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DISCLAIMER:

The information in this newsletter was written by Dr. Christine Schlenker, and Dr. Amy Gunderson-McNeil, both chiropractors 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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Elements To A Natural Life



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Ask Questions Before Using HRT for Yourself

Hormone Replacement Therapy (HRT) became very popular years ago to help women manage their frustrating symptoms of hot flashes, night sweats, weight gain, and fatigue that are often associated with going through peri-menopause and menopause. I had thought that a couple years ago the the prescription use of HRT was reduced or eliminated due to the scientific studies revealing that it actually increased a woman's risk of cancer.

It has come to my attention that more women are being prescribed HRT again. So, I began to question, was the previous study found to be no longer true? Were the results of the previous study inaccurate or skewed?

The answer is no. In reading a new recent follow-up study done again, found in the Journal of American Medical Association, the answers were still that HRT should not be used for women suffering hormonal symptoms. The study they did in the past was discontinued three years early due to the increased risk of types of breast cancer from using HRT occurring in the studied women. Now the answers are even more clear, 11 years later, when they had their follow-up review to that trial. They found that in comparing women who took HRT (an estrogen-progestin combination) versus women who took nothing, the HRT users had a 25% greater chance of developing invasive breast cancer and a 96% greater likelihood of dying from the disease. The data also helped prove that the cancers in the HRT users was more likely to involve the lymph nodes and therefore potentially more prone to spread, and therefore more likely to be fatal.

**by Dr. Christine Schlenker
Chiropractor**

The good news is that the results are more clear, meaning all doctors considering HRT for women suffering those symptoms should reconsider what they are prescribing. It should also mean that after 2002, the number of women suffering from breast cancer should begin to diminish due to the findings of this study.

What to do about the miserable symptoms then if HRT is not an option? There are effective and natural approaches to hormonal symptoms that does not have to increase your risk of cancerous diseases. We have started using saliva hormonal testing at the clinic because it has been found to be the most accurate and sensitive of all the testing out there for hormones. Then based on the results of those tests, you can either use herbal formulas to naturally balance your hormones to alleviate your symptoms of imbalance. If the imbalance is great enough, even bioidentical hormone therapy can be used within our clinic. We do caution the use of even bioidentical hormones too, because of the source of where they are coming from. We do not used bioidenticals that come from horses (the most common form), mostly because we, as humans, are not even close to the size or the metabolic function of a horse. Nor are bioidenticals intended for long-term use (for example, indefinitely), so hormone levels would be monitored closely to determine when balance is achieved.

If you have further questions about your hormones or your miserable symptoms, stop in at the clinic or e-mail me, I would be happy to help.

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Shifting Life Patterns Through Emotional Awareness

By
Maria Werner,
CMT, CST



Throughout the time I have been doing body work, it has shown itself time and time again that our inner thoughts/emotions effect the body in many different ways. I wanted to share some information I have feel strongly about that is helpful to understand why clients emotional/thoughts effect their current health. By honoring the connection I have seen Clients release on a deeper level and they have begun to see the changes in their lives.

Recently some of us have taken a class in kinesiology, part of that class taught us how to muscle test to find root emotions that are effecting peoples lives. Along with the emotion we are able to test for bock flower essences and Affirmations to help shift the negative emotion into a positive emotion.

What many people don't know is that our thoughts effect our lives so tremendously. Dr.Lee Pulos, noted clinical psychologist at the University of British Columbia, estimates that we self talk between 150-300 word per min. That works out to 45,000 — 50,000 thoughts

per day. 85% are the same thoughts every day. That is a lot! You could ask yourself, what are the main things you spend most of your time thinking about. It is so easy to get stuck thinking about what you don't want or dwelling on memories of the past of even current situations of relationships, jobs, self image, the loss of a loved one, anything that you would experience and have an emotional response too . So many people are stuck in the negative side of there emotions and could use a little guidance to find a way to shift into a more positive thoughts.

