

Natural Elements

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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 health-care physician. Before implementing any new treatment or therapy, it is best to consult with your doctor.

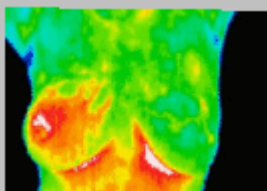
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Simple and Pain-free Screenings



Breast Screening

Elements To A Natural Life



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Effective and Safe Breast Cancer Screening

by Dr. Christine Schlenker
Chiropractor

It is estimated that for one woman to avoid dying from breast cancer, up to 1000 women will have at least one "fast positive" ...half of whom will undergo biopsy and cancer will be over-diagnosed in 5-15 women.....Dr. H. Gilbert Welch, MD, MPH NEJM, Sept 23 2010.

No screening test is 100 percent accurate but most people would agree that testing like this is necessary to save lives as long as it is accurate and safe. Most women follow through with their recommended mammography but many do not for various reasons. One being the harmful effect of the radiation itself. One dose of mammographic x-ray is from 0-25 rad to 1 rad with the best equipment, and if a woman has annual mammograms from age 55-75, she will receive a minimum of 20 rads of radiation. By comparison, women who survived atomic bomb blasts in Hiroshima and Nagasaki absorbed 35 rads. Though one large dose as in a blast can be more harmful than small doses, the damage from radiation is still cumulative.

The Radiological Society of North America (RSNA) has determined with the latest research that annual mammography could be putting women in the high-risk category (those with BRCA1 or BRCA2 gene mutations, family history or breast cancer, exposed to radiation before age 20) into a 2.5 times greater risk than those who were not exposed to radiation or had genetic mutations.

The number of false positives in screenings has been reported to be around 21 percent and up to 56 percent for women ages 40-49 years old. At

the same time, it has been found that screenings have reduced the rate of death from breast cancer by 10 percent.

I am not against mammography, but what if there was a more accurate and safe way to screen women for tissue changes at the earliest stages of these breast and tissue diseases?

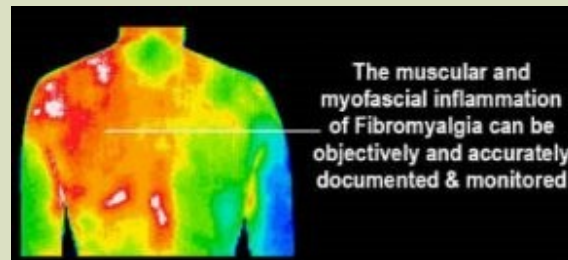
Digital Imaging Breast Thermography has been shown to be 97% effective in detecting malignant vs. benign tumors, and because it measures changes in the temperature of the skin's surface it is 100% radiation free.

We have been fortunate to be exposed to this technology that has been thoroughly studied over the last 30 years and has 8,000 published medical studies in support of its effectiveness.

For those of you who have been avoiding mammography screening for whatever reason, read more about this safe and effective option for you to get peace of mind. For more information on Breast Thermography, visit

<http://www.picturemyhealth.com/diti.html>

Or visit Valerie, Thermographer at Natural Elements Feb 8th 2011 all day.



The muscular and myofascial inflammation of Fibromyalgia can be objectively and accurately documented & monitored

Reference: Dr. Deborah Pate, DC, DACBR Dynamic Chiropractic, Jan 1 2011

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By
 Maria Werner,
 CMT, CST

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GIVE BACK TO YOURSELF

Are you feeling overwhelmed, depleted, like you have nothing to give? Does it seem like everything you do takes too much effort? Is your empathy for others practically non-existent? Are your nerves constantly being irritated? Are you feeling like you have lost yourself or like you have had to give up yourself to keep up with life? ***Is struggle a theme in almost all areas in your life?***

In all honesty most people can relate to a number of these. Many of us have been brought up with the belief that life is tough and full of struggle. We have to work hard and sacrifice our happiness. So many people don't believe that they can have their deepest desires. We are taught to give, give, give and to put others first. While giving is important, it is just as important to receive. Why is it that majority of us do not find it to be important to give back to ourselves? When we dismiss our own needs that's when life gets to be a burden. My thought is we don't know any better. Until I became an adult, got married, had children, started a career and still try to uphold the house care and all the other tasks that come along with the American dream, I was a joyful, patient and caring person. Then one day I started to realize my mind was consumed with struggle and I was feeling of I couldn't keep up any more. I was feeling I had nothing left to give. This is when I began to notice I had been losing myself and I needed to find my way back to feeling good again. With the help of all my friends at Natural Elements and many other wonderful angelic resources I have find direction.

