



HEALTHY WAY HEALING

# THE HEALTHY WAY

VOLUME 1, ISSUE IV

OCTOBER / NOVEMBER 2009

## FREE SEMINARS:

### THAI MASSAGE

\*October 3rd\*

### ACNE & SKIN HEALTH

\*October 14th\*

### COLD & FLU PROTECTION

\*October 21st\*

### QUANTUM BIOFEEDBACK

\*November 25th\*

These seminars will be held Saturdays at Playtime Entertainment! Mom/dad can listen while the kiddies get to play!

### ADHD & HYPERACTIVITY

\*November 7th\*

### COMMUNICABLE DISEASES

(i.e. chicken pox, whooping cough, fifth disease)

\*November 21st\*

### NEWBORNS & POSTPARTUM

\*December 5th\*

**MUST PRE-REGISTER FOR ALL SEMINARS**

**728-7973**

**LIMITED SEATING AVAILABLE!!**

## NO FLU FOR YOU!

As we inch closer and closer to "sniffle season" use these 3 easy steps with a few natural must-haves to get you through this fall and winter season flu free! These can be used for anyone, however of course certain people more prone: those with weak immune systems due to illness or age and those in positions of caring for these people (i.e. parents of young children, teachers, health care workers).

### PART I THE PREVENTION: Healthy Diet, Rest, Reduce Stress

Other than frequent hand washing and reducing your exposure (like you have control over the fact your co-worker at the desk next to you has used almost a year's supply of tissues this week but still

refuses to stay home!) what else can you do?

A healthy diet is important for overall health and is essential for your immune system to function properly. Fruit and veggies are especially important because they contain powerful immune enhancers called bioflavonoids. The brightly colored produce (purples, blues, reds, yellows, orange, etc) in particular provide your body with a full spectrum of pigments with powerful antioxidant effects as well as other nutrients important for optimal health and protection against illness. Avoid junk foods and high sugar foods. Studies have shown that 1 tsp white sugar can shut down the virus-fighting cells of the immune system for several hours. Drinking plenty of water is



important for all vital body functions, to flush toxins from system, and keeps fluids around eyes, nose and mouth well hydrated. These fluids contain immune factors that destroy viruses before they have a chance to enter the body.

Get plenty of rest and reduce your stress level. High stress levels impair adrenal gland functioning which has a direct effect on the immune system. If we run ourselves down with sleep deprivation and high stress levels, our immunity dramatically decreases putting us at a higher risk of illness.

(continued on pg 2)

## News & Events

Hello! We here at Healthy Way Healing would like to thank-you for your support and we hope you had a fantastic summer!

Please note that some of our seminars for the next couple months will be held on

### Saturdays & Wednesdays.

Please call us at 728-7973 to pre-register for the seminars at **Playtime Entertainment** in Nov/Dec and you'll get an amazing discount on admission price for your kids! Moms & Dads come and lis-

ten while the kids get to play!

**Saturdays: 10:30-11:30am.**

Please note our **FREE INFO SEMINARS**—topics are listed on the Left!

## Make Your Summer Pedicure Last Longer



So you just spent your hard earned money on a pedicure so how do you keep them looking like you just stepped out of the spa? Here are some great, easy tips on how to keep your salon pedicure looking as fresh as the day you left the spa...

- 1) Keep a pumice stone or foot file in your shower and add it into your daily shower routine. This will help to keep your feet from getting rough and cracked.
- 2) You can use the same nail polish used on your nails to

touch up any chips on your nails.

- 3) Put a layer of clear top coat over the your polish touch up to ensure a shiny finish!

### Get Silky Soft Spa like Skin

Items Needed:

- 1) White sugar
- 2) Body wash or bubble bath
- 3) Plastic bowl

Mix together in a plastic bowl: 1 cup of sugar and about 1 tablespoon of body wash (enough to get an even consist-

ency). Be sure not to mix too much body wash or you will dissolve the salt too quickly.

Have the bath or shower ready and, get in and rub the sugar mixture all over your body (excluding the face). This will help slough off any dead skin that you have.

Rinse the sugar off and moisturize your body. The sugar scrub will leave your skin feeling soft and silky smooth. Repeat once a week.

~Suzanne Hauser,  
Licensed Esthetician

*“Let thy  
medicine be thy  
food and thy  
food be thy  
medicine”  
Hippocrates  
(460-377 B.C.)*

## No Flu For You (continued)

(con't from pg 1)

### **PART II IMMUNE SYSTEM HELP: Herbs & Supplements**

Herbs such as Astragalus, Withania, Reishi Mushrooms are known as deep immune tonics which work to increase the immunological process within the tissues. They mediate the immune system activity within the tissues and help strengthen the immune system.

