

**FALL SPECIALS  
& UPCOMING  
EVENTS**

# Elements to a Natural Life

Visit our website at [www.naturalelementshealth.com](http://www.naturalelementshealth.com)

VOLUME 2, ISSUE 5

OCTOBER 2008

By: Dr. Christine Schlenker

## Weak Stomach and Kidney Energy can Cause Sore Throats

**SPECIAL POINTS OF INTEREST:**

- **Promotions for October and November**
- **Coupons inside**

**Notice!!!**

**This will be our last mailed Newsletter!**

**We will only send newsletters through email.**

**You may pick up a paper copy of the newsletter at the clinic.**

**Please let us know your thought on this change.**

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The season is upon us when different bacteria and viruses start attacking our immune system. What makes this time of year different than any other is that it is cold and windy in the fall and winter, and most people come down with a cold or flu this time of year. The cold weather and wind hits your skin, making your pores vulnerable to letting illness “invade the body.” When the wind and cold “invade the body,” it contracts your muscles and other organs, and therefore impairs the movement of blood and energy through your body. When that starts happening, a downward shift in the function of your immune system occurs due to the disruption in the normal flow of energy and blood, opening you up for attack from viruses and bacteria. Then we all know what happens if our immune system is weakened, we get a sore throat, a fever, and feel terrible for a few days.

There are two different things that happen when cold and wind attack your body. First, your lung and stomach meridian energy starts moving in the opposite direction if it is not strong enough to stop the cold and wind invasion. When stomach and lung energy are running efficiently, we breathe easily and our food is digested well. When that energy becomes confused or attacked it runs the opposite direction, many people start coughing, vomiting, or have diarrhea for an example (called rebellious lung and stomach energy). Stomach and Lung rebellious qi (pronounced “chee,” is the electrical energy that runs through your body in the acu-

puncture meridian system) creates symptoms of fever, chills, headache, thirst, dry and scratchy throat, most noted as a fast onset of those symptoms. Those types of symptoms would tell us that there is excess heat in the throat to cause your illness, and would allow us to focus treatment towards correcting the backwards flow of energy in the lung and stomach meridian to allow your illness to heal faster. This can be done through acupuncture therapy, a chiropractic adjustment to your shoulder and neck region, or a raindrop therapy massage using essential oils to boost the immune and lung systems.

Secondly, if you experience a low-grade fever, throat or nasal congestion, and in the evenings have difficulty swallowing because your throat is extremely dry, and these symptoms either come and go or slowly come on, you may be experiencing weak kidney meridian energy. What happens in this case is the kidney energy, for a multitude of reasons, is not strong enough to keep up with the flow of the other energy systems. The kidney meridian’s job is to moisten all the other organs so we don’t have “internal fire” (usually noted as inflammation in the Western medical world). With not enough energy from the kidneys to moisten the throat, it becomes very dry and congested leading to excess heat in the throat. Once again, there are treatments that can speed the healing of this type of illness such as a chiropractic adjustment to your mid to low back, acupuncture therapy focusing on boosting the strength of the kidney meridian, and foot reflexology to

strengthen and influence the kidney meridian.

The best thing to do in the very beginning is to protect yourself from the windy cold weather by bundling up with warm clothing, a scarf, and hat to protect the pores of your skin from repetitive attack from these elements. Secondly, make sure you are nutritionally keeping your immune system at its peak performance by using minerals, vitamins, and specifically vitamin C (can safely take up to 4-5,000 mg per day). Additionally, keeping your spine and nerves aligned with occasional adjustments and muscles loosened to allow adequate flow of your energy, which will also boost the function of your immune system. There are numerous options for you to keep healthy this fall and winter season, always feel free to ask us your questions at your next appointment. Wishing you vital health and strong immune systems this season!

**\*\* We have a new handy guide on how to heal yourself faster available at the clinic!**



# Emotions

Have you ever thought about how your emotions are connected to everything you do? Every experience you have has an emotional response. Every emotional response has a physical experience. This is why when someone breaks our heart our heart literally hurts. When we are going on a first date and get nervous we get butterfly's in our stomach. It's definitely not just a coincidence. Life is an emotional journey and our individual thoughts lead us into the experiences we have along the way.

