



HEALTHY WAY HEALING

# THE HEALTHY WAY

VOLUME 1, ISSUE 11

JUNE / JULY 2009

## FREE WEEKLY SEMINARS:

### JUNE

#### GROW YOUR FIRST AID KIT

June 10th

#### ACNE & SKIN

June 17th

#### PROSTATE HEALTH

June 24th

### JULY

#### FIBROMYALGIA

July 8th

#### PSORIASIS & ECZEMA

July 15th

#### DIABETES & INSULIN RESISTANCE

July 22nd

**MUST PRE-REGISTER FOR ALL SEMINARS**

**728-7973**

**VERY LIMITED SEATING AVAILABLE!!**

## Grow Your First Aid Kit!

Most people have a first aid kit in their home for those unexpected accidents. Have you every thought about growing your first aid kit? There are many herbs which can be grown in your garden that you can use to create home remedies to treat: cuts, scrapes, minor burns, insect bites and stings.

**Marigold** helps to reduce inflammation and sooth irritated skin and mucosa as a result of infections or physical injury. It helps to soothe minor burns including sunburns, and helps stimulate your body to heal wounds faster. It can help relieve the itchiness associated with insect bites/stings.

**Yarrow** has a long history as a wound healer. It will reduce

inflammation and soothe irritated, chapped, dry skin. It can promote skin regeneration for slow healing wounds and helps staunch bleeding as well as heal bruises and strains.



**St. John's Wort** has long been prized for its ability to support the nervous system, however it is a very valuable herb used topically as well. It helps reduce inflammation and sooth burned skin, the oil is specifically used

for sunburns. It can also help speed the healing of wounds and bruises, be applied to varicose veins, and help alleviate ear aches.

**Comfrey** is very well known for it's exceptional healing ability. It used to be referred to as "knitbone". It contains a substance called allantoin which is responsible for the herb's ability to promote healing by stimulating the growth of new tissue. It can help alleviate inflammation, is very soothing to the skin, and helps to draw skin together reducing the development of a scar. Caution must be used with very deep wounds and should not be used directly on deep open wounds.

~Trisha Coleman CHT, RH

## News & Events

Hello! We here at Healthy Way Healing would like to thank-you for your support and we hope you are getting your summer off to a great start!

We are very excited to introduce you to our two new team members:

**Suzanne Hauser** of Essence by Esthetics is a Fully Licensed Esthetician and has started with us as of June 1, 2009!

**Alicia Hoemsen** is joining us as of June 8th, 2009! Alicia is a Certified Biofeedback Technician and offers Aqua Foot Detoxing!

To book an appointment with either of these ladies, or our clinical herbalist, **Trisha Coleman** please see the back page of this newsletter!

Please note our **FREE INFO SEMINARS** that are offered Wed evenings - topics are listed on the Left!



## Welcome Alicia!

Healthy Way Healing is very excited to announce the addition of Alicia Hoemsen to the clinic as of June 8! Alicia will be working from the clinic every Monday.

Discover a way to encourage healing from within of the mind, body & spirit with Quantum Biofeedback by Alicia Hoemsen.

Alicia is a Certified Biofeedback Technician registered with the Natural Certification Board ([www.ntcb.org](http://www.ntcb.org)).

Biofeedback is a clinical process for changing one or more physiological functions including, but not limited to relaxation, increasing muscle flexibility, increasing blood flow, increasing blood oxygenation, lowering stress levels and pain reduction using ap-

proved biofeedback devices. Essentially biofeedback enables you to receive information from your body on current behavior, and influence or modify future behavior. The advantages are obvious: non-invasive, non-drug therapy, and preventative value.

Alicia has had great success with treating people as well as animals such as dogs & horses!

*“(Eczema) could be the final result of a complex series of internal reactions to allergens and irritants”*

## Eczema - Soothe Your Skin!

Eczema, like many other skin conditions, is quite complex and can be stubborn to treat. Eczema may affect people of all ages, infants to adults. There are many factors that can lead to and aggravate eczema. It may be a sensitivity to something the skin comes into contact with (i.e. soaps, dyes, chemicals). It could also be the final result of a complex series of internal reactions to allergens and irritants. It often

occurs along with other allergic conditions such as hay fever and asthma, but may also occur alone.

