

Elements to a Natural Life

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SPECIAL POINTS OF INTEREST:

- NEW CLINIC HOURS
- THANK YOU FROM DR. CHRISTINE
- ESSENTIAL OILS FOR COLD AND FLU

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Fight Colds and Viruses in the Fall by Balancing your Chi

by Dr. Christine Schlenker

I have had many patients inquire about how to stay healthy this season, especially with the H1N1 and other potent viruses on the loose. Along with Dr. Amy's fabulous advice, there are some deeper energetic ways to fight off colds and flu viruses this fall, that are based on a medicine used thousands of years ago.

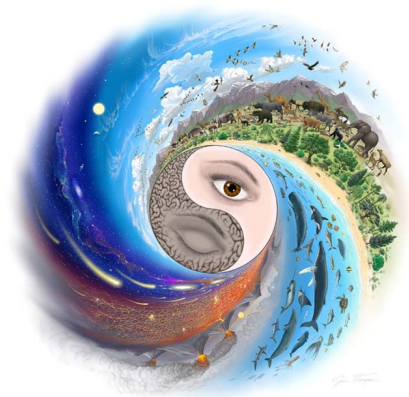
Fall season is the beginning of the *yin* cycle in acupuncture or eastern medicine where the daylight lasts for less than 12 hours. Pumpkins and squash are symbols of bounty, so gather away! Fall is also associated with the element of Metal, which governs organization, order, communication, the mind, setting limits, and protecting boundaries. That means this is a great time of the year to wrap up summer projects and to begin thinking about indoor winter projects, both physically and mentally. Fall, in other words, is a time to organize your life for the cold winter season, and come *inside* your body and mind to reflect on your life.

The lung and large intestine are the internal organs that are related to the Fall season and the Metal element. The *lung* is associated with the emotion of "letting go." This process is difficult for those that prefer the summer season, and may also notice that their symptoms may increase in the fall due to this. The lung is considered to be a "tender organ" because it is the uppermost organ of the body and thus most susceptible to wind and cold. Be sure to dress warm even if it may still feel like summer some days! Dressing too cool in the fall will leave you open to coughs, sore throats, and the common cold. The lungs also control the circulation of your immune or defense system called the *Wei Qi* (pronounce way chee). This energetic system circulates on the surface of your body between your skin and muscles and works to warm the body and protect it from the wind and cold. This is why you tend to feel cold when you are sick. Weak lungs can lead to a weak immune system and more frequent colds. To keep your lungs strong, you can practice Belly Breathing which is breathing solely with your stomach/diaphragm while your chest is at rest or not moving. This is most easily done in your sleep naturally, but dur-

ing the day you may need to train your body to always breath in this correct form. Many people that are stressed breath with their chest and do not get a full breath in all day, thus leading to weak lungs. Sleeping an adequate amount of time per day in a mildly cooled room (away from cold open windows -- cold or fans running--wind) would also aide in keeping your lungs strong by allowing your body to naturally keep your lungs full of fresh air.

The nose is the opening to the lungs so you can protect them by keeping your nose and sinuses clear. The easiest way to do this is to use a netti pot with saline solution to cleanse the nose of excess mucus. Also, refrain from eating too many cold or raw foods which can increase the amount of dampness or phlegm, which is produced by the spleen and stored by the lungs. Dairy products such as milk, cheese, cream and butter also produce phlegm. This time of year would be best to transition to foods that are warmed or cooked to keep your stomach and spleen warmer to keep extra phlegm at bay. Foods that are beneficial to the lungs are moderate amounts of garlic, onions, ginger, horseradish, and mustard.

Now is the time to strengthen your Qi (pronounced chee), the energy running through your body, so you can feel energetic and have a strong immune system in preparation for the winter season. Talk with myself or Dr. Amy about getting a scan done on your personal energy system with the AcuGraph to check the status of your lungs and immune system!





The Heart Chakra

By: Maria j Werner, CMT

The Heart chakra is the fourth chakra in the body's energy system as well as at the heart of our being. It's located at the center of the chest and is associated with the lungs, heart, upper back and ribs, inner arms and hands. It also relates to the respiratory system and the breath. The heart center is associated with the color green and the element of air. The heart center is the integrator of the psyche; mind & body, male & female, persona & shadow, and ego & unity. A healthy fourth chakra allows us to love deeply, feel compassion, and have a deep sense of peace and centeredness.

It is here, at the heart center, that we hold the right to give and receive love. Receiving love is a basic need for all humans. Giving love is what truly opens up our heart and dissolves the limitations of the ego. We are meant to give from a place of abundance rather than neediness. It is important that when giving love, we remain grounded and open in the first three chakras, or we can deplete our energy and lose ourselves in another.

