



HEALTHY WAY  
HEALING

# THE HEALTHY WAY

VOLUME II, ISSUE IV

AUGUST—SEPTEMBER '10

**FREE  
SEMINARS:**

**SEPTEMBER**

**AVOIDING  
THE  
"FRESHMAN  
15"**

**\*Sept 8th\***

**BUILDING  
THE IDEAL  
DIET**

**\*Sept 22nd\***

**MUST  
PRE-REGISTER  
FOR ALL  
SEMINARS**

**728-7973**

## HANG UP YOUR HANGOVER

Hangovers are the result of the body processing toxins left over from alcohol metabolism. Alcohol is processed in the liver by an enzyme (alcohol dehydrogenase) to form the toxic by-product: acetaldehyde which is more toxic than alcohol itself.

The only way to 100% ensure you don't wake up with a hideous hangover is to avoid over-indulging with alcohol, however follow these tips and you will escape from the worst of it:

**Eat:** food slows the rate at which alcohol enters the small intestine where it is absorbed much faster than in the stomach. High protein and fatty foods tend to slow the alcohol absorption the most, giving the body more time to process it.



**Alternate with water:** This helps counter the dehydrating effects of alcohol. FYI, 250ml of an alcoholic drink results in your body expelling 800 – 1000ml of water as urine!

**Herbs:** liver herbs such as milk thistle, burdock, or dandelion help boost liver function and help protect the liver cells from alcoholic damage. Milk thistle increases the liver's natural regeneration rate by up to 4 times!

**B vitamins:** can help reduce hangover symptoms by replacing the body stores which get depleted by alcohol. B vitamins support the nervous system and can reduce hangover symptoms such as fatigue, tremors, and anxiety.

So it turns out you had a few too many and you wake to find yourself fatigued, head-achy, nauseous, etc. Now what? Well try these tips:

**Rehydrate:** water, water, water! It is important to ensure you are also replacing electrolytes which are lost due to the diuretic effect of alcohol.



**Eggs:** they are high in cysteine, an amino acid found in glutathione which helps break down acetaldehyde (the hang-over toxin!)

**Fruit & Veggies:** fructose helps boost energy levels and increases the rate at which the body eliminates the toxic by-products of alcohol metabolism. They are also rich sources of vitamins and minerals which are depleted due to the consumption of alcohol.

**Avoid Caffeine:** a small amount of caffeine may be beneficial in boosting energy levels; however it is also a diuretic so it is important to not over-consume it as the major key to curing a hang-over is rehydration!

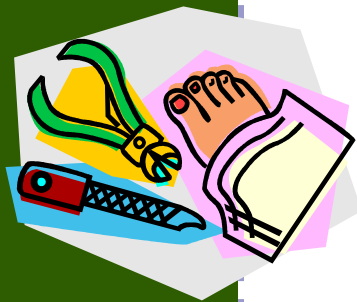
And of course...**Time & Sleep!**

~Trisha Coleman CHT, RH  
Clinical Herbal Therapist

# PLEASE TAKE ONE

## HAVE A HEALTHY DAY WITH HEALTHY WAY!!

# DIY: GET YOUR FEET SUMMER READY!



## (1) CUT CAREFULLY

- Clipping your toenails works best when you soak your toes / feet first. This will soften the nail enamel ensuring a nice smooth edge.
- Try to cut straight across to help prevent ingrown

## (2) FILE TO PERFECTION

- File your nails straight across

## (3) GET BUFFED

- Buff or file your heels when your feet are dry, this will allow you to feel how smooth you are filing them.

**FYI:** filing your heels wet is like sanding wet wood with a wet sander ... won't get the best results

## (4) POLISH TIME

- Polish or buff the surface of your nail to remove any oils remaining on your nail enamel

## (5) BASE COAT

## (6) FUNKY POLISH COLOR

## (7) TOP COAT

~Suzanne Hauser,  
Licensed Esthetician

Try this on your  
corn on the cob:

### "Pesto Butter"

- 1/4 cup coconut oil or butter (softened)
- 2 Tbsp grated Parmesan cheese
- 1 clove garlic (minced)
- 1 Tbsp fresh basil (minced)



# ALL UP IN MY GRILL

BBQ season is here! Once the rain lets up we want to be in the back yard grillin' up our favorite meats. There have been many articles written about the dangers that come with eating grilled meats.

There are two main offenders when it come the grilled meats.