According to Carolyn I. Mein, D.C. author of Releasing Emotional Patterns with Essential Oils, says emotions have a negative and a positive polarity. She refers to the chart below in her book. She also says we need to be able to feel both polarities of all our emotions to be fully alive. Avoiding situations that could cause emotional pain limits our life experiences. She also says to **effec-**

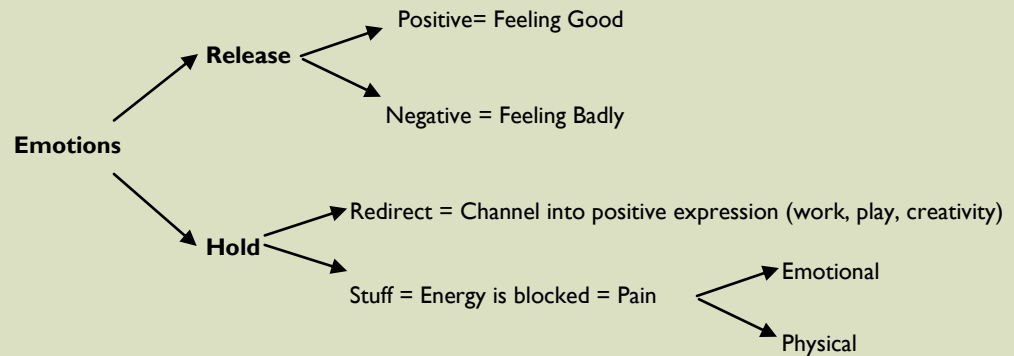
tively clear an emotional pattern requires accessing all four areas of ourselves.

Spiritual-Increasing awareness, **Mental**-recognize & understand the lesson/pattern, **Emotional**-Identify & feel the feelings, **Physical**- Clear the cellular memory stored in the body.

Affirmations can be a helpful tool to let go of old thought patters/ beliefs and gain what you do want in life. Louise I. Hay, author of You Can Heal Your Life, says when using an affirmation you can make any statement you want but to remember to always make your statement in the PRESENT TENSE, such as “I am” or “I have”. Otherwise if you use future tense, “I want,” or “I will have,” then what you are wanting will always stay-just out of your reach in the future! I think life is to amazing to always have what we want waiting for us in the future.

For anyone to change their life experience it must come from a place within each individual. While we can help you recognize the emotions and put words to how you are feeling it is for you to want the change and to believe in yourself.

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You have a milk allergy. What now?

In the office, we see many incidences of milk allergies, sensitivities or intolerances. Symptoms range from headaches, digestive complaints, ear infections, bed wetting, constant clearing of throat, and so on. We can easily detect food sensitivities via Applied Kinesiology muscle testing. Depending on what type of allergy you have, it often can be overcome by removing it from your diet to reduce inflammatory responses in your body, and/or adding digestive enzymes for further breakdown, thus allowing the body to handle the substance. In times of intolerance, where the body may never be able to do well with milk, or during your removal of dairy, what do you do? And where will you get your calcium?

Dairy milk alternatives:

Goat milk:

- This milk promotes the growth of healthy bacteria, especially lactobacillus bifidus
- It contains a higher concentration of medium chain fatty acids needed for normal growth in infants and children
- It is a good source of calcium and the amino acid tryptophan
- It contains oligosaccharides making it easier to digest

Nut Milks:

- Good substitute for cow's milk when used in baking, cereals and smoothies
- Lower in carbohydrates but a better source of protein than rice milk at 2 grams per cup

Rice Milk:

- Unlike soy and nut milks, rice milk is not especially allergenic
- Can be quite sweet, but has a watery texture and it is not particularly useful for cooking
- Lower in protein at 1 gram per cup
- Good for cereals, or just drinking

Hemp Milk:

- A newer milk alternative, hemp milk is made as seeds are hulled and blended with water and sweetener to produce milk that is high in Omega-3's and 6's, and all 10 amino acids
- Its protein level and texture fall in between that of rice and soy milk at approx. 4 grams per cup
- It is more watery than regular milk when poured, but has enough protein for use in some cooking applications -- sauces that don't rely on large amounts of protein

