



HEALTHY WAY HEALING

# THE HEALTHY WAY

VOLUME 1, ISSUE 1

MAY 2009

## FREE WEEKLY SEMINARS:

- **ARTHRITIS & JOINT PAIN**  
— May 13th
- **ALLERGIES & SINUSES**  
— May 20th
- **MENOPAUSE & PMS**  
— May 27th

**MUST PRE-REGISTER FOR ALL SEMINARS**

**728-7973**

**VERY LIMITED SEATING AVAILABLE!!**

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## Spring Clean Your Body!

Toxins...they're in the air we breathe, the food we eat, the beverages we drink. Not to mention the ones in our face and body cleansers, the creams & lotions we slather on, the make-up most women apply, our hairspray, mousse, gel, wax, and other hair products, and in our deodorants. Shall I go on?

The daily onslaught of toxins and chemicals we expose our bodies to on a daily basis eventually catches up to us. Our bodies are designed to metabolize, filter, and remove toxins, however sometimes they can't keep up. This results in an accumulation of toxins which hinders other body systems including the immune system and can lead to a variety of health problems and chronic illness. The body mainly eliminates toxins

through the liver, bowel, kidneys, lungs, and by sweating.

Herbs can help purge the toxins from our tissues thereby reducing the toxic load on our



**INFRA-RED SAUNA**

body. A herbal DETOX can greatly improve your energy levels, clear up many common ailments (i.e. allergies, skin conditions, fatigue, arthritis, etc) and can even stimulate weight-loss.

Today's busy lifestyles often prevent us from actively sweating on a daily basis. Recent research has found that saunas not only promote detoxification through sweat, but they also stimulate the cells to release toxins which can then be eliminated by the liver, kidneys, and bowel. Using an infrared sauna as part of your detoxification program can encourage the rapid removal of a wide range of toxic substances from the body by allowing you to perspire more quickly and more profusely.

Give us a call for your personalized DETOX protocol—find out what will work best for your body!

Call and ask us how the infrared sauna can burn 600 calories!!

## Garden Your Way to Better Health

This is the time of the year most people start to plan their gardens. This year, plan yours to improve your overall health.

It is important to eat a "rainbow" of fruits and vegetables. This essentially means selecting produce in a variety of colors (red,

orange, yellow, green, blue and purple). This ensures you are providing your body with the full spectrum of pigments with powerful antioxidant effects as well as other nutrients, referred to as "phytochemicals", which are important for optimal health and protection against illness.

Phytochemicals include: pigments (such as carotenes, chlorophyll, and flavonoids), Dietary Fiber, Enzymes, and Vitamin-like compounds.

Plant a "rainbow" garden this year and eat your way to better health!

## Welcome Suzanne!



Healthy Way Healing is very excited to announce the addition of Suzanne Hauser to the clinic as of June 1! Suzanne is an experienced, fully licensed esthetician and we are very happy to welcome her to our team!

Here is a word from Suzanne:

"My name is Suzanne Hauser and as of June 1, 2009 I will be a new addition to Healthy Way Healing. I am very excited to join Trisha as well as meeting new people.

I am a fully licensed Esthetician with over 8 years experience. I love my job because it is very rewarding and I love making people feel beautiful.

Some of my services include: manicures, pedicures, all body waxing, lash extensions, lash/eyebrow tinting and lash perming.

I look forward to seeing many new faces here at Healthy Way Healing.

See you all soon.

~Suzanne"

## Nature's Allergy Relief

*"Allergies are caused by a glitch in the immune system"*

Spring brings us many gifts...green grass...new leaves...flowers...sunshine...but unfortunately for some of us, spring also brings us allergies.

Allergies are caused by a glitch in the immune system. Allergies arise when the immune system overreacts to a substance (allergen) that is normally harmless. The immune reaction results in the cells releasing substances such as histamine which are responsible for producing symptoms ranging from irritated sinuses to itchy skin to breathing problems.

Supplements can help by reducing the body's

inflammatory response, regulating the immune system, and providing symptomatic relief:

- Vitamin C (with bioflavonoids)
- Quercetin
- Omega 3 fatty acids

Herbal remedies may be very beneficial for the allergy sufferer as well. Herbs can help remove the mucus build-up in the sinuses, reduce the overproduction of mucus, provide anti-inflammatory relief, and support the immune system:

- Scutellaria baicalensis
- Sambucus nigra
- Solidago virgaurea
- Echinacea spp.