When we are children we learn which behaviors bring approval of love and which ones bring rejection. There is nothing children want more than to be loved, therefore, as children we naturally develop personalities that we think will bring us love. In doing this we can lose sight of who we truly are our authentic self. The authentic self holds our vulnerable feelings, insecurities, angers and fears. It also contains our gifts, vitality and our innocence. It is important that we are aware of both sides; our light side and our shadow. When we disconnect and do not stay true to our self we lose the ability to feel empathy for ourselves and others. When we honor our authentic self and make choices from a place of truth, not from our ego, we experience joy instead of fear and doubt. The heart is where we hold truth to who we are therefore keeping the heart open and staying balanced is important to living a more joyfully and abundant life.

Giving and receiving love encourages

our hearts to beat strong and expand beyond ourselves, uniting with others, and allowing us to form relationships. The most important relationship one can have is the relationship with self. We need to be able to love our self unconditionally and be honest with who we are deep in our heart. Making choices from the heart and letting yourself make mistakes without judgment allows your soul to connect to the unconditional love and compassion we are meant to have for ourselves and others. It is important to have a good attitude toward your body whatever shape it's in. To love your body is to honor its needs, giving it the right diet, exercise, rest and pleasure. However you do not have to wait for it to be in perfect shape for you to love it unconditionally. I recommend taking some time everyday to listen to your body deeply to what it needs. Also express appreciation to your body for all it does for you. Be grateful! Forgive yourself!

Relating to others is extremely important when in relationships. To relate is to feel connection, compassion and empathy for one another, to spend time being fully present with someone. Opening to an unconditional acceptance of another's being. Knowing that you don't have to change or fix anyone, just be able to relate. Put yourself in their shoes. Being compassionate will naturally dissolve judgments and open your heart. Allowing someone to express themselves from their heart and be able to hear them from your heart is truly special.

The demon of the heart is grief. Grief is caused by rejection, loss and betrayal. It is very common in our culture to suppress our hurt and close our hearts so we don't get hurt. However, this holds us back from truly living and enjoying all that life has to offer. It is important to feel your grief fully and connect to it so that it can release. Deepening your breath and allowing yourself to cry as long as you need to is honoring yourself and extremely therapeutic. It helps to have a good friend or family member to

be with you for support. Once grief is released you will find you breathe freer and naturally you can breathe deeper.

The element of Air is ruled by breath. Breathing is a balance of giving and receiving. Breathing helps the body to cleanse, purifies the mind, and dissolve blockages that keep our heart from opening. The more fully the inhale and exhale, the more it will help you open your heart more deeply, and fall in love with life itself.

A few things to practice are gratitude and forgiveness. Be grateful for all that you have and those in your life that show generosity, patience, loyalty, truth, or any qualities that mean something to you. In some way find a way to show your gratitude. Also practice forgiveness. Learning the lessons and letting go of past hurt will free up your heart and allow for the experiences in the present moment to flow into your life in abundance. Express appreciation for the people around you like co-workers, family and friends, even strangers who wait on you in restaurants or stores. Not only will they feel good, but your heart will feel good as well.

If the heart center is out of balance in any way it may cause disorders in the area of the body that houses the heart chakra. Some of the ailments are frequent bronchitis, lung infection, hypertension, heart disease, irregular heart beat, circulatory problems, difficulty breathing, aching chest or upper back, and a weak immune system. These are just a few that can be the effect of an out of balance heart center.

A few things to do to open the heart center are being aware of your breathing, stretching your arms and chest, and practice letting go of judgment, resentment, and hatred. Practice forgiveness and allow yourself to grieve. Reach for the good in life! Express your gratitude and appreciation to yourself and others.

Remember the nature of the spirit is tender and joyful, compassionate and empathetic. Treating others as well as things with honor, respect and holding back from causing others any unnecessary harm opens the heart. The heart also naturally opens when you discover the divine connection that is within all humanity and all life. Always stay true to who you are no matter what anyone says, only you know what is in your heart. Remember the core of who you are is LOVE!

Notes on Quantum Touch

What is Quantum Touch?

Energy work seems too easy of an answer, but that is exactly what it is. Your energy and my energy coming together and the healing process starts.

When I first started with Quantum Touch it was mainly to help out a friend. He has MS and Quantum Touch workers were coming to his home and treating him and it seemed to be working well for him. I had my doubts and questions just as everyone else. I thought, sure, just lightly put your hands on him and run energy and he will feel better. As I worked on him in that first

class, that is exactly what happened. He started feeling better, not so much pain, and more relaxed. I also found that I was feeling better, and more relaxed the more I worked on him. It became more amazing the more I worked with him.

We also started having some fun running energy. The instructors brought in a bottle of wine and gave us each a small glass. First we tasted the wine which was very good. Then they had us run energy to the wine for about one minute with our hands around the glass. Sure enough, it was very

flat and sour tasting afterward! We were changing the very physics and chemistry of matter in the glass!

We also did some long distance healing. Now that sounds strange I know, but my friend was feeling bad and could not make it to one of the classes, so we all thought about a different part of him that he was having trouble with. After 15 minutes we called him to see if he was feeling any better, (he had no idea who was running energy to what but he had given us permission to work on him) He said his left leg was not bothering him as much, which to me was pretty amazing because I had been working on his left leg.