** Notice that soy milk is not on the list. If you do your research on soy, you will find more negative effects than positive. Isoflavones are the soy plant's natural pesticide as they render insects sterile and have been shown to have the same affect on humans. Also, if consumed in excess of 30 mg per day has been seen to be toxic to the thyroid. The average human consumes 80-100 mg per day. There also has been question of whether it is linked to increase breast cancer.*

Good Sources of Calcium: Dark green leafy vegetables, dried beans and legumes

- Spinach, cooked 250 mg/cup
- Mustard or turnip greens, cooked 450 mg/cup
- Almonds 165 mg/1/4 cup
- Garbanzo beans, cooked 340 mg/cup
- Blackstrap Molasses 130 mg/tbsp
- Dried Figs 100 mg/3oz.
- Canned sardines, 325 mg/3oz.
- Artichokes 56mg

Ultracare for kids (smoothie powder) 250mg/serving

Standard Process has many good, whole-food supplements for calcium

**By Dr. Amy
Gunderson-
McNeil,
Chiropractor**

If you would like more information about how you can get tested for a milk allergy, please call the office to make an appointment. It is more prevalent than you think. And we can live without milk! In fact, humans are the only species on the planet that consumes milk beyond infancy.

For further questions, feel free to contact me!

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Bach Flower Essence

What are Bach Flower essences? Flower essences are homeopathic remedies, Edward Bach, M.D., B.S., D.P.H. developed the Bach Flower essences system of healing that uses vital energy extracted from wild flowers, herbs, and trees. They are a simple and completely safe method of addressing emotional and physical illness.

The flower essences are made by specific teaching of Dr. Bach. All flowers are picked on a cloudless, sunny morning before 9 a.m. when the dew is still on the flowers. Making sure that no shadow falls upon the flowers to be picked and on the bowl of water the flowers go into. The flower is picked just below the calyx and placed in the bowl of water and left to sit in full sunshine for 3 hours. The flowers are removed from the water being very careful never to touch the water or the flowers during picking with our fingers.

Dr. Bach was convinced that the basis of disease could be found in our unsettling moods or states of mind that interfere with normal happiness. He believed that stressful mental states and disharmony produce worry, fear, exhaustion, impatience, resignation, and other negative emotional states. They have such a depleting affect on an individual's vitality that the body loses its natural resistance to disease and is susceptible to infection and illness.

Believing that disease originated with the mood and temperament of the patient, he concentrated on 12 states of mind: fear, terror, worry and anxiety, indecision, indifference, boredom, discouragement, doubt, over-concern, weakness, self-dislike, and distrust, impatiens, over-enthusiasm, and pride or aloofness. Over time he found flowers for each of these states until he found 38 flower essences.

Humans have utilized plants for healing for centuries and until the 20th century, all pharmaceutical preparations originated from medicinal herbs and natural substances. Herbal remedies make use of the physical energy of the plant, in the form of an active chemical constituents. Alkaloids, glycosides, saponins, and bitter principles are just a few of the constituents found in medicinal plants.

The chemical constituents have a definite physiological effect on the physical body which can be monitored and studied under laboratory conditions. That is why essential oil's are so effective, each essential oil contains chemical constituents. Essential oils are very powerful and a concentrated form of the chemical constituents. Knowing what chemical constituents are in the essential oil you plan on using is vital to the final outcome of the intended use and may cause unnecessary side effects if you don't have the proper training or knowledge of the essential oil. Always seek assistance from a trained aromatherapist before using essential oils.

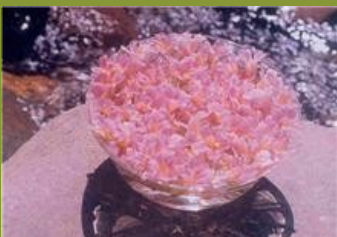
You would not be able to find any chemical constituent in Bach Flower essences because they make use of vibrational energy that resonates in harmony with a particular human vibration and personality pattern. Native Americans believe in the vibration of all living things, and use this belief in their medicine. A medicine man, in order to heal, will attempt to be in harmony with the healing power of the plant used.

