



**HEALTHY WAY
HEALING**

THE HEALTHY WAY

VOLUME 11, ISSUE VI

DECEMBER / JANUARY '10 / '11

**FREE
SEMINARS:**

JANUARY

**COOKING
WITH WHOLE
GRAINS**

January 11th

**BOOST THE
NUTRIENT
VALUE OF
YOUR FAVOR-
ITE RECIPES**

January 18th

**PRE-REGISTER
FOR ALL
SEMINARS
728-7973**

**UPCOMING
COURSES
AT ACC
(taught by
Trisha):**

**HERBAL GIFT
IDEAS &
NATURAL SPA
RECIPES**

December 7-8

**HEALTHY
EATING &
DETOXING**

January 18th

TIME TO KICK YOUR BUTTS!

Smoking, the most preventable cause of disease and death in the world, is also the source of one of the most addictive drugs that exists, killing approx 37,000 Canadians a year. Nicotine impacts the brain like cocaine or heroin, influencing our moods by mimicking and increasing the release of certain chemicals in the brain.

Approximately 90% of active smokers would like to quit and wish they had never started. Stress and negative moods are responsible for 70% of relapses. 50% relapse within the first 5 weeks of stopping as this is how long it takes the body to get through the most intense physical withdrawal symptoms from nicotine.

Herbs with an affinity for the nervous system should be used to help diminish stress, anxiety and depression experienced during the withdrawal of nicotine. St. Johns Wort, Licorice, Passionflower and Oats will increase your body's resistance to stress, alleviate depression, soothe frayed nerves, relax tense muscles and treat insomnia. Caution must be used as some of these herbs are not compatible with all medications.

Lobeline, an alkaloid found in the herb Lobelia has a similar but weaker action on the body as nicotine. It fills nicotine receptors helping to reduce withdrawal symptoms. This herb is however toxic even at low doses so should only be used under the

administration of a qualified herbalist.

A customized detox should be completed to reduce the toxic load put on the body and help to remove excess mucous production to improve overall lung health. The herbs will purge toxins from the lungs, liver, and fat cells; giving your tissues a chance to revive.

Smoking destroys and depletes the body of many vital nutrients. Boosting the body's stores of these nutrients will dramatically increase the success rate of quitting. B vitamins are essential for a healthy nervous system, thus a B complex should be used. Vitamin B3 (niacin) may be especially helpful. Nicotine metabolizes into Nicotinic Acid, also known as Niacin! Niacin is a calming nutrient; it's possible that part of the calming effect smokers experience is due to the niacin. Smokers break down vitamin C two times faster than non-smokers. A good quality vitamin C supplement which contains red bioflavonoids will give your body the antioxidant support it needs to neutralize the toxic by-products of cigarettes. Another powerful antioxidant, glutathione, protects the lungs from smoking damage and will help reduce smokers cough.

Glutamine, and amino acid, reduces cravings in any type of addiction and is one of the strongest natural stop smoking aids known. It is safe to use in



large amounts and should be during the initial stages of quitting.

Restoring healthy brain chemistry will reduce withdrawal symptoms and help to banish nicotine cravings long-term. Food cravings, irritability, insomnia, depression and anxiety can all be caused by a deficiency in serotonin. Serotonin is the "happy hormone" found in your brain and is made from the amino acid tryptophan. 5-HTP is a derivative of tryptophan and when taken will restore healthy serotonin levels in the brain.

Of course no smoking cessation program would be complete without also addressing the diet. It is of utmost importance that you follow a healthy diet high in protein, fruits and veggies, and whole grains. Ditch the white stuff, artificial sweeteners, colors and flavours! Not only will this supply your body with essential nutrients, it will also help to avoid the dreaded weight gain associated with quitting. Exercise will also come into play here as it will not only keep off unwanted pounds and burn off stress; it also releases wonderful endorphins and serotonin improving your mood and energy as you adopt an overall healthier lifestyle after "kicking your butts!"

~Trisha Coleman CHT, RH

PLEASE TAKE ONE

SAY GOODBYE TO S.A.D.



Seasonal affective disorder (SAD) typically affects women more than men and is caused by a lack of sunlight during our dark & cold winters. Symptoms vary from person to person, some experience mild winter blues, others struggle with serious depression. Here is a quick overview on how to get through the gloomy months.

Holistic medicine combined with a healthy lifestyle can effectively and safely improve the quality of life for those who suffer during the winter months. Certain nutrients and

herbs reduce anxiety and improve feelings of depression without side effects and will assist your body correct its circadian rhythms which are altered with the lack of sunlight. Vitamin D is particularly important as our body has a difficult time producing optimal amounts with the shortened daylight hours.

Regular exercise is a very important aspect that is often pushed aside due to the fatigue that comes along with depression and stress. Exercise will improve your energy levels and improve mood by increas-

ing the production of dopamine, noradrenalin and endorphins in the brain; all hormones that improve depression.

Infrared sauna treatments are very helpful in improving sense of wellbeing and improving sleeping. Sauna treatments introduces warmth to the body and promotes overall optimum health and proper healing. They lessen the symptoms of illness, reduce stress and anxiety, aids in weight loss, and offers a wide range of other positive results naturally.

~Trisha Coleman CHT, RH

Sprouts are rich in enzymes, contain antioxidants, protein, fibre, and other nutrients.