Due to the complexity of this skin condition it can be difficult to treat. Natural medicine uses herbs both internally and externally, as well as dietary and lifestyle suggestions as part of the treatment protocol.

The topical treatment

depends on what type of eczema is present. If it is weeping we use herbs to heal and dry up the area. If it is dry and cracking we use herbs to soothe, moisturize and form a protective barrier over the skin.

Internal treatment helps monitor the immune system to reduce the hypersensitive allergic reaction often associated with eczema. Cleansing herbs are often helpful, as are anti-inflammatory and nervine herbs. Nervine herbs are herbs that support the nervous system and are very important if stress plays a factor in aggravating the eczema.

Essential fatty acid supplements may help improve the condition by reducing inflammation and moisturizing the skin. Vitamin B complex will support the nervous system and reduce stress. Vitamins A, E, C and zinc may help boost the im-

mune system. Quercetin and bromelain have anti-allergic and anti-inflammatory actions.

Additional suggestions:

- Avoid laundry detergents with strong perfumes and harsh chemicals.
- Avoid washing with soap that may be drying to the skin causing the condition to worsen
- Stick to cotton clothing and avoid irritating fabrics (wool, rough, or tight fitting clothing)
- A humidifier may help avoid dry air making the condition worse

Eczema is often directly related to the diet. Often foods can cause a hypersensitivity in the body which may be causing the eczema or making it worse. Common problem foods include: dairy milk, eggs, cheese, wheat/rye, fish, sugar, and artificial food additives (i.e. colors, flavors, preservatives).

~Trisha Coleman CHT, RH



# AQUA DETOX™ offered by Alicia Hoemsen

It All Starts



When You Put Your Feet in the Water

## The Original Detox Foot Spa!

The foot spa contains water, a saline solution and an electro magnetic device called an array.

The Aqua Detox™ System produces a charge which stimulates the cells within the body. The positive and negative charges in the water allow the body to attract and use the negative ions to rebalance and release toxins.

The most convenient and effective way to release these toxins is through the 4000 pores on the

feet. Following a treatment the body will continue to detoxify for up to 48 hours.

Research has shown that the benefits of those receiving treatment have had increased:

- Vitality
- Circulation
- Energy Levels
- Organ Energy
- Sense of Well Being
- Nutrient Absorption

*“Bromelain is a proteolytic enzyme that is extracted from pineapple.”*

## Nutrient of the Month: Bromelain

Bromelain is a proteolytic enzyme that is extracted from pineapple. It can be used for many ailments, however it's most common use is for reducing inflammation making it very beneficial for arthritis or chronic inflammatory conditions. It will also help to relieve soft tissue swelling that often

accompanies an injury or surgery.

It is a proteolytic enzyme (meaning it can digest proteins) making it helpful in the prevention and treatment of cardiovascular disease. It reduces platelet aggregation, the build-up of plaque on arterial walls, and clot formation.

Bromelain's most popular use has been to reduce joint inflammation in rheumatoid arthritis. It can be purchased on it's own or usually in combination with Turmeric, a very powerful anti-inflammatory herb. The dose for the anti-inflammatory effects appear to be from 500-2000mg a day.

## Herb of the Month: Calendula officinalis

**Common Names:** Marigold, Calendula, garden or pot marigold, holi-gold, Mary bud

**Parts Used:** flowers & leaves

**Actions:** Anti-inflammatory, vulnerary, antimicrobial, antispasmodic, lymphatic, astringent.

**Indications:** Used externally for skin abrasions, cuts, scrapes, burns, insect bites or stings. It helps to

soothe the skin and reduce inflammation and irritation while encouraging proper healing. It is great for skin rashes and conditions such as eczema & psoriasis. It can also be good for bruises, bleeding, sprains, and pulled muscles.

Used internally it is great for GIT to reduce inflammation in the bowel or stomach, helps to heal

any injury to the stomach or intestinal tract (ulcers), can help to get rid of infections, and helps promote healthy digestion.

**Contraindications:** Except for the very rare person who is allergic to calendula, there are no known side effects or interactions. Should not be used while pregnant.



Calendula officinalis



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**Restoring Health Naturally**



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*"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

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

- 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
- Quantum Biofeedback
- Aqua Detox

**Is your Company /  
Association looking  
for a qualified health  
professional to dis-  
cuss 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!



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

### CLINIC SPACE AVAILABLE

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!