I have realized by Ignoring my own personal needs I have been giving and not refilling

myself back up therefore made me feel depleted. I am now continuing my journey to honoring my needs and to strive for a life of ease and joy. Not only is it important to strive for this lifestyle myself, I have found a passion in helping others with this as well.

I recommend making some YOU TIME everyday to rejuvenate and to regain your inner self. You could take a **short walk** in the fresh air or make **quiet time to journal, pray or meditate**. This can be very helpful with clearing your mind and gaining clarity. Another good idea is to **take a bath with essential oils and bath salts** to . **Give yourself time every week to do your favorite activity or hobby**. Try **yoga or dance**. **Listen to music and relax with some hot tea**. Most importantly **find a balance of give and take**. When you begin to feel like your getting run down **be aware, listen to your body** ask what it needs. Allow yourself quiet time to hear the answer.

Massage and bodywork can help you to rejuvenate your body and mind. It is healthy to receive bodywork once a month to keep your body's function flowing properly. It can be helpful in gaining insight to what your holding on to or what steps you could take to create a life of ease. Every time I get a massage or bodywork from any of the ladies here at Natural Elements I always feel like I have emptied myself of all the stress I take on and I am ready to take on the world again.

Another nice idea is getting a **personal essential oil blend** where the scent is cre-

ated just for you. Essential oils are extremely therapeutic and can help your mind let go of stress and give you a great tool to reset your thought process when your working to let go of old patterns.

Hair analysis testing and Kinesiology are helpful to find what vitamins and minerals your lacking in. It can help you gain balance with in your body's systems. The adrenals gland are vital in helping you to cope with the stressors in you life. Nutritional supplements can make a huge difference in the quality of your life.

While there are many different treatments we have to offer and they are all great tools to help you, I encourage you to find something for yourself that is just for you. Something that you can do on your own that feeds your soul. Turn it into a ritual for yourself, *Be compassionate with yourself if you get off track*. When you recognize it be proud of yourself you are on a journey of giving back to yourself and your making a positive step. When you find yourself saying you don't have the time ASK the divine to help you with that. There is always time to give back. Time is only a perception and we make it a limitation.

One of my favorite quotes is, *"If you can visualize it, you can become it!"* - Unknown

Remember to take time to fill yourself up so you can truly give to others with all your heart.

FEED YOUR SOUL! IT IS A NESESITY TO A GOOD, HEALTHY, JOYFULL LIFE!

By: Maria J Werner CMT, CST

Essential Oil of Immortelle

Latin Name: *Helichrysum angustifolium*

Common Name: Everlasting

Aroma: A warm, green scent of wood, spicy, dried fruit and herbs. The scent is sweet and floral but not flowery. Has a nice balance between the sweet, floral, spice and herb scents.

Uses:

Acne	Allergies (skin)	Asthma	Blood pressure (regulates)
Bronchitis	Bruises	Burns	Capillaries (fragile)
Circulation (slow)	Colds	Cough	Cystitis
Dermatitis	Eczema	Fever	Gallbladder (congestion)
Influenza	Lethargy	Liver (congestion)	Lymph nodes (congested)
Menstruation (painful)	Muscular pains	Nervous exhaustion	Psoriasis
Rheumatism	Scars	Shock	Sinusitis
Skin (sun damaged)	Spleen (congestion)	Sprains	Stomach (spasm)
Stretch Marks	Sunburn	Wounds	

Emotional Uses:

To encourage calm, acceptance, dreams, patience, perseverance, inner strength, and awareness.