Polycyclic Aromatic Hydrocarbons (PAHs)- these are carcinogenic compounds that are formed when fat from meat melts and drips onto the flame, element or coals. PAHs rise in the smoke and are deposited onto the surface of the food. These compounds have been considered carcinogenic since as early as 1775 and have been linked to the formation of cancer in the body.

Heterocyclic amines (HCAs)- HCAs form when amino acids and creatine (a

chemical found in muscles) react at high cooking temperatures. Researchers have identified 17 different HCAs resulting from the cooking of muscle meats that may pose human cancer risk.

Don't toss the ol' BBQ just yet. As with any favorite food eat grilled meats in moderation, they are just so delicious it is easy to go overboard.

Follow these simple recommendations to avoid forming these carcinogenic compounds:

- Keep a small spray bottle of water handy ready to stop flare ups.

- Choose your meat wisely-by using smaller cuts (kebobs), boneless meats (bones in mean longer cooking time), and lean choices like skinless chicken, fish or pork. Be

sure to remove the fatty skin or else it won't matter what you are cooking.

- Precooking can help-two minutes in the microwave can help prevent charring and being slightly cooked beforehand lessens cooking time.

- Use herbs-seasoning your meat with herbs such as basil, mint, rosemary, thyme or oregano in marinades can provide antioxidant protection and help counter-act nasty free radicals.

- Use thinner style marinades made with honey, lemon, garlic or onion. The thick commercial marinades can promote more unwanted charring they are also full of high-fructose corn syrup. Baste to food while cooking to help slow the negative aspects of grilling.

(CONTINUED ON PG 3)

# WHAT IS CONFLICT?

What is conflict? It can be defined as **a disagreement through which those involved perceive a threat to their interests, concerns or needs.**

We all have different ways of responding to conflicts, and those responses have consequences. Our responses include our behaviors, feelings, thoughts, and physical reactions.

One important element of the definition of conflict is the idea that each person may have a different perception of any given situation. Such differences are due to a number of factors that create “perceptual filters” which influence our responses to situations.

These perceptual filters - why we see things as we do - include:

**How, when & where you were raised:** Our varying cultural, ethnic and social backgrounds influence us. Were you

raised to believe it is wrong to express an opinion? In a culture of “children should be seen, not heard”?

**Gender & sexuality:** Men and women often perceive situations somewhat differently, based on both their experiences in the world and socialization. As a result, men and women will often approach conflict situations differently. She may yell and he may choose silence.

**Knowledge** (general & situational): Parties respond to conflicts on the basis of the knowledge they may have about the issue at hand. This includes situation-specific knowledge (“Do I understand what is going on here?”) and general knowledge (“I experienced this type of situation before.”)

**“Don’t shoot the Messenger”:** If the person sharing the message is perceived to be a threat (powerful, scary, stranger, etc) this can influence

our responses to the overall situation.

**Previous Experiences:** Some of us have profound, significant life experiences that continue to influence our perceptions of current situations. These experiences may have left us afraid, mistrustful, and reluctant to take risks. On the other hand, previous experiences may have left us confident, willing to take chances and experience the unknown.

These are just a few of the factors that form the perceptual filters through which we experience conflict. What can we do to manage conflict? We have discussed the first step; being aware of and understanding our own perceptual filters. The second step is acquiring really good listening skills. We will discuss listening as a learned skill in the next newsletter.



Until then,

## ALL UP IN MY GRILL (continued)

- Pay attention to temperature-The higher the temperature the better environment it provides for carcinogens. When grilling with gas use a moderate temperature. When grilling with charcoal aim for medium heat (this means you should be able to hold your hand five inches above the grill for 5-7 seconds.

- Don't Over Cook-Use a meat thermometer (beef is done when its inter-

nal temperature is 160 degrees and chicken is done at 170 degrees).

- Add raw and steamed veggies with your meal. Not only are they going to add variety and flavor but they are loaded with anti-cancer nutrients.

- And last but not least, keep your grill clean.

**Try this on your corn on the cob:**

**“Indian-Spiced”**

- 2 Tbsp extra virgin olive oil
- 2 Tbsp butter (softened)
- 1 Tbsp minced fresh coriander
- 1 tsp curry paste
- 1/2 tsp lemon juice

~Louise Barteaux  
Registered Holistic Nutritionist



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**Restoring Health Naturally**



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 - The physician treats but  
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