

**SUMMER EVENTS
& PROMOTIONS**

Elements to a Natural Life

Visit our website at www.naturalelementshealth.com

VOLUME 2, ISSUE 2

APRIL 2008

SPECIAL POINTS OF INTEREST:

- **Ray Reitze:**
group mediation
- **Special poem**
- **Bug bite itch relief**
- **Summer Promotions**



"The Moon shines above all of us, even the small ones."

~Rachel Wiedewitsch, age 10

- Healing Touch** 2
- Services we provide and Insurance we accept** 2
- 10 foods your Body Needs** 3
- Shari's Column** 3
- Recipe Box: Toasted Quinoa's with Chiles and Corn** 3
- Essential Oil Recipe: Insect Deterrent Synergistic Blend** 3

Spring Winds Causes More Pain

By: Dr. Christine Schlenker

Many patients have been visiting the office with more pain in their muscles this time of year, and more so in the upper shoulders, neck, creating more headaches. Why has this pattern been more common between patients young and old? The answer is spring wind.

In eastern medicine, their philosophies are that all the elements flow into each other and affect your body: wood, fire, earth, metal, and water. When you are healthy, they each flow harmoniously into each other. When you are not feeling well, usually one of the elements is out of balance and more dominant than the others, creating more pain. Of each of these elements, they have their own properties. Of those properties, spring and wind fit in the element of wood, which is tied with the liver and gallbladder. The liver and gallbladder (thus spring and wind) show their imbalance through muscle and ligament pain.

So in the spring when the liver

and gallbladder are more influenced this time of year, and the wind picks up, the wind wipes out your defense system against the other disease invaders like damp, cold, dry, and heat. It also doesn't help that the wind has been cold, which intensifies pain symptoms and achiness in joints by impairing the flow of circulation through blood and qi (pronounced "chee" and is the energy through the acupuncture meridians). The wind does its killing through impairing the opening and closing of your skin's pores which manifests into headaches, sore neck and shoulders, stuffy nose, itching or pain in the throat, and facial swelling.

The types of wind also make a difference. Gusts of wind are rapid changes which create more migratory pain patterns that travel from your neck, to your midback, back up to your shoulders and so on. Your skin may also be itchier and you may even notice a red tiny rash that moves place to place. If the wind is constantly blowing, you may

notice more dizziness, vertigo, ringing in your ears (tinnitus), or mini muscle spasms around your mouth and eyes.

So what can you do to boost your body's defense systems during hopefully the last of the cold spring wind? You can boost the function of your skin pores by exercising and sweating at least 30 minutes per day. If that doesn't sound fun to you, an infrared or regular sauna can also be beneficial to exercise your pores. Secondly, you can get the energy/qi and blood flowing through your body optimally by using a Chi Machine, vibration, or a Rebounder (a special mini trampoline). And if you want to be aggressive with decreasing your muscle pains, headaches, stuffy nose, and other symptoms as well as boosting your immune defenses, acupuncture therapy is the most accurate to clear the energy congestion that causes many pain symptoms.



Ray Reitze-
To join us Again!
Author of "And We Shall Cast Rainbows Upon the Land"
Available at Natural Elements

Health Center, is returning to do another guided meditation. Ray is a Master Maine Wilderness Guide, author and philosophy teacher. He has dedicated his life to the teachings of love, and guiding people and children to their own heart.

June 24th Tuesday 6:30pm—

Good will offering!

Topic of discussion: Judgment, Fear, Grief & Anger.

An open discussion with Ray & other attendees about the emotions that hold us back from reaching enlightenment and peace. Join us in a guided meditation that evening as well with Ray.

July 1st Tuesday 6:30pm—

Good will offerings!

Topic of discussion: Setting your Ego free, changing your attitude and Living in the Now.

A friendly discussion among Ray and other attendees about setting your ego free to release impatience, fear, attachments, & illusions. We can all truly change our belief systems to more love and compassion. We will also be venturing on a guided meditation with Ray that evening. **Please call to reserve your spot during the group mediation or schedule a one-on-one session with Ray.**
320-983-2333

Healing Touch

by: Robin Suhsen

Robin Suhsen, a long time resident of Princeton, is pleased and excited to offer Healing Touch to the Milaca area. She has been studying Healing Touch since 2002 and is a Healing Touch Practitioner. She is available at Natural Elements on Thursdays.

asleep. However, most do feel a deep sense of relaxation. A session will usually last about one hour.