For chronic allergy / sinus problems try using a netti pot. You use it to pour saline solution into your sinuses which helps break up congestion and keep them clear.

Avoid certain foods that tend to lead to hypersensitivity and aggravate both allergic and non-allergic rhinitis: dairy, bananas, citrus fruits, wheat and refined carbohydrates. Stay indoors during the morning when pollen levels are the highest.

If you, or someone you know has a history of suffering from allergies, give us a call for more information on how to avoid allergy symptoms this season!

Let Nature help you avoid allergies this season!



# Recipe: Make your own Infused Oil!



**Grow your own herbs in your back yard!**

Infused oils are used topically on their own, used as massage oils, or they can be used in salve or ointment recipes. Infused oil is made by soaking a herb in oil which allows the active fat-soluble constituents to be extracted.

Grow your own herbs or used dried herbs and make your own oils! This cold infusion method works best with fresh:

- St. Johns Wort flowers
- Calendula (Marigold) flowers
- Chamomile flowers.

Cold Oil Infusion:

Pack a glass jar with herbs, pour extra virgin olive oil until it completely covers the herb, close the jar and shake well. Leave on a sunny windowsill for 2-6 weeks shaking every 1-2 days.

When using fresh herbs it is important to be sure no condensation drops back into the infused oil!

Tip: Store infused oil in the fridge to prolong the shelf-life.

*“Quercetin is a key supplement in the treatment and prevention of allergies.”*

## Nutrient of the Month: Quercetin

Quercetin is the most widely consumed flavonoid in the diet, found in citrus fruits, onions, black tea, apples and lettuce, and has been used to treat a variety of complaints. Cellular and animal studies have found it to be a potent inhibitor of allergic and inflammatory responses. It is also a powerful antioxidant,

and has benefits in heart health and diabetic complaints.

Quercetin is a key supplement in the treatment and prevention of allergies. It helps to stabilize mast cells and basophils (immune system cells) and inhibits the release of histamine and other inflammatory chemicals.

Quercetin is helpful in all kinds of inflammatory responses, such as injury, bursitis, asthma, and arthritis.

Quercetin is often found in combination with other flavonoids including vitamin C combinations. Quercetin is also available on its own in variable strengths.

## Herb of the Month: Scutellaria baicalensis

**Common Names:** Baical Skullcap, Huang-qin, golden root

**Actions:** Anti-inflammatory, antiallergenic, antibacterial

**Indications:** chronic inflammatory conditions (allergy, asthma, arthritis); Hypertension; Infections (bronchitis, common cold, bacillary dysentery, scarlet fever); High fevers, cough with thick sputum,

pneumonia; Nausea, vomiting, hemoptysis, jaundice, diarrhea or dysentery-like diseases; Hepatitis.

**Contraindications:** Baical skullcap is not known to have any contraindications. It is not recommended for use during pregnancy or breastfeeding.

Baical skullcap is a Chinese medicinal herb used for over 2000 years

to treat fevers, hypertension, coughing and other ailments.

Among other items, it was listed as an ingredient in several pharmaceutical preparations in a second century AD tomb in northwestern China.



**Scutellaria baicalensis root**



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Currently open by Appointment Only  
~Very flexible, accommodating hours~  
Days, Evenings, Weekends!

**Restoring Health Naturally**

It is our ambition to empower our clients to take charge of their own health through education on medicinal plants, orthomolecular medicine, diet & lifestyle coaching. We take a holistic, compassionate and effective approach to health care combining customized herbal remedies with nutritional science to nourish, sustain, and restore your body in both health and illness. We are firm believers in an integrated approach to health care and that herbal medicine has a place alongside conventional medicine in restoring health & preventing illness.

*"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease." -Thomas Edison, Inventor*



## WELLNESS CENTRE SERVICES

- Herbal Medicine
- Infra-red Sauna
- Nutritional Counseling
- Preventative Medicine
- Live Blood Cell Analysis
- Personalized Detox Programs
- Consulting/Seminars/Lectures
- Diet & Lifestyle Coaching
- Manicures
- Pedicures
- All Body Waxing
- Lash Extensions
- Lash/eyebrow Tinting
- Lash Perming

Your Company / Association looking for a qualified health professional to discuss a health topic?

Our Clinical Herbal Therapist would be more than happy to run a seminar for your business or group on a topic of your choice!

Call us and ask for more information!



Healthy Way Healing is always looking for other like-minded health professionals to join our team! If you are interested please give us a call for more information!

*"Medicus curat natura sanat – The physician treats but nature heals"*

- Hippocrates