist

Hello! My name is Kim McDonald and I am the new massage therapist here at Natural Elements Health Center. I have been working as a massage therapist for five years. I graduated from CenterPoint massage school in Minneapolis. Prior to entering this wonderful field I was a Surgical Technologist at North Memorial Health Care for seven years. My husband Mark and I have been married for seven years and we have a 21 month old son named Cooper. We live in Princeton with our black lab Bo. My style of massage has a Swedish base into which I integrate other techniques such as deep tissue and heated stone depending on the needs of the client. I believe our bodies have been given the ability to heal

from within. That's not to say we don't need outside help from time to time. I believe massage is one of those outside helpers that can get us in touch and in tune with what our bodies want and need to be at their peak performance. By taking care of ourselves (mind, body and soul) we are then better able to help others with what it is they need. I consider it a privilege to help others find their inner health through massage and bodywork. I look forward to meeting all of you and hope to work with many of you soon. I will be here at Natural Elements Health Center on Wednesdays from 9:15 am until 2:15 pm and on Fridays from 1:15 pm until 4:00 pm.



Save \$10.00  
1 hour Massage  
By Kim  
\*\* Only good until 12/31/08  
With Coupon Only!!

## Therapeutic Coaching, by Jay Wiedewitsch

### *You can set yourself free*

Therapeutic coaching is unique in the therapy world due to its ability to help the patient face the problem, categorize it and move on to the solution in a much faster manner than traditional counseling.

Therapeutic coaching utilizes several learning tools that allow the counselor get to the root of the problem quickly. The patient need not rehash the events in his life. Long, soul wrenching counseling sessions are not necessary for the client to address the problem.

"A session with a therapeutic counselor can help clarify every point of life; just by having

someone to talk to, listen to what is going on in your life or helping to set and attain future goals. Self limitation sometimes manifests in beliefs or habits that we can do without. There are tools that can be utilized to help the patient handle life issues without rehashing them every day. A therapeutic coach can also help the patient deal with everyday issues and situations that tend to bug him, help to take the sting out of the problem and make the problem no more bothersome than other mun-

dane daily issues. If you need a thought clearing, or help taking the sting out of life's issues, or maybe an issue you're not sure of, let's talk. There is something I can do for you." Jay Wiedewitsch.

Check out the info about our new therapists and what they do!  
[www.naturalelementshealth.com](http://www.naturalelementshealth.com)