

NEW PRODUCTS
FOR FALL &
WINTER!

Elements to a Natural Life

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SPECIAL POINTS OF INTEREST:

- Free Spinal and backpack checks
- New products



School Bugs are Coming!

By: Dr. Christine Schlenker

We all know after the fourth of July that summer is soon to end. It is not too early to begin thinking about preparing your kids for all of the bugs that come back to school on the first day. Soon will be the time to go grocery shopping to stock up on bagged lunches, clothes shopping for the latest styles, and school supply shopping to get your kids all ready for that exciting first day of school. The kids may be more excited than the parents. Usually the parents know that it is the time of year that their school-age kids come home with more coughs, colds, and flu bugs to share with the rest of the family.

This year get prepared to combat the colds, flu and sniffles by stocking your cupboard full of nutrients and immune fighting herbs, and getting that last minute adjustment before they head off to school. Germs and other bugs have a hard time against kids with a healthy nervous

system and immune system. So here are the basics to have for this coming fall when they all head back to their school routine.

Chiropractic Adjustments- to help the nervous system be in its highest functioning state to get the immune system to function at its highest potential.

Multivitamin and mineral- ensure that your child is well nourished and the body has above the minimum to fulfill all its functions. Remember that the immune system is the least important in order for the body to survive, so high nutrients are needed to boost the system.

Fish oil /Codliver oil- for advanced nerve and brain health-the basis of whole body functioning.

Imu-Max- a natural herbal immune defense berry-flavored liquid to have on hand. Can be used for the whole fall/winter season to prevent illness. Unlike the Imu-A which has more Echi-

nacea in it and is only most beneficial when a child is sick.

FloraBoost or Probiotic- A healthy gut full of beneficial bacteria leads to a stronger immune system.

Natranix- for if a cough does occur, a natural cough suppressant without all the “junk” in it.

Garlic-Mullein Ear Drops- great natural herbal oil to use for ear aches and ear infections as long as the child has no tubes in their ears. The oil soothes the inflammation and prevents bacterial growth.

Watch our next newsletter for therapies, nutrition, and things you can do this winter if you come down with a cold or flu! There are many things that can either soothe your symptoms or speed your recovery.

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Free—Scoliosis spinal and backpack check!

Parents, school is just around the corner. Summer fun will soon come to an end and your children will be off to school again, lugging their heavy backpack back and forth everyday. That alone can be very tiring on your spine, it is even worse if the backpack is not carried properly or is the wrong size for your child.

Scoliosis is a curvature of the spine that can cause more pain as well as lead to more health issues if not detected or treated early.

August 1st –30th for all school age children
Dr. Christine will be offering free scoliosis screening and proper backpack checks.

Call today to schedule your 15 minute free consultation with Dr. Christine

320.983.2333

New and Current patient's of school age are welcome.

What is Craniosacral Therapy?

By Maria Werner, CMT

Craniosacral Therapy (CST) is a gentle technique that enhances the Cranial System, the area in which the brain and spinal cord function. This system has its own rhythm called the craniosacral rhythm. The rhythm is made up of fluid that flows continuously in the space around the brain and spinal cord. Because our body is connected continuously by fascia tissue, the craniosacral rhythm can be felt throughout the whole body. There are a number of reasons this rhythm can get interrupted, a few examples are injury to any part of the body, overuse of the muscles, incorrect sleeping, car accidents, emotional stress, illness and so much more. When the rhythm becomes restricted it has an effect on all systems of the body. A few of the most important are the nervous system, circulatory system and the muscular skeletal system. Releasing tension that is interfering with the craniosacral rhythm can calm the nervous system. Stress-related conditions often improve including anxiety, insomnia, digestive problems and depression, as well as menstrual irregularities, breathing difficulties and headaches. Other conditions also helped are visual disturbances and hearing difficulties, injuries to the head or spinal cord, learning difficulties, chronic ear problems and hyperactivity. CST has been known to help with treating children

with birth trauma as well as the mothers during and after pregnancy. When it comes to the circulatory system, circulation improves as the body relaxes. When this happens you find you may have an increase in energy, pain is reduced, the immune system function improves and the body's recovery from injury and surgery speeds up. Whiplash is a good example of an injury that many people use CST for. CST can also help release many musculoskeletal conditions. Some common among those I have worked with are fibromyalgia, TMJ, and arthritis. Other common issues helped by this gentle therapy are sciatica, scoliosis and carpal tunnel syndrome. As you now know, CST works directly with the body's systems. In addition to this, CST helps in releasing the body on an emotional level as well. When our body gets injured emotionally or physically whatever it is that we are thinking at the time gets locked into that part of our body's tissues. With CST we can release the tissues and get to the root of the issue. I believe becoming aware of your emotions can be extremely effective when releasing tension and pain. It can also lead to long-lasting improvements! You may be wondering what a session is like. Remember to come in comfortable clothing. Most likely you will be doing some movement but for the most part you will be relaxing and listening to

your body. The therapist will be using gentle hand placements and following the tissue until there is a release. You may experience the feeling of a pulsing or a spreading of warmth. Some people get extremely relaxed and become aware of movement going on in different parts of the body as well as emotions that come up for them and release. Overall CST is truly for anyone who needs to find balance. The sooner you start the process of releasing the restrictions in your body the sooner your body can find balance structurally and energetically. And the sooner you can find Harmony in your life!



Worried about Electromagnetic Radiation from Cordless and Cell Phones?

Even though these days we can't avoid using these items in our daily lives, there are things you can do to prevent the full damage from the radiation given off by these electronic devices. Our cell phones, cordless phones, microwaves, lamps, and "fancy" lighting systems in our homes all give off damaging radiation.

