

Natural Elements
900 Hwy 23 West
Suite 3
Milaca, MN

320.983.2333

Elements To A Natural Life



Volume 4, Issue 20

August 2011

Beat the Stress this Fall

by Dr. Christine Schlenker
Chiropractor

DISCLAIMER:

The information in this newsletter was written by Dr. Christine Schlenker, chiropractor at Natural Elements along with fellow therapists working within the clinic. The information is meant for educational purposes and is not to replace the advice of your healthcare physician. Before implementing any new treatment or therapy, it is best to consult with your doctor.

**Prefer getting your
Newsletter by Mail?**

**Call and sign up for
a Subscription!**

With parents running to get school supplies and clothes and preparing their minds to balance the rush of the school season, it is important to keep in mind poor nutrition and nervous system function can lead to poor mentality, stress and pain. But remember not only are the parents preparing for the transition again, but so are the kids. Many kids have stress and anxiety over returning to school to meet new friends and in preparation for taking tests again. But we can reduce much of that by taking care of ourselves and our children by getting adjusted to allow the nervous system to function properly, and by eating well despite the pace of our lifestyles.

I want to share with you that B complex vitamins are the most commonly deficient nutrient that can cause stress, anxiety and many other symptoms to either exist or become worse. So if you struggle with constant stress, anxiety, or have a constant through that something horrible is going to happen, your emotional state may be due B complex deficiency. If you experience heart disease, hypoglycemia, anorexia, neuritis, depression and anxiety look at your B vitamin intake. If you experience weakness and fatigue, exhaustion after meals (also check your gall bladder function), indigestion and low stomach acid (have your pyloric sphincter and diaphragm checked), poor appetite, craving for sweets (check your levels of Candida or yeast with a self question at the clinic), noise sensitivity, headaches (check for food sensitivities), insomnia, nervousness, uneasiness, rage and fear, and forgetfulness, look to increase your B vitamin complex.

There is a solution to help you feel your best and help you stay energized and your kids stay focused. First and foremost, get adjusted to make sure everything is in line and your nervous system functions properly as well as your organs. Secondly, to help you stay energized you'll need B complex vitamins, with a whole food source being Cataplex B. But some people, especially kids, are often unable to relax and may need a G complex portion of the B complex found in Cataplex G. Generally, most people require 6-9 Cataplex B daily vitamins for about six months or more before the dosage can be changed. But for those of you have a hard time relaxing, for example of kids who can't sit still in school, the hyperactive or the hypersensitive, then 6-9 Cataplex G tablets may be best. And in some cases, a person may need both in varying dosages. You can also increase

the foods in your diet that will increase the vitamins naturally. The most easily accessible foods are beets, carrots, and wheat germ, but there are many more.

Best wishes to the busy parents and all the kids heading back to school, I wish you nothing but health and success in this new year.

Thank You All!!

I want to personally thank all my wonderful patients, staff, and Dr. Amy, for continuing to keep the clinic operating and running successfully while I can stay home with my family these past few weeks. It has been a wonderful experience and I couldn't do it without all your loving support! Thanks and much appreciation to you all, and I will see you soon!!

- Dr. Christine

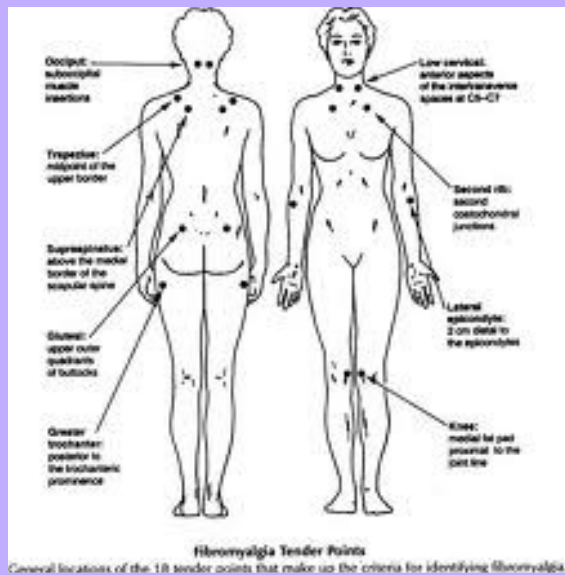


FIBROMYALGIA

What is Fibromyalgia? A widespread pain disorder of the muscles. The pain manifests in tender points found on both sides of the body and above and below the waist. The muscles fatigue easily. Most fibromyalgia patient also complain of sleep problems, digestive disorders, fatigue and depression.

