



HEALTHY WAY  
HEALING

# THE HEALTHY WAY

VOLUME II, ISSUE III

JUNE-JULY '10

**FREE  
SEMINARS:**

**JUNE-JULY**

**CALCIUM RICH  
but DAIRY FREE**

\*June 8th\*

**YOU ARE  
WHAT YOU  
ABSORB**

\*June 22nd\*

**BUCK WHEAT  
WHAT??  
How to Prepare  
& Enjoy Whole  
Grains  
(includes samples)**

\*July 13th\*

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

## FIBROMYALGIA

Fibromyalgia is a chronic, debilitating condition characterized by pain, tenderness and stiffness of muscles and of the areas of tendon insertion and adjacent soft tissues.

It most commonly affects women between ages 20 - 50. Some of the commonest symptoms of Fibromyalgia include muscular pain, aching and stiffness especially in the morning and worse in cold or humid weather. Most also suffer from fatigue and badly disturbed sleep.

The singly most important part of fibromyalgia treatment is **REST**.

There is an acronym that is associated with the treatment of fibromyalgia pain: **S.H.I.N.**

• **S:** Sleep – you must sleep 8-9 hours a night for optimal healing to take place. Pain will not go away without regular deep sleep. Sleep is directly related to your pain level. It is a key component in trying to reduce myofascial pain.

• **H:** Hormonal Support

• **I:** Treat Infections

• **N:** Nutritional supplements

A winning combination for the treatment of fibromyalgia includes: St. John's wort, Magnesium/Malic, and 5-HTP.

Completing a **herbal detox** will start to remove acid wastes and improve the immune system and liver function. It "wipes the slate clean" and



allows treatment protocols to work more effectively.

**Herbal Nervine tonics & Adaptogens** will help to deal with stress, rebuild the adrenal glands, and encourage better sleep: St. John's Wort, Licorice, Passionflower.

(CONTINUED)

# PLEASE TAKE ONE

## CUSTOMER APPRECIATION DAY - JUNE 15TH

**June 15th is Customer Appreciation Day**  
at Healthy Way Healing.

**RECEIVE 5% - 25% OFF**

of any services booked for June 15th with  
Suzanne, Trisha, or Louise.

(\*\*note: offer is not available on equipment purchases\*\*)

Enter your name in our **FREE DRAWS** to win a variety of great prizes such as:

- 1 x 30 min Infrared Sauna Treatment
- Your choice of a free AOR product
- Pkg. of 3 Whole Body Vibration Sessions
- 50% off Brazilian Wax

## COUPON

**\$25.00**  
Brazilian Wax

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

Mention this ad to  
receive your savings!!

Valid June 1st - 30th, 2010

COUPON

*"A winning  
combination  
for the  
treatment of  
fibromyalgia  
includes St.  
John's wort,  
Magnesium /  
Malic acid &  
5-HTP"*



## BENEFITS OF WAXING

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

## FIBROMYALGIA (continued from page 1)

**Herbal Pain relievers, Anti-inflammatories & Muscle relaxants** will help reduce pain but it is important that these not be used on their own because you need to work on a deeper level to reduce pain (i.e. improving sleep) in order for the pain to be reduced long term: Wild lettuce, Jamaican dogwood, black haw.

**Malic Acid & Magnesium** - multiple studies have shown that people with fibromyalgia and other myofascial pain are deficient in Magnesium. This supplement has shown to dramatically reduce pain levels but it may take weeks to months.

**5-HTP** (5-hydroxytryptophan) - this supplement has been shown to greatly help reduce the feelings of anxiety and mild depression. It nourishes the nervous system and is a precursor to serotonin in the brain (the "happy" hor-

mone). Low serotonin levels have been linked with lower pain threshold, so 5-HTP may help to alleviate some of your pain.

**Infra-red Sauna treatments** have shown to have great benefit at relieving pain and promoting faster healing of damaged tissues. It is great for all types of pain and muscle problems. Many clinical studies done in Japan show that the regular use of an infra-red sauna can relieve the symptoms of Fibromyalgia.

Try to incorporate a **regular exercise routine**.

- Stretching and Aerobic exercise 4 x a week for 15 – 20 min will greatly reduced the sufferer's pain.
- Avoid impact exercises: jogging, aerobic dancing, weight training, racquet sports, basketball, etc.

- The release of hormone-like substances (endorphins) during aerobic exercise is thought to offer the means whereby pain relief and well-being are enhanced. Increased self-esteem and a psychological boost also comes with increased fitness.
- Incorporating Aerobic exercise with the 4 S.H.I.N. steps can improve the quality of life (average results are 90%).

Fibromyalgia is a complicated and not fully understood disorder. The treatment protocol needs to be well-rounded in order to have the optimal effects. Sleep, however, is the most important aspect to correct in order to provide any long-term symptom relief.