Has the power to break through very deep and stuck negative emotions that may be from childhood emotional trauma, restoring compassion for yourself and others.

Everlasting has the ability to move stagnant Qi-energy. Related to Chamomile they both have the ability to relax and comfort the solar plexus.

Contraindications:

- Avoid use with anti-coagulant medications.
- Avoid if you have problems with clotting.
- Do not administer for longer than two weeks with out a three week break.

By
Kristie Hendel,
aromatherapist



Clear your Sinus Troubles at Home

Here is a home remedy option for clearing your clogged and uncomfortable sinuses, but brace yourself for this potent drink!

1 cup tomato juice

1 teaspoon freshly chopped garlic

¼-1/2 teaspoon cayenne pepper (to your tolerance)

1 teaspoon lemon juice

Heat the mixture until warm. Drink it slowly and your sinuses should clear quickly!



By Jessi Bossard,
CMT

It is estimated that this year 9.5% of the U.S. population will experience an episode of depression.

Healthy, nurturing touch has always been a way humans and other mammals have dealt with stress and healed one another

How Massage Can Help Seasonal Affect Disorder and Other Forms of Depression

The most common symptoms of depression include a loss of enjoyment from usual hobbies and activities, hopelessness, mood swings and a change in sleeping habits. Depression can affect people of all ages from young children through senior adults. Statistics indicate that women are more susceptible to depression than men, but this may be because women are more likely to seek help for their symptoms.

The causes of depression are still a bit of a mystery. Neurotransmitter and hormonal imbalances have been noted in the brain and endocrine systems of depressed individuals, however, the question remains; are these features the *cause* of the problem or the *result* of other factors? Whether a person develops a depressive episode may depend on genetics, personal chemistry or his/her personality. Those who live with chronic illness may be more likely to experience a depressive episode. It makes sense that those faced with the challenge of a disability or chronic pain would at times feel a loss of hopefulness. Many depressive episodes can be related to environmental factor such as losing a loved one or the stress of losing a job. Depression can also be caused by a lack of proper nutrition, specifically vitamin B12 and folate.

There are several types of depression but one often comes into focus this time of year. S.A.D. or Seasonal Affect Disorder is a type of depression linked to the absence of sunlight. It is most prevalent during the months of December, January and February and more common among populations in Northern climates. When our bodies are lacking healthy exposure to the sun the neurotransmitter melatonin is not stimulated resulting in a change in mood.

Massage helps to relieve depression by moving the body into a parasympathetic state. This allows the body to change chemically and can result in an increase in serotonin secretion (the neurotransmitter responsible for lifting our mood) and a decrease in cortisol (the neurotransmitter activated during stress). Receiving massage is also an act in self-care and something that the recipient can feel good about. It is important to note that massage is not a replacement for anti-depressants or other medications. A massage therapist should never make any recommendations regarding medication or doses. These decisions should be left up to the patient and their doctor..

3 Reasons to receive a massage during these cold winter months:

To receive the benefits of Hot Stone Therapy:

Both Maria and I incorporate the use of hot stones in our massage sessions. Massage without stones will relieve muscle tension, increase circulation and improve function of the lymph system, but the use of hot stones amplifies these benefits. Plus, the heat feels wonderful when it is so cold out!

To improve the health of the bodies largest organ, the skin:

The liberal application of massage lotion or oil helps to relieve dry/tight skin that is so common during the winter months. Also, the friction movement of massage increase blood circulation to the skin, improving its overall health. Multiple massage treatments over a period of time can change the texture and improve the appearance of the skin.

To strengthen the immune system:

As massage increases our circulation the number of red and white blood cells will increase also. A 1992 study at Touch Research Institute examined the bloodstreams of people with HIV after receiving massage. They found an increase in the presence and activity of T4 killer cells indicating that massage may benefit our immune systems!

FEBRUARY

ALL MONTH!

MEGA SALE

Inventory Reduction!

All Nutrition Products **MUST GO!**

Color Sticker = 40% OFF

No Sticker = 25% OFF

* Not applicable with any other promotions, Young Living Products or Himalayan Salt Lamps.