



HEALTHY WAY  
HEALING

# THE HEALTHY WAY

VOLUME 11, ISSUE 11

APRIL - MAY '10

## FREE SEMINARS:

### APRIL

#### KEEP YOUR BOWEL HEALTHY

\*April 20th\*

### MAY

#### GET YOUR BODY BEACH READY!!

\*May 4th\*

#### BUILDING THE IDEAL DIET

\*May 11th\*

We are back to running free seminars again. **Please call and pre-register for all seminars.**

We are going to run most of them Tuesday evenings at 6:30pm but please call to confirm!!

**MUST  
PRE-REGISTER  
FOR ALL  
SEMINARS**

**728-7973**

**LIMITED SEATING  
AVAILABLE!!**

## BOOST YOUR BOWEL HEALTH

When I began seeing clients I was amazed at how many people suffer from digestive issues, even those without diagnosed illnesses and who may think their bowel & digestive function is "normal". Many digestive discomforts can be effectively improved simply through the use of diet, herbs and supplements. Holistic treatments will help reduce inflammation, soothe irritated tissues, repair damage, reduce spasms causing cramps, and hydrate & lubricate the bowel.

You can boost your bowel health with the following 6 herbs & supplements:

**Slippery Elm:** perfectly suited to soothing inflamed and damaged intestine by forming a soothing gel-like layer over the surface, protecting it so it can heal.

**Probiotics:** supports the "good" bacteria (flora) in the digestive tract. It is very important to have healthy intestinal flora in order for your digestive system to work properly. Some medications (antibiotics, laxatives, etc) as well as conditions such as constipation or diarrhea depletes the good bowel flora making it extremely difficult for your body to regain proper balance on its own.

**L Glutamine:** is an amino acid and the primary source of energy for the cells lining the intestinal tract. It is essential in maintaining the structural integrity of the intestinal lining and will speed up the recovery of damaged mucosal lining.

**Turmeric:** herb not only with amazing anti-inflammatory

benefits but also anti-microbial properties to help prevent infection.

**Gentian:** bitter herbs such as gentian will stimulate your body to naturally release more digestive enzymes. These enzymes aid in digesting and assimilating the nutrients from your food. If the food is not being digested and broken down properly then your body can not absorb the nutrients.

**Flaxseed:** is great when used daily to increase fibre content of your diet. The added fibre encourages healthy bowel movements and the essential fatty acid content of the seeds helps reduce inflammation and lubricate the bowel.

~Trisha Coleman CHT, RH

## News & Events

We have recently began offering **Whole Body Vibration Therapy**. Amazing health & weight loss benefits!!

**COME IN & TRY IT FREE!**  
See inside for more details!

We are excited to introduce you to our newest team member who will be coming soon: **Louise Barteaux a Registered Holistic Nutritionist!**

Welcome Louise!

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

**HAVE A HEALTHY DAY  
WITH HEALTHY WAY!**

**COUPON**

**\$25.00**  
**Brazilian Wax**

Just in time for  
summer! Come in &  
get "Beach Ready"!!

Mention this ad to  
receive your savings!!

Valid April 1st - 30th, 2010

**COUPON**

## HOW TO RELAX BY BREATHING

**BENEFITS:**

- Calms body
- Interrupts / breaks anxiety spin
- Portable
- Easy to learn

**10 EASY STEPS:**

1. Sit on comfortable chair; feet on floor
2. Place one hand on chest, one on stomach
3. Close mouth. Breathe through nose.
4. Breathe in slowly, pushing stomach out.
5. Hold 3-5 seconds.
6. Breathe out slowly.
7. As you exhale, use a silent word "calm" or "peace"
8. Repeat 2-5 for 10 min
9. Practice during low tension level.
10. Practice daily



~Suzanne Hauser,  
Licensed Esthetician

## VIBRATE YOUR WAY TO BETTER HEALTH

*In just 10 min a  
day 3 x a week*

- gain muscle
- improve flexibility
- boost metabolism
- loose cellulite

*with Whole Body  
Vibration!!*



I'm not going to lie, when I was first approached by the idea of Whole Body Vibration (WBV) my first thought was of those huge metal machines from the '80's with a belt attached to it which wrapped around your behind and shook your entire body! To say the least I was fairly sceptical. That was until I started researching this technology.

WBV was explored by a Russian scientist who tested it on astronauts in an effort to decrease the loss of muscle and bone mass while in space. NASA has since adopted this technology and it is also used worldwide in many major medical, rehabilitation, and therapeutic centres in Europe, the USA, Canada and Australia.

Although WBV is a fairly new concept in the field of health & exercise science, many studies have been completed investigating the effectiveness of WBV on improving performance of elite athletes. The results are amazing! WBV results in an increase in muscle

size and strength, improved flexibility, and decreased recovery time from injury.

WBV causes our muscles to react with an involuntary reflex. Vibration activates muscle spindles which are receptors sensitive to stretch in the muscle. Nerve signals are then sent to the spinal cord from the muscle spindles activating a reflex which causes the muscle to contract. Due to this subconscious contraction of muscles many more muscle fibres are used than in a conscious, voluntary movement. The muscle fibres begin to increase in size and number creating larger, stronger muscles. This clever technology allows you to work against a far greater influence or "load" of gravity in every movement you perform leading to gains in lean muscle mass and strength with less stress on the joints, ligaments and tendons when compared to regular resistance training.