We tend to store many of our emotions in our body, the good and bad. Think about it. When we're mad or sad often we hold our breath or don't want to feel that hurt so we stuff it deep down inside into our body's tissues where it will stay and eventually cause pain or sickness unless it gets released. Have you ever felt the chills when you had a really good experience or your heart melts when your child says they love you for the first time. There are truly so many ways our body experiences emotions on a physical level. Sometimes our emotions can become overwhelming and

lead us to feel disconnected with our physical body. Many times I have worked on clients and they really have no sense of what is going on with different parts of their body.

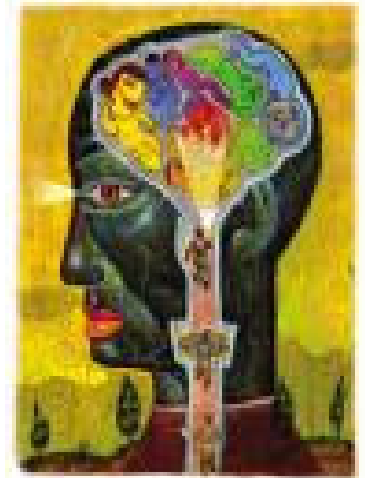
I enjoy helping clients become aware of their body and emotions with bodywork. Most any type of bodywork will help release the physical effect of stored emotions. Because everyone has had different life experiences, everyone's bodies will react differently and some bodywork will work better for others. This is why when you come in for a massage here at Natural Elements Health Center we will use the therapies that best fit your individual needs.

Massage therapy along with other bodywork can help you to release stored emotions. You will begin to feel areas of your body you have been disconnected with. Stress and anxiety will melt away. You may even have a memory come to mind that is releasing from your tissues. Remembering memories happens very often in sessions with my clients. Many clients say they didn't realize what they were missing out on and how they feel rejuvenated in their mind and body. They

By: Maria Werner, CMT

also have more energy. Most importantly they begin to feel centered and whole.

Emotions will continue to be a large part of our life and rather than stuffing it deep down, try to feel it and let it go. Life is meant to be lived and emotions are meant to be felt.



*Watch the Mille Lacs County Times For other great savings this fall*

## Green Tea Trick's

By: The Herb Companion

**Obstructive Sleep Apnea (OSA):** Drinking more tea may not improve your sleep, green tea's antioxidant compounds could help counter the learning and memory problems associated with OSA.

1. Reduce under-eye puffiness by placing two cool tea bags over each eye; relax for 10 to 15 minutes.
2. Soothe an insect bite or cut by placing a green tea bag over the affected area. The tea will reduce itching and swelling.
3. For a bad sunburn, try a tea bath. Hang four or five oolong, jasmine or green tea bags under your bath sprout as you fill your tub. Soak in the fragrant, warm water.
4. If you use henna to color your hair, use tea instead of water when mixing your paste for a richer color. Try black or Ceylon tea if you are brunette, use chamomile if you are blonde.

5. Use herbal tea blends as simple skin fresheners and toners. Make a strong infusion and pour into a clean spray bottle. Mint tea has an uplifting fragrance.
6. A great way to relax or practice simple meditation is with a cup of tea. Start your day with a cup, or take a tea break to refocus during hectic times.

### Sweet Feet

Makes 80 ounces; Enough for one footbath

To keep your feet smelling their best, try a foot soak in natural tea. Soaking your feet in black tea will help reduce foot odor because tea is naturally astringent. It also can help reduce perspiration. The tannic acid in tea changes the skin ph level, making it unfriendly to odor-causing bacteria.

**2 black tea bags 2 c boiling water 2 quarts cool water**

Steep tea for 15 minutes in boiling water, add to cool water & soak feet 20 to 30 minutes.

Celebrate Fall at  
Natural Elements Health Center

**\$10.00 off Infrared Sauna**

**30 minute session**

One time use only  
Valid only with coupon  
Expires October 31, 2008

Celebrate Fall at  
Natural Elements Health Center

**10% off Cold & Flu  
Supplements**

One time use only  
Valid only with coupon  
Expires October 31, 2008

# Reflexology By: Dar Anderson, CMT



Applying pressure to your feet and hands with specific thumb, finger, and hand techniques was first called Reflexology by Eunice Ingham (1899 – 1974). After her studies with Dr. William Fitzgerald about Zone therapy (1917), she refined the method to what is now taught in schools today. Archeological evidence found similar techniques used in Egypt (2330 BCE), China (2704 BCE) and Japan (690 CE).

Why does it work? Sensors in our feet and hands are part of the body's reflex response to "flight or fight" in response to danger. Our hands are ready to fight and our feet are ready to run. Our feet and hands communicate with our body's internal organs when we get an adrenal surge which enabled people to lift a car which normally is impossible.