More questions about Bach Flowers or Oils? kristie@naturalelementshealth.com

By
Kristie Hendel,
Aromatherapist



Dr. Bach believed: *"There is not true healing unless there is a change in outlook, peace of mind and inner happiness."*



Long Distance Healing

Have you ever received a phone call from a friend or loved one and they complained of a sore back, or pulled muscle, or maybe they just weren't feeling well? You want to help but they are so far away.

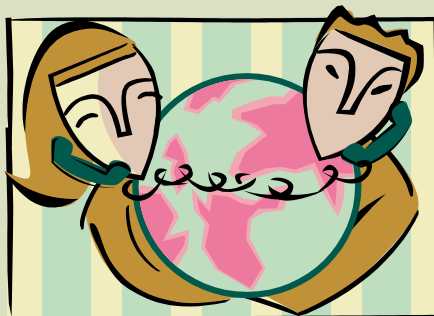
Since learning Quantum Touch I seem to get more calls like this all the time. This is where long distance healing can be helpful. I learned the power of long distance healing when I first started

taking Quantum Touch classes. Someone from class who has Ms was having a bad day and could not attend class. The instructor had each of us take a body part (arm, leg, head, back, and feet) I was given his left leg. I pictured his leg in my hands and with love and intent I started sending en-

ergy. In my mind I pictured the muscles, tendons, joints all healing from within. I went up and down his leg with energy and then circled it with Gods universal love and light.

I did this maybe 10 or 15 minutes and when called later in the day he said he did feel better, especially his left side.

I learned God works his wonders in many different ways.



By
Bev Hoeft,
Quantum Touch
Practitioner



Super Savings on....

SUPER THURSDAYS
3rd Thursday of every Month

**Save on Nutrition Dynamics,
Metagenics, and our locally made
Chi Scentials Essential Oils!!**

20% OFF



By Jessi Bossard,
CMT

A New
Modality
Now Offered at
Natural
Elements
Health
Center!



Thai Yoga Bodywork

What is Thai Yoga Bodywork?

Based on traditional Thai massage, Thai Yoga Bodywork incorporates rhythmic compression, gentle rocking and assisted yoga poses. The practitioner uses thumbs, fingers, hands, elbows, knees and feet during the treatment. The practitioner also works acupressure points along the energy lines (Sen lines) of the body. The Sen lines are closely related in theory to the meridian lines in Chinese acupuncture. Working these points helps relieve physical tension and energetic blocks in the body. Traditional Thai massage is performed on a large mat or futon. The recipient is fully clothed during the treatment and should wear comfortable, loose clothing. Treatments can last anywhere from 30 minutes to two hours.

A brief history of Thai Massage and its Benefits

Thai massage originated roughly 2,500 years ago as one of the four branches of traditional Thai medicine. The other three branches include herbal medicine, nutritional medicine and spiritual practices. For centuries medical knowledge has been transmitted by word of mouth from teacher to student. Thai medicine was founded and developed by Jivka Kumar Bhaccha, a native of India and close associate of the historical Buddha. He is identified as the head physician of the original Sangha (spiritual community that surrounded the Buddha). Thai medicine was practice in the Wats (or monasteries) and often performed by Monks and Nuns. One does not need to be a Monk, Nun or Buddhist to be a practitioner of Thai massage, but should approach this healing work with humility and strive to work in a state of mindfulness. Practitioners are taught to concentrate on every breath and ask for the highest level of healing possible. The hope is to relieve human suffering. There is no set way to accomplish this. The practitioner can only vow to work to the best of their ability and knowledge.

While Buddhist tradition is at the root of Thai Medicine there is no need for the recipient to adopt Buddhist philosophy. You don't need to have a yoga practice either. This form of bodywork is great for anyone that wants to relax, release stress and improve their health. The deep stretching included in the sessions makes it an excellent therapy for athletes, helping them to relieve muscle aches while increasing flexibility. Many recipients feel an increase in energy after a treatment even though during the treatment they felt very relaxed. The rhythmic movements calm the mind while stretching the physical body to relieve muscle tension and tightness, making Thai massage a wonderful way to bring balance to your mind, body and soul.

Reference:

Thai Massage: A Traditional Medical Technique

By: Richard Gold

Questions on how Thai Bodywork can help?
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