~Trisha Coleman CHT, RH

# WELCOME LORRIE!!

I have been involved in the counselling field in one way or other my entire adult life. I have always been fascinated by human behaviour and in 2001, qualified for and received the designation of Registered Psychiatric Nurse. During this course of study I received training in individual, family, and group counselling.

Prior to becoming an R.P.N. I held a degree in General Studies with an emphasis on Psychology and Sociology. I am also a Licensed Practical Nurse, and

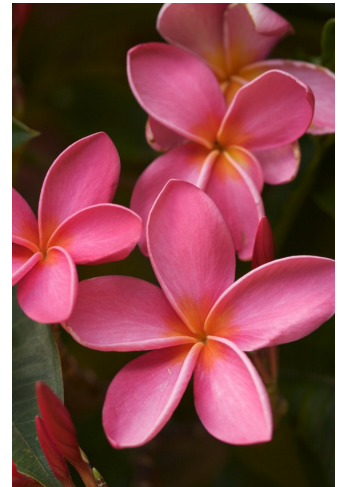
hold certificates in Social Services and Conflict Resolution. I am a life-long learner and have participated in and facilitated numerous workshops and in-service.

I am excited about the challenge of private practice and look forward to serving you from my new location in Brandon and in being a team member of Healthy Way Healing.

I consider myself a generalist, when people come for support with one issue it is usually just

the tip of the iceberg and most of what is happening is “under water”. Some of the areas I have experience include:

- Depression & anxiety
- Anger management
- Parenting / family support
- Grief & loss
- Work & career issues
- Stress management
- Addiction & recovery
- Conflict resolution coaching



~ Lorrie Bauman R.P.N.

## STAY HYDRATED

Well spring is here and summer is right around the corner. This means for most of us outside activities that can last all day. It’s easy to forget when you’re having a blast in the pool, at the ball park or camping to stay hydrated. The amount of water you need depends on factors such as your age, gender and level of physical activity. Remember that you will need even more fluids to stay hydrated in hot weather and when you're physically active. Nothing can quench your thirst better on a hot day than a tall cool glass of water but there are other options that you can add for variety.

~ Louise Barteaux RHN

Food item	Hydrating Feature
High water content fruit / veggies such as cucumbers, red or yellow peppers, strawberries and water melon.	All of these contain over 90% water and most kids enjoy these foods. They also contain things like sodium and potassium which are important electrolytes.
Homemade popsicles	A treat for everyone and you can sneak some hydration in as well by making them with hydrating fruits. Recipes are easy to experiment with.
Milk or yogurt * Chocolate milk is an alright substitute for older children.	Dairy is a better hydrator than Gatorade because of its balanced sodium content-it also contains necessary protein, carbohydrates and antioxidants.
V8 Juice *choose the low sodium variety	Packed full of fruit and veggies it also helps with body recovery after a hard day at the ball diamond or beach.
Emergen-C –Vitamin C supplement *Available at Bulk Barn	This supplement provides 1000mg of Vitamin C, and seven other minerals ascorbates and key B vitamins for energy and prolonged hydration. It also comes in a variety of flavors to keep water more interesting – Raspberry is my favorite.

### HOMEMADE POPSICLES

#### Ingredients:

- 2 cups whole strawberries
- 1 cup milk or real fruit juice not from concentrate
- Stevia or agave nectar to sweeten to taste

#### Preparation:

1. Place all of the ingredients into a blender, blend until smooth.
2. Taste and add sweeteners as needed.
3. Pour into popsicle molds and freeze.

Yield: 6-8 popsicles





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



Suzanne Hauser  
 Licensed Esthetician  
 Essence Esthetics

TO BOOK AN  
 APPOINTMENT WITH  
**SUZANNE:**  
 Phone: 724-0692  
 essenceesthetics@yahoo.com



Trisha Coleman CHT, RH  
 Clinical Herbal Therapist

TO BOOK AN  
 APPOINTMENT WITH  
**TRISHA:**  
 Phone: 728-7973  
 info@healthywayhealing.ca



Louise Barteaux RHN  
 Registered Holistic Nutritionist  
 Back to Balance Nutrition

TO BOOK AN  
 APPOINTMENT WITH  
**LOUISE:**  
 Phone: 761-9333  
 backtobalance@mts.net



Lorrie Bauman R.P.N.  
 Registered Psychiatric Nurse  
 Bauman Counselling

TO BOOK AN  
 APPOINTMENT WITH  
**LORRIE:**  
 Phone: 573-2948  
 baumancounsellingservice@yahoo.ca

*"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
- Infrared Sauna
- Whole Body Vibration
- Preventative Medicine
- Live Blood Cell Analysis
- Personalized Detox Programs
- Consulting/Seminars/ Lectures
- All Body Waxing
- Lash Extensions
- Lash/eyebrow Tinting
- Lash Perming
- Holistic Nutritional Consultations
- Lifestyle Coaching
- Mental Health Counselling

**Is your Company /  
 Association looking for  
 a qualified health pro-  
 fessional 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!