It is a great exercise option for those who are not physically able to take part in strength

training but want to stimulate and strengthen muscles without overloading the joints: the elderly, those recovering from illness, many medical disorders, extremely overweight or injury. When combined with cardio workouts WBV will encourage weight loss and will give a sluggish metabolism the boost it needs.

WBV also improves:

- blood & lymph flow
- flexibility
- bone mineral density
- pain reduction
- mood & energy levels
- appearance of cellulite

I have now been incorporating whole body vibration into my current workout regime and am extremely pleased with the results. I have only been at it for a couple weeks now but have already started to notice more flexibility and some "firming" action for sure! I'm very excited to continue down this rabbit hole and keep super-charging my workouts with whole body vibration!!

~Trisha Coleman CHT, RH

# SENSATIONAL SPRING SALES!

## SAVE 20% OFF

when you buy 4 units of any nutritional supplement!

(does not apply to custom herbal formulas)

## SAVE 10% OFF Infrared Sauna Packages

Get "beach-ready" by burning calories & reducing cellulite!

Offer valid: April & May 2010

## TRY OUR WHOLE BODY VIBRATION SYSTEM FREE!!

Call us and get your 2 first sessions completely free!

## Coming Soon: BACK TO BALANCE NUTRITION

My name is Louise Barteaux and I am currently completing my Holistic Nutritionist course through the Canadian School of Natural Nutrition. I am excited to announce upon completion of my course that I will be starting a nutritional consulting practice in Brandon, MB. based out of Healthy Way Healing . I have lived in Brandon for going on 10 years now and have been working in the natural health industry for 4 years. Natural health has always made sense to me since I came across it 4 years ago. We should be able to take our health into our own hands and treat ourselves holistically through the use of herbs, supplements and of course my modality of choice, diet! Food is a universal medicine that has been used for centuries to help prevent and treat disease. We should all *Resolve to eat for Health!*

### What is an RHN?

R.H.N.s (Registered Holistic Nutritional Consultants) are professionals trained in Natural Nutrition and complementary therapies, whose principal function is to educate individuals and groups about the benefits and health impact of optimal nutrition. Holistic nutrition addresses digestion, adequacy, balance, and moderation for each individual.

Although most people are aware of the benefits of sound nutrition, the range of conflicting information available to the consumer is often confusing. RHNs guide their clients through the maze of information from books, magazines, supplements and diets on the market.

### Difference between dietician and holistic nutritionist.

Both believe that Nutrition plays a critical role in overall health. A Nutritionist works on the body as a whole and treats each client individually by addressing a person's symptoms and imbalances. Through the CSNN course we are also taught to assess the body, mind and soul. A Dietician generally works on giving nutrition advice as it relates to a medical diagnosis, and tends to generalize diet recommendations for everyone even though some individuals experience different symptoms with the same disease.

**If you want to work on prevention,** this is where it all starts. Many people have genetic weakness or family history of major illnesses. By focusing on a healthy diet and lifestyle you can take control and may prevent illness later on in life.

There are many illnesses out there that can be controlled by diet: celiac disease, bowel disorders, diabetes or high cholesterol. As a holistic nutritionist I can help prepare a diet and make other recommendations that will enhance your health.

Trying to eat all the right things all the time can be tough and the idea of a "diet" makes people cringe. A whole change in lifestyle is required, and those changes must be tailored to your unique physical, mental and emotional self. Getting out to the gym is half the battle and by eating the right foods you can gain the most benefit from your workouts possible and lose weight.

Finding out what you may be doing wrong, and incorporating positive health-promoting changes can help you live the life you crave. **Eat well, feel well, and look great.**

### What I offer:

- Cleansing & detoxifying diets
- Weight loss / weight gain
- Healing the digestive system
- Disease & illness prevention
- Supporting the body to heal itself
- Personalized meal plans
- Budget & grocery shopping help

~ Louise Barteaux



**"No illness which can be treated by diet should be treated by any other means."**

Moses

Maimonides -

Philosopher



10-2010 Currie Blvd  
 Brandon, MB R7B 4E7 **Restoring Health Naturally**  
 PH: 728-7973 T/F: 1-877-834-3607  
 Email: info@healthywayhealing.ca



Trisha Coleman CHT, RH  
 Clinical Herbal Therapist

TO BOOK AN  
 APPOINTMENT WITH  
**TRISHA:**  
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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*



Suzanne Hauser  
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Louise Barteaux  
 Registered Holistic Nutritionist  
 Back to Balance Nutrition

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

## WELLNESS CENTRE SERVICES

- Herbal Medicine
- Infrared Sauna
- Whole Body Vibration
- Preventative Medicine
- Live Blood Cell Analysis
- Personalized Detox Programs
- Consulting/Seminars/Lectures
- Diet & Lifestyle Coaching
- All Body Waxing
- Lash Extensions
- Lash/eyebrow Tinting
- Lash Perming
- Holistic Nutritional Counselling

**Is 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!



*"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!