Reflexology is applied to the feet, hands and sometimes the ears. The body is mirrored in our hands and feet with the left foot/hand representing the left side of the body and the right foot/hand representing the right side of our body. The spine runs down the inside of our foot/hand while the areas for the shoulder/arm are on the outside of the foot/hand. All the internal organs are mapped out on our feet/hands which are why a reflexologist might ask you if you are having low back problems and you haven't told them about your problem.

The best benefit from reflexology is the reduction of stress in our body. Our feet and hands help set the tension level for the rest of our body, because of this we can interrupt the stress signal through reflexology and help to reset our body's equilibrium.

Celebrate Fall at  
Natural Elements Health Center  
**\$10.00 off Massage**  
By Dar  
One time use only  
Valid only with coupon  
1 hour session only  
Expires October 31, 2008

Celebrate Fall at  
Natural Elements Health Center  
**\$10.00 off Massage or Craniosacral Therapy**  
By Maria  
One time use only  
Valid only with coupon  
1 hour session only  
Expires October 31, 2008

## Chocolate Zucchini Cake

**Don't know what to do with all that Zucchini?** Here's a naughty but delicious recipe for your family to enjoy....I know mine does!

### Chocolate Zucchini Cake

- |                        |                     |
|------------------------|---------------------|
| ½ cup soft butter      | ¼ cup oil           |
| 2 cups grated zucchini | ½ cup sour milk     |
| 2 ½ cups flour         | 6 tablespoons cocoa |
| 1 ¾ cup sugar          | ½ tsp salt          |
| 1 tsp salt             | 2 eggs              |
| 1 ½ tsp vanilla        | ½ tsp cinnamon      |

Mix all together and bake in a 9x13 pan for 45 minutes at 350 degrees

### Chocolate Frosting

- 4 tablespoons milk
- 5 tablespoons butter
- 2 tablespoons cocoa
- 2 cups powdered sugar
- ½ tsp vanilla
- ½ cup nuts, optional

Boil the milk, butter and cocoa; add remaining ingredients and beat well while mixing  
Spread while warm over warm cake  
When cake and frosting cool, frosting will set

## Essential Oil Recipes For Babies & Children

### Teething Gel for Little Ones

- 1 tablespoon vegetable oil or glycerin (sweeter flavor)
- 1 drop [Clove Essential Oil](#)

In a small bottle, mix the Clove Essential Oil with the vegetable oil or glycerin and shake till well-blended.

### Homemade Baby Wipes

- 1 cup distilled water
- 1/2 cup [Aloe Vera Gel](#)
- 20 drops [Lavender Essential Oil](#)
- 3 drops [Tea Tree Essential Oil](#)
- 2 teaspoons vinegar

Pour all of the ingredients into a glass jar with a tight lid. Cover jar and shake to blend ingredients well. Lavender Essential Oil is healing to the skin. Vinegar and Tea Tree will help to prevent diaper rash and keep the wipes from becoming moldy. If the baby already has diaper rash, be sure the vinegar doesn't irritate it.

Place your wipes (see below) in the container you will be using and pour enough of the solution over them to moisten them. You can add more later if it seems to dry. Store leftover liquid in the refrigerator.

Wipes: Choose a sturdy paper towel. Remove the center cardboard. Cut roll in half. Begin use with towel from the center of the hole. You can generally find a purchased wipes container that will fit the roll.

Natural Elements Health Center

Place  
Stamp  
Here

900 Hwy 23 W Suite 3

Milaca, MN 56353

Phone: 320.983.2333

Fax: 320.983.5444

E-mail: [staff@naturalelementshealth.com](mailto:staff@naturalelementshealth.com)

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

Check out our website for details  
on treatments and therapies!!  
[www.naturalelementshealth.com](http://www.naturalelementshealth.com)

FALL SPECIALS  
& UPCOMING EVENTS

**SILVER NICKEL ORGANIC FARM**

**YOUR INVITED**

**FALL FARM FESTIVAL**

**OCTOBER 4TH**

**SATURDAY 10 AM – 4 PM**

**FOOD, CRAFTS, DECORATIONS, PETTING ZOO,  
LIVE MUSIC & MUCH MORE**

***November***

**Infrared Sauna Therapy**

**\$20.00- 30 Minute session**

**Monday's & Friday's Only**

**Chi For Free- 15 minute session**

**Friday's only**

**office hours 7:30 am-5pm**

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.