Many benefits may be experienced, such as:

What is Healing Touch?

Healing Touch is an energy-based therapeutic approach to healing, with the intent to restore balance and harmony to the human energy system. Promoting balance in the energy system influences the body, mind, emotions, and spirit, empowering the individual's ability to self-heal.

Who Can Benefit?

Healing Touch can help to promote healing with any condition – from mental stress to emotional trauma to physical disease – by restoring balance to the energy system and promoting self-healing in body, mind & spirit. It is appropriate for anyone, of any age, seeking to improve their health and well-being.

- Reduced pain & anxiety
- Deep relaxation
- Lower blood pressure
- Restful sleep
- Release of emotional trauma
- Sense of stability in times of transition
- Prevention of illness
- Restoration of health
- Acceleration of wound & fracture healing
- Reduced need for pain medication
- Ease of pain in childbirth
- Peace & comfort in the dying process

What is a Session Like?

Healing Touch sessions are given with the client fully clothed, typically lying on a massage table. A variety of techniques may be used with a light physical touch or hand movements away from the body, within the person's energy field. Every session is unique, with varying responses. Some may enter into a meditative state, feel energetic sensations, or even fall

Appointments

Call for an appointment today 320.983.2333! The initial Healing Touch session lasts about 1.5 hours and costs \$75. Follow up appointments last approximately 1 hour and cost \$50.

JULY SPECIAL!!!

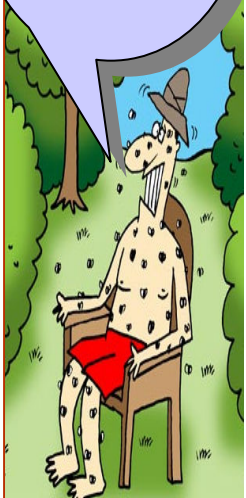
Initial Healing Touch session (1.5 hours) only \$50.

Healing Touch Therapy



Bug Bites!

Try Lavender essential oil to stop the itch.



Services provided by Natural Elements Health Center

Chiropractic Treatment— Exam and adjustment

Massage— Hot Stone, Raindrop Therapy, Therapeutic, and relaxing. 3 massage therapist on staff, Dar, Shari, and Maria.

Healing Touch— Relax and restore balance to your energy system and promote self healing. 1 practitioner on staff, Robin.

Reflexology— Pressure point therapy on your feet.

Craniosacral Therapy— Myofascial release or unwinding. 2 practitioners on staff, Dr. Christine and Maria.

Traction Therapy— Gently open and stretch the disc spaces of your spine.

Acupgraph— A pain free and accurate analysis to measure the balance of your acupuncture meridian systems.

Chiropractic Acupuncture— Tonify or sedate your energy pathways through the use of acupuncture needles.

Nutritional Consultation— A 30 minute visit with the Doctor, one on one, to discuss your symptoms, goals, and get an achievable plan in place to get you feeling your best.

Hot House/FIR pad— provide comfortable heat and have benefit for you body on a cellular level.

Chi Machine—temporarily relieves muscular aches, pains, and tension caused by fatigue or overexertion.

Electro Reflex Energizer— Features and benefits based on the concept of Reflexology.

Foot Ion Cleanse—A 30 minutes session that gently cleanses your body from harmful toxins by balancing the positives and negatives on a molecular level.

Voice Biofeedback®— Evaluate the balance of your body's energy by recoding your voice and evaluating the frequencies. Find out different foods, colors, and nutrients specifically for you, that can help you feel your best.

Infrared Sauna—Direct light conversion warms only your body not the surrounding air. Infrared heat provides many of the health benefits of natural sunlight without any of the dangerous effects of solar radiation.

Nutritional Supplements and Natural Health Products— Stop by the clinic to see our variety of natural products and supplements.

Insurance we accept

- | | |
|------------------------------------|----------------------------------|
| BlueCross BlueShield Preferred One | MedRisk Great-West |
| Mayo Management Select Care | United Health Care Health Allies |
| Medicare Humana | Patient Choice Medical Resource |
| Pyramid Medical Assistance | Health Partners UCare |
| Medica | Cigna |

A group of frogs were hopping contentedly through the woods, going about their froggy business, when two of them fell into a deep pit.

All of the other frogs gathered around the pit to see what could be done to help their companions. When they saw how deep the pit was, they agreed that it was hopeless and told the two frogs in the pit that they should prepare themselves for their fate, because they were as good as dead.