Even as little as a two minute phone call disturbs the blood-brain barrier (a thin lining like saran wrap) around your brain that protects it, allowing harmful proteins to enter the brain and cause nerve damage. What are extra proteins in your brain linked to? Scientists have found diseases such as MS, Alzheimer's, and cancers have shown excessive proteins in the brain. Many brain surgeons and scientists believe these diseases in children and adults are going to continue to increase over the next 10 years unless we take preventative measures to protect our brains from free radicals (cancer causing

mutations to your cells) and radiation.

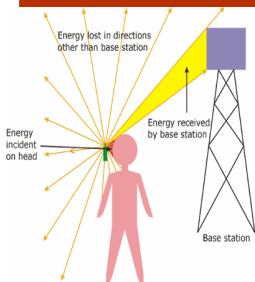
SEVEN THINGS YOU CAN DO TO PROTECT YOURSELF FROM ELECTROMAGNETIC RADIATION

1. Do not use a cell phone for longer than one minute twice a month. Try to use a corded phone for most of your phone calls.
2. Do not live within two miles or five kilometers from a cell phone tower. These towers give off continuous radiation that covers a wide range of area. Get the tower removed or move to another area.
3. In your home, unplug all electrical appliances when not in use such as your computer, TV, microwave, lamps, stereos. Not only will you save yourself from low dose frequencies of radiation (more damaging in the long term than short bursts of high frequencies), but you will also be influencing your electricity use and further reducing your monthly bills. (Switching TVs and similar devices "off" does not turn them off. Intersecting electrical fields result.)

4. Avoid using wireless routers and portable phones.
5. Keep your bedroom free of electrical appliances, especially near your head while you sleep. Use a battery-operated alarm clock - never a plug-in clock radio! Unplug lamps when not in use.
6. Replace dimmer switches with regular switches to eliminate high-frequency radiation - the "dirty electricity" hidden in your home's most likely improperly grounded electrical wiring. (Even if done to Code.)
7. Take the best quality daily vitamin and mineral supplements program you can get your hands on.

- Plant based formula such as **Dynamic Greens** at 1-2 scoops per day.
- Multi vitamin/mineral such as **AlphaBase** at 2-4 capsules daily.
- * EPA-DHA Complex (Fish oil) such as **OrthOmega** at 1-2 capsules daily.

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Roll Out Summer

By: Dar Anderson, CMT

Roll out summer and the aches and pains that come with golfing, tennis, biking, swimming, gardening and every outdoor activity we enjoy in the summertime. Oh those nasty knots and sore spots we all experience from too much summer fun. Most of us don't have the luxury of seeing a masseuse weekly, but we can experience similar benefits using a simple foam roller, massage stick, or tennis balls.

Self Myofascial Release (SMR) can improve your function, flexibility and reduce injuries. Pressure applied from the rollers can massage away restrictions to normal soft-tissue extension/function. If you stretch before any activity that is wonderful; however, stretching only improves your "tissue length" while pressure improves your "tissue quality." By improving the tissue quality first you are removing adhesions and scar tissue that may be hindering the length of your muscles. Stretching after SMR will greatly improve your range of motion

and flexibility.

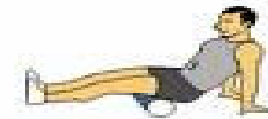
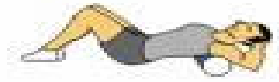
GTOs no, it's not a car, but a receptor called muscle golgi tendo organs and there's spindles too. The spindles record the changes in the length of muscle and GTOs are sensitive to the tension. SMR works great in reducing the tension of the GTOs for normal soft-tissue tension and restore normal muscle length for the spindles which helps decrease those aches and pains.

Normal guidelines for SMR:

- Foam roller, massage stick to apply pressure to specific muscles of the body
- Slow pace with 10 – 20 reps per side
- Severe pain hold until pain decreases (usually 30 – 60 seconds)
- Follow the entire length of the muscle with the roller

I use the noodles found at Wal-Mart or the Dollar Store which you can cut into three parts so you can share with friends and family. There are so many ways to use the rollers, please let me know and I would be glad to show you. Also, I have some rollers at the clinic for use.

Ask Dar about a 15 minute session on how to use the foam rollers for SMR. Only \$15.00



Chicken with Garlic and Vegetables

- 2 tsp. olive oil
- 2 tsp. unsalted butter
- 1-1/2 lbs. boneless skinless chicken breast halves
- 2 carrots, peeled and cut into thin strips
- 1 medium leek, washed, trimmed and cut into thin strips
- 2 cloves garlic, minced
- 1/2 cup recipe-ready crushed tomatoes

Heat oil and butter in a large skillet over medium high heat. Sauté chicken breasts 4-5 minutes per side, turning occasionally, until chicken is opaque throughout. Transfer to a platter and keep warm. Add carrots to skillet and sauté over medium heat 1 minute. Add leek, bell pepper, and garlic and sauté another minute. Stir in tomatoes and any juices from platter. Simmer 2 minutes or until vegetables are tender. Season with salt and pepper to taste. Serve vegetables over chicken.

Essential Oil Recipes

Concentration Blend

- Lemon - 20 drops
 - Basil- 6 drops
 - Rosemary - 2 drops
- Mix oils then diffuse into the air.
~birch hill happenings

Pre- Sports Rub

- 2 drops rosemary
- 1 drop lavender
- 1 drop eucalyptus

First, blend all the essential oils together, and then add to 4 teaspoons of our massage oil base (or any plain base/carrier oil). Stir gently to mix and apply to the body prior to exercise.

~www.dreaming-earth.com

Post- Sports Rub

- 2 drops lavender
- 1 drop juniper
- 1 drop rosemary

Mix the essential oils together, then add to 4 teaspoons of our massage oil base (or any plain base/carrier oil). Stir gently to mix and apply to body.

~www.dreaming-earth.com

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