SPROUT IT OUT LOUD!

As the days get shorter and we settle into the long cold months, one of the things I miss the most is the fresh veggies right from the garden. Eating foods right from the source falls right in line with eating locally and nutritionally rich foods. Foods from the grocery store that have traveled many miles to be there are often treated with preservatives, ripening agents, and other chemicals treatments such as pesticides.

So why not add something to your meals that are a powerhouse of nutrients, can be grown right in your home all year round and that add many flavors to your food. I am referring to **SPROUTS!**

A living food, rich in enzymes that contain concentrated amounts of highly active antioxidants, protein, fiber and other essential nutrients which help to protect us from disease.

Sprouts are best when eaten raw, because cooking always destroys a large part of the

nutritional content. The entire sprout is eaten, including leaves and roots. Sprouts are good eaten by themselves but can also be added to salads, sandwiches, or soups. They can also be blended for baby food, sauces, and dressings. They can be stored in the refrigerator in a jar or plastic bag for up to two weeks. It is preferable, however, to make small amounts at frequent intervals since seeds and sprouts tend to become rancid when held for too long a time.

Very little is needed in the way of equipment for sprouting seeds if you are interested to trying your hand at it: several two-quart wide-mouth jars and enough cheesecloth or nylon to serve as covers for the jars. Rubber bands may be used to attach the cloth to the open end of the jar. The number of jars needed will be determined by the amount and frequency of the fresh sprouts desired. Only one kind of seed should be sprouted in a jar at a time. You can choose from

seeds, grains and legumes to sprout. I have listed just some of the varieties available to try.

- Alfalfa-one of the most common types found in many grocery stores which is rich in all key nutrients, minerals, plant sterols and amino acids
- Mustard or radish seeds – a spicy addition to foods
- Pumpkin, sunflower or sesame seeds – rich in B vitamins, zinc, calcium, magnesium and fiber.

Tips for purchasing & caring for sprouts:

- Select crisp-looking sprouts that have been refrigerated, avoid dark or musty smelling sprouts.
- If buying bean sprouts in bulk, use tongs or a glove.
- Refrigerate the sprouts immediately when you get home. Temperature should be at or below 4°C (40°F).
- Respect the best-before date on prepackaged sprouts. Throw away after a few days, or as soon as they lose their crispness.

~Louise Barteaux RHN

TIPS TO DEAL WITH CONFLICT

In the last two issues we have discussed the topics of perceptual filters and how they affect our ability to resolve a conflict and the importance of learning and using effective listening skills.

In this issue we are going to discuss some tips to effectively deal with conflict.

1. Remain calm. Try not to overreact to difficult situations. By remaining calm it will be more likely that others will consider your viewpoint

2. Express feelings in words, not actions. Telling someone directly and honestly how you feel can be a very powerful form

of communication. If you start to feel so angry or upset that you feel you may lose control, take a "time out" and do something to help yourself feel steadier - take a walk, do some deep breathing, whatever works for you.



3. Be specific about what is bothering you. Vague complaints are hard to work on

4. Deal with only one issue at a time. Don't introduce other topics until each is fully discussed. This avoids the "kitchen sink" effect where people throw in all their complaints while not allowing anything to be resolved.

5. No "hitting below the belt." Attacking areas of personal sensitivity creates an atmosphere of distrust, anger, and vulnerability.

In the next issue we will discuss more helpful tips to effective conflict resolution.

~Lorrie Bauman
Bauman Counseling Service

SO WINTER IS FAST APPROACHING...

So winter is fast approaching, and Christmas is around the bend. Being a full blooded Ukrainian I can't wait for all of the perogies and cabbage rolls and borscht and peidishkia and nialishniaka and all of those other foods I can barely pronounce, let alone spell. So instead of the usual harping on how to avoid this or that bad food, let's talk about some helpful hints to make the season go . . . smoother.

My Mommy learned long ago that if you put ground flax in perogy dough, things truly do just slip right through! Beets and cabbage are easy on the digestion, and actually aid the stomach, liver and intestines in

digestive juices and transit time. So less guilt about that! And since we're heading into the cold season, we should balance our inside to neutralize the effects of the cold outside. That means more hot! More soup, more apple cider and cinnamon, more ginger, turmeric, anise, cloves, cayenne, wasabi, cardamom, garlic and onion.

Two thirds of the world's population can't be wrong. Growing up I learned to love garlic and onions. Don't get me wrong, they're great. But East Indian, Chinese, Korean, Japanese, and Mexican styles of cooking, and many other ethnicities have had a much wider

variety of hot and spicy yummy foods. The North American diet IS bland. So for this festive season indulge in the spice of life and SPICE IT UP!!

Happy Holidays to ALL

~Wesley Woywada
Certified Iridologist





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We are sad to see Suzanne leave but wish her all the best in her new business endeavor!
 Check her out at Krave Salon!



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WELLNESS CENTRE SERVICES



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

- Herbal Medicine
- Infrared Sauna
- Whole Body Vibration
- Preventative Medicine
- Live Blood Cell Analysis
- Personalized Detox Programs
- Consulting/Seminars/Lectures
- Holistic Nutritional Consultations
- Reflexology (soon to come)
- Lifestyle Coaching
- Mental Health Counselling
- Iridology

HAVE A HEALTHY DAY WITH HEALTHY WAY!!