Unwilling to accept this terrible fate, the two frogs began to jump with all of their might. Some of the frogs shouted into the pit that it was hopeless, and that the two frogs wouldn't be in that situation if they had been more careful, more obedient to the froggy rules, and more responsible. The other frogs continued sorrowfully shouting that they should save their energy and give up, since they were already as good as dead. The two frogs continued jumping with all their might, and after several hours of this, were quite weary.

Finally, one of the frogs took heed to the calls of his fellow frogs. Exhausted, he quietly resolved himself to his fate, lay down at the bottom of the pit, and died. The other frog continued to jump as hard as he could, although his body was wracked with pain and he was quite exhausted. Once again, his companions began yelling for him to accept his fate, stop the pain and just die. The weary frog jumped harder and harder and, wonder of wonders, finally leaped so high that he sprang from the pit. Amazed, the other frogs celebrated his freedom and then gathering around him asked, "Why did you continue jumping when we told you it was impossible?" The astonished frog explained to them that he was deaf, and as he saw their gestures and shouting, he thought they were cheering him on. What he had perceived as encouragement inspired him to try harder and to succeed against all odds.

This simple story contains a powerful lesson. Your encouraging words can lift someone up and help them make it through

the day. Your destructive words can cause deep wounds; they may be the weapons that destroy someone's desire to continue trying -- or even their life.

Your destructive, careless word can diminish someone in the eyes of others, destroy their influence and have a lasting impact on the way others respond to them. Be careful what you say. Speak life to (and about) those who cross your path. There is enormous power in words. If you have words of kindness, praise or encouragement -- speak them now to, and about, others. Listen to your heart and respond.



Recipe: Toasted Quinoa with Chiles and Corn

- 1 cup uncooked quinoa
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1 teaspoon unsweetened cocoa
- 1 (14 oz.) can fat-free, reduced-sodium chicken broth
- 1 cup canned no salt-added whole-kernel corn, drained
- 1/3 cup jalapeno peppers, chopped
- 1/4 cup thinly sliced scallions
- 2 tablespoons lime juice

cocoa, then slowly add the broth (be careful; it might boil over). Put the pan over high heat, then bring to a boil. Reduce heat to low, and cook, covered, for 15 minutes or until liquid is absorbed. Stir in the corn and jalapeno peppers; cover and cook for 2 more minutes. Stir in scallions and lime juice. Serve warm.

**recipe brought to us by a patient*

What is quinoa? Quinoa is an amino acid-rich (protein) seed that has a fluffy, creamy, slightly crunchy texture and a somewhat nutty flavor when cooked. Available in health food stores. Quinoa is most commonly considered a grain, but it is actually a relative of leafy green vegetables like spinach and Swiss chard.



Add the quinoa to a 2-quart saucepan with a tight-fitting lid, and place the pan over high heat. Swirl the quinoa in the pan to toast it evenly. When the grains are fragrant and crackle, remove from heat. Add cumin, salt, and

Insect Deterrent Synergistic Blend

- | | | |
|------------|---------|--|
| Thyme | 4 drops | about and then during your outing. |
| Lemongrass | 8 drops | |
| Lavender | 4 drops | Make a water-based splash with the same blend to spray on easily while you are outside. 5 drops of the blend to 1 tablespoon of witch hazel and 4 tablespoons water. |
| Peppermint | 4 drops | |

It is worth making up because it can be used in several different ways.

Get a good nights sleep!

Put 2 drops of the blend on a cotton ball and place close to your bed to deter mosquitoes at night.

Picnic in peace!

Cut up lengths of tissue paper and put one drop of the blend on each piece and hang them around your picnic area .

Be outside without pest!

Dilute 2 drops of blend in 2 teaspoons of oil or lotion. Apply mixture in the days before you will be out and



Place
Stamp
Here

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A place to balance your mind, body, and soul.

Check out our updated website!!
www.naturalelementshealth.com

SUMMER EVENTS & PROMOTIONS

Father's Day June 15th

\$20.00 Voice Biofeedback snapshot
2 therapies for 2 people 1 price
(Foot bath, Chi, Hot House, ERE, & Sauna)
2 half hour massage for 2 people \$50.00

Summer Begins June 21st

OFFICE CLOSED

JULY 4TH



Christmas in July

10% off all supplements
\$15.00 Foot Bath
\$10.00 Chi, Hot House, ERE, &
Incline Therapies
1 hour 15 min. Massage \$60.00
1 hour 30 min. Initial Healing
Touch Session \$50.00