



HEALTHY WAY HEALING

THE HEALTHY WAY

VOLUME 1, ISSUE III

AUGUST / SEPTEMBER 2009

**FREE
WEEKLY
SEMINARS:**

AUGUST

**AQUA DETOX
FOOT BATHS**

August 12th

**EVER WONDER
WHAT REIKI IS?**

August 19th

**DIABETES &
INSULIN
RESISTANCE**

August 26th

SEPTEMBER

**HEALTHY
EATING**

September 9th

**ATTENTION
DEFICIT
DISORDER**

September 16th

**ANXIETY &
STRESS**

September 23rd

**MUST
PRE-REGISTER
FOR ALL
SEMINARS**

728-7973

**VERY
LIMITED SEATING
AVAILABLE!!**

How to choose your Mineral Supplement

Choosing a proper mineral supplement can be overwhelming. The challenge is trying to choose a supplement that contains what you need and which has nutrients in an easy to digest form. After all, what's the point of taking a supplement if you aren't going to absorb the nutrients in it?

Minerals, as with other nutrients, are generally more easily absorbed when they are from natural sources. Chelate and Citrate are two terms you want to look for when buying minerals. Chelated means the nutrient is firmly attached to an amino acid, fatty acid, or other organic compound so that they do not separate in the digestive tract which enhances their absorption. A

mineral in chelated form can increase absorption by up to 10 times! When taken with a meal, minerals are usually automatically chelated in the stomach during digestion, however those of us with digestive disturbances, and the



elderly, do not produce enough enzymes so this chelating process does not work as well as it should.

Why take minerals? Minerals play a vital role in nearly all body reactions. They enhance the proper utili-

zation of vitamins and other nutrients and function as co-enzymes and enable the body to perform life sustaining functions (energy, growth, healing).

Why do we need mineral supplements? Our body can't manufacture minerals and our soil doesn't contain as much essential minerals as it once did, therefore our foods are not as nutrient dense as they once were. Processed foods, which are a staple today's society, do not contain as much nutrition. The mass production of food that we tend to rely on results in premature harvesting so our produce do not reach peak of nutrition.

~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 have been enjoying your summer!

We are incredibly excited to offer you some very interesting seminars in August & September:

Alicia Hoemsen will be presenting information on what Aqua Detoxing entails. She will also be giving away **TWO FREE foot detox sessions** at the seminar!

We would like to welcome April Peers who will be presenting a seminar on Reiki -

come and find out all you have ever wanted to know about this fascinating healing technique!

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

To Wax or Not to Wax?



Here are some benefits of waxing that may help you make that decision in the future.

Waxing is considered to be the most effective method for removing unwanted hairs from any part of the body. Waxing removes the hair from the roots, hence why it takes longer for new hair to grow back. Repeated and regular waxing diminishes hair growth. Gradually you will observe

sparse hair growth which may even lead to a standstill of the hair growth. The longer you wax an area, the less painful the waxing treatment becomes because the root of the hair is getting finer and finer. The hairs eventually grow back more sparse. New hair growth usually grows back every 3 – 8 weeks. New hair growth varies from person to person as well and their skin type.

After waxing over a period of time the hair will grow back softer and finer. Another benefit of waxing is that it does not cause ugly stubble or razor burn that is associated with shaving. Along with removing unwanted hair waxing also exfoliates the skin removing dead skin cells lying on the surface of the skin.

~Suzanne Hauser, Licensed Esthetician

“Herbs can dramatically help to refocus the ADHD child”



Hyperactivity, diagnosed as attention deficit hyperactive disorder (ADHD), can affect children, teens, or adults. Hyperactive children often exhibit a short attention span, impulsiveness, emotional instability, and uncontrollably over-activity.

Conventional treatment for hyperactive children is to give them stimulant drugs such as Ritalin. These drugs are actually forms of speed, but they work paradoxically to “slow down” the ADHD child. Most parents decide to go ahead with the drugs because they often will improve the child’s behavior. Sadly these medications are potentially harmful and only mask the symptoms acting as a band-aid, not actually fixing the root of the problem.

A whole-foods diet, high in protein and complex carbohydrates is highly recommended. Cut down on sugar and simple carbohydrates (white rice, white sugar and refined white flour products such as white bread, white pasta) as well as processed junk foods high in additives and food colorings. Be sure to read labels carefully. It is best to avoid foods that contain artificial flavors, colors, sweeteners, preservatives or additives. It is often beneficial to lower the intake of cow’s milk, soy, eggs, wheat, citrus, and other potentially allergenic foods. Use an elimination diet to identify foods that may be causing or aggravating symptoms.

There are a few key supplements that can have dramatic effects: Omega 3 fatty

acids are very important. Studies have shown that children with lower levels of omega 3 fatty acids in their body have more behavioral problems, temper tantrums, and learning, health and sleep problems than those with high levels. A vitamin B complex helps to relax a stressed nervous system and improve mental functioning and concentration. A calcium-magnesium supplement has a very beneficial calming effect and can especially be used at night as a natural sleep aid.

By nourishing the nervous system and exerting a calming effect, herbs can dramatically help to refocus the ADHD child, improve their concentration and control their hyperactivity.

~Trisha Coleman CHT, RH

AQUA DETOX™ offered by Alicia Hoemsen

It All Starts



When You Put Your Feet in the Water

**Call for our FREE Seminar
Aug 12th and enter to
WIN 1 of 2 FREE sessions!!**

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

“Reiki re-establishes a normal energy flow of ki (life force energy)”

What is Reiki?

Reiki is a Japanese word meaning “universal life energy” and is a holistic, light-touch, energy-based modality. Working as a support mechanism to the body, Reiki re-establishes a normal energy flow of ki (life force energy) throughout the system, which in turn can enhance and accelerate the body's innate healing ability. Through a series of hand positions either directly on or just above the body, the energy worker allows for the flow of energy through their body. The client's body then draws off the amount of energy that is required. The simplicity of a Reiki session may raise some skepticism, however, after experiencing it, many clients keep coming back for more of those relaxing feelings.

Treatments are given to a person fully clothed. With the person lying on a massage table,

the practitioner will place their hands along several positions on the body and/or particular areas of pain or discomfort. Individuals can report feeling cold, pulsating heat, or a tingling sensation during a session, and most enter a calm, relaxed state, even falling asleep. www.reiki.ca/faq.htm

Clients have reported feeling:

- More creative
- More balanced
- Less emotional
- Less stressed
- More relaxed
- More vitality
- More awareness
- Less or no pain
- More ability to fall asleep quickly
- More ease of movement

These reported benefits generally lasted at least three to ten days, and often the original problem did not re-occur. www.reiki.ca

Reiki is also ideal for use on animals as it is gentle and non-invasive. Animals often become very calm and relaxed during a treatment and sometimes even fall into a deep sleep. Animals respond much more to the energy than humans. Both healthy and ill animals can benefit from treatments whether it be for promoting relaxation and a sense of peace and contentment or to help heal after an injury. Reiki is also a way to comfort, relieve anxiety and ease the transition for an animal in its passing.

~April Peers

**Call about our FREE Seminar
Aug 19th. Come and find out
everything you want to know
about Reiki!!**



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Restoring Health Naturally



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Alicia Hoemsen
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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!