Who may be at risk for Fibromyalgia? Females, middle adulthood, and presence of an autoimmune condition such as rheumatoid arthritis or systemic lupus, suggesting there may be an autoimmune component to fibromyalgia. Men may also be effected.

What causes Fibromyalgia? No cause has been found. Mayo clinic describes it as a difference in the way the nervous system registers pain. The brain may be more sensitive to pain signals, due to the presence of increased levels of neurotransmitters as well as an increased sensitivity to the neurotransmitters by receptors. WebMD states that decreased levels of serotonin, leading to an increased sensitivity to pain, lowered endorphin levels and an increase in the pain transmission molecule substance P.

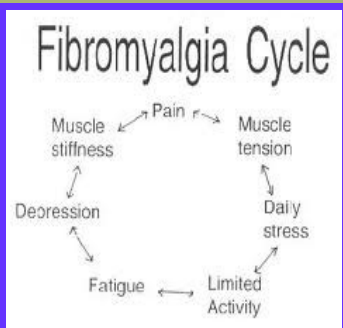


General locations of the 18 tender points that make up the criteria for identifying fibromyalgia.

Diagnosing Fibromyalgia-
 The American College of Rheumatology guidelines require pain at 11 of the 18 tender points on the body.
 See above diagram.

Treatment for Fibromyalgia? Relieving symptoms of Fibromyalgia is the best approach. No cure has been found and no one treatment has been found to be effective for everyone. Managing pain, sleep and stress is most important in relieving symptoms.

Many people with Fibromyalgia use Complimentary & Alternative Medicine to treat their symptoms such as, Chiropractic care, acupuncture, massage, exercise, spiritual healing, nutritional supplements, essential oils and Emotional Freedom Techniques. Inquire at NEHC for information about our services and how we may be able to help you or a friend.



Aromatherapy for Animals

Aromatherapy for Animals is a brilliant way to help keep your pets healthy. Most views of essential oils and hydrosols (a hydrosol is the water left in the distiller after the essential oil has been removed) are as aromatic substances only. So it may be rather difficult to see how they can actually be beneficial for our and our pet's lives. When we look more closely at the chemical composition of the essential oil then we see their true capabilities. Plants produce essential oils for many reasons, such as, attracting insects, repelling pests and fighting bacteria, molds, viruses and fungi.



Just as on humans aromatherapy works on many levels for animals:

- Physically
- Emotionally
- Conditionally

The main difference in the use of essential oils for humans is that we can communicate how a certain scent makes us feel. Scents are processed by the human brain's limbic system. The limbic system has a direct connection to our recall of certain memories. That explains why certain scents will bring back memories of loved ones or certain life experiences. It is unclear if animal's process scents in the same manner. However there have been notable differences in animal behavior when essential oils are diffused in the house.

The best form of use for essential oils and animals is in the form of prevention. Using essential oils in their shampoo is a wonderful way to help prevent skin issues or insect bites. Also, using essential oils to clean your dog's mouth is truly beneficial in the prevention of plaque buildup and bad doggy breath. Essential oils are also beneficial for large animals but should be **AVOIDED** for cats!

Cats and essential oils don't mix. Kristen Leigh Bell author of *Holistic Aromatherapy for Animals* states that hydrosols are the better option for cats. Felines do not process and excrete substances in the same way dog's do. This may lead to toxic buildup in their systems and be harmful.

It is always best to seek out an aromatherapist before you begin any type of essential oil treatment on your pet. You must make sure that you are diluting in the proper amounts as to not overload their delicate senses.

Taking your doggies on a car ride? Try Chi~Scentials product No. 2, which was formulated to help with motion sickness and constipation also works for motion sickness for pooches. The essential oil blend is a combination of ginger, peppermint and orange all of which are beneficial for calming your stomach and relieving spasms and nausea. Your doggy will thank you and you won't have to clean your car.

*By
Kristie Hendel,
aromatherapist*

FLT:

**Modified
Mediterranean
Diet**

**Lose weight and
get healthy by
eating "GOOD
FOOD" all day!**

**Learn how at
NEHC by a
trained Lifestyle
educator.**

**A healthy
attitude is
contagious but
don't wait to catch
it from others.**

Be a carrier.

~Tom Stoppard

WELCOME BACK

DR. CHRISTINE

8/19TH

SAVE 20%

ON SUPPLEMENTS

&

HIMALAYAN SALT LAMPS

THRU AUGUST

\$22.00 OFF

Re-orders of

FOOTLEVELERS ORTHOTICS



WELCOME DEBBIE SAHLSTROM

Midwife

Iridology

Reflexology

Available on Monday's