Vitamin C with bioflavonoids supports and improves the immune system. It is a powerful antioxidant which helps to fight off infections and prevent them from recurring. Large doses should be taken throughout the day as it is a water soluble vitamin and high blood levels are important for optimal benefit. A vitamin B complex helps to support the nervous system and immune system if stress is causing your immune system to suffer. The B vitamins help the body to deal with stress better by

building up your adrenal glands and reducing the effect of stress on the body. A multi-vitamin / mineral supplement can enhance your body's defence's at the most basic level and improve the functioning of every cell in your body. Please do keep in mind that not all supplements are created equal, especially when it comes to a multi-vitamin.

### **PART III PUT UP A FIGHT: Reduce the severity & shorten length**

Despite your best efforts to prevent a cold/flu you wake up with stuffy nose, sore throat, achy muscles, fever...uh oh...a virus snuck through your defences! Now what? It's the perfect time to start using herbs which will work both directly and indirectly to kill the virus. These herbs will not only exert antimicrobial effects directly on the virus, but will also enhance your body's own natural ability to kill the virus by boosting the function

of white blood cells such as natural killer cells and T-lymphocytes. Echinacea, Garlic, Goldenseal, Wild Indigo, Thyme are herbs commonly used. Some herbs, particularly Echinacea are best taken at this early stage of a cold or flu – at the first onset of symptoms.

Zinc lozenges help to support the integrity of the immune system and they are antimicrobial. The body become more susceptible to infections if there is zinc deficiency present. Zinc has also been shown to shorten the length of infection.

This season choose a more natural approach to preventing and fighting colds and flu. Eat a healthy diet, get plenty of rest and relax! The way we prepare our bodies to fight off any infection is the same with the common cold/flu as it is for any viral infection...no matter the name!

~Trisha Coleman CHT, RH



# What is Thai Massage?

"Thai Yoga Massage has roots which extend back 2,500 years to temples in Thailand. It is performed on a mat on the floor in loose comfortable clothing. In receiving Thai Yoga Massage one is also receiving the benefits of the practice of yoga. This technique has also been described as assisted Hatha Yoga. A Thai Yoga Massage also incorporates martial arts moves, rhythmic motion, palming and thumbing along energy lines, gentle stretching

and breath-work, creating a slow flowing dance around and with the recipient's body.

In addition to stretching and toning the muscles, Thai Yoga Massage improves circulation, relieves muscle tension, boosts the immune system and balances the body energetically, inducing a calm mental state."

From: *Thai Yoga Massage: A Dynamic Therapy for Physical Well-Being and Spiritual Energy* by Kam Thye Chow

## About the Practitioner

Susan Dupuis, RYT 200, completed Thai Yoga Massage Level 1 & 2 with Lotus Palm at the Sivananda Yoga Ashram in the summer of 2009. Her touch and loving-kindness presence has penetrating warmth. The massage is as beautiful to watch as it is to receive.



# What is Quantum Biofeedback?

What is 'Quantum Biofeedback'? A way to help identify stressors of the mind, body and spirit at your subconscious level. Once these stressors are identified with the computerized biofeedback device, balancing energies are sent to the subconscious to help reduce stress and rebalance your mind, body and spirit.

## About Me

How did I get involved with Quantum Biofeedback? About 3 years ago, my mom's doctors said that they wouldn't be able to do anything more for her. Mom was dealing with chronic pain. I was having lunch with some girls from my fitness class and the subject of chronic pain and depression came up. One friend said that she was going to try this Quantum Biofeedback because she had tried everything else. I kept in touch with her, talked with her after she had a couple of sessions, then I booked myself and my mom in

to see the same Certified Biofeedback Technician. Mom and I went to three appointments in total. During the second appointment, I asked the technician if this was able to work with animals - she said yes - well, I was sold. My mom and I are always rescuing one animal or another, and I saw the potential of being able to help animals, so I went and bought a biofeedback device.

My mom only saw this technician for three appointments, and it wasn't until after the third appointment that mom realized she was feeling better. At first she didn't realize what was making her feel better, but since the biofeedback was the only thing different over the last few weeks - that's what it was. Mom still does receive regular biofeedback, only she doesn't have to travel any more for her appointments - she gets them in her own living room now!

So, after my first year, I am now a Certified Biofeedback Technician registered with the Natural Certification Board ([www.ntcb.org](http://www.ntcb.org)). My certification entailed several online courses, exams and actual class room training. I completed two theory courses before I went to Toronto in November for a 6 day beginners training course. Then, two more online courses before I headed to California to receive my intermediate and advanced training. I have one more course to do and then I will be a Certified Quantum Biofeedback Specialist. I will also then be certified as a Stress Management Specialist and a Pain Management Specialist. My education doesn't end there, I also have completed 4 Animal Wellness so far. I am also planning to learn Reiki and animal communication to expand my energy healing tools that will help my clients even more.

~Alicia Hoemsen

**“Balancing energies are sent to the subconscious to help reduce stress”**



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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!