By: Bev Hoeft, QTP



One of the real joys of this work is that we truly don't know what is possible in each and everyone and I always look forward to the journey.

Swine Flu Information and Prevention Tips

by Dr. Amy Gunderson-McNeil

What about this new Swine Flu vaccine?

- Some of the new H1N1 (swine flu) vaccines are going to be made by Novartis. These shots will probably be made in PER.C6 cells (human retina cells) and contain MF-59, a potentially debilitating adjuvant. MF-59 is an oil-based adjuvant primarily composed of squalene.
- **All** rats injected with squalene (oil) adjuvants developed a disease that left them crippled, dragging their paralyzed hindquarters across their cages. Injected squalene can cause **severe arthritis** (3 on a scale of 4) and severe immune responses, such as autoimmune arthritis and lupus. (Reference: (1) Kenney, RT. Edleman, R. "Survey of human-use adjuvants." Expert Review of Vaccines. 2 (2003) p171. Reference (2): Matsumoto, Gary. Vaccine A: The Covert Government Experiment That's Killing Our Soldiers and Why GI's are Only the First Victims of this Vaccine. New York: Basic Books. p54)

The basics of preventing something like Swine Flu are identical to what you want to be doing every day and every week in your normal lifestyle. I feel living the chiropractic lifestyle sets you up for great success when it comes to any illness or condition and so you are ahead of the game already. Follow these tips for even better immunity and nervous system strength.

Get adequate exercise – 3 days a week at 30 minutes a time is a great way to start. If you haven't been doing anything for exercise talk to me and I will help you get started.

Get enough rest – Your body gains energy and strength from sleep. If you aren't sleeping well you will be robbing your immune system of "fighters" so to speak and you will not be as ready for anything that comes along. Sleep well to fight well!

Clean up your diet – Sweep out the sugars and processed foods. The power of your immune system is compromised by putting garbage fuel into your magnificent machine. All natural, low sugar, organic when you can is a good start. Look at your food labels for an eye opener on things like juices, dressings, and even peanut butter!

Get regular chiropractic adjustments – A subluxation free nervous system allows your body to function at its highest potential. Your immune function is directly controlled and powered by your nervous system. When you are adjusted your power is boosted and your immune strength is enhanced. Be well adjusted to stay well!

Clear your mind – Mental/emotional stress drains your body's ability to deal with the everyday needs. The clearer you are thinking and the more relaxed your mind is, the quicker you will respond to any health threat such as a flu or injury.

Vitamins – I know you have heard this before, but once again it is a key. Vitamin D is powerful for fighting off the flu. Essential fat's, omega-3's, are a key to nervous system function which directly controls the speed of response to any illnesses. Multiple vitamins from a trusted source will get you started. Talk to me about this.

Stay away from Vaccines and Hospitals – The vaccine is the surest and quickest way to expose yourself and guarantee you will suffer not only with the disease, but most likely form the dangerous side effects of the toxins in the vaccination. Staying out of hospitals will reduce your risk as they are filled with illness and infections.

Lastly, use common sense – Wash your hands (no need for antibacterial junk), eat foods you have prepared at home from scratch whenever possible as they are filled with antioxidants and useful nutrients.

These are a few things that you and your family can get started on right now to be at your best. If you would like some further explanation or ideas, let me know. Have a great month and stay well!

What Oil Should I Use?

So many times I have been asked which oils to use and how do I use them. I will try and answer and categorize the oils so it is easier to understand them.

Tree oils are the grounding oils. They are distilled from the bark, leaf, or tapped resin of the tree. Think of the tree roots in the ground stabilizing the tree from all of nature's elements. When we are hurt our mind wanders and it's easy to make unwise choices because we are not grounded. If you have an important decision to make, better make sure you are in the present moment and balanced. Some of the grounding oils include Spruce, White Fir, Ylang Ylang, Pine, Cedarwood (one of my favorites), Angelica and Juniper.

Flower oils are good for depression. At a

seminar I attended last month, Dr. Purser stated that approximately 80% of depression is caused in part from some sort of suppression. The flowers can come from a variety of plants as long as it the flower part of the plant that is used in the distillation process. Frankincense cleans the receptors of the brain, Orange (broad spectrum), Geranium is also great for the skin, lavender also great for burns and rashes, and grapefruit are just a few to shake the blues. As you can see there are multiple purposes to a lot of the oils.

Fruit oils are for awakening and playfulness. When is the last time you let your inner child out to play? Lemon is great for uplifting, Grapefruit is not just for breakfast anymore, and Tangerine, Mandarin and Peppermint are great for lightening the mood.

By Dar Anderson, CMT, VBST

There are many more purposes for the oils; the above is just one way to categorize some of their many abilities. Remember to always use carrier oil before applying any essential oil and do a spot check to make sure there is no skin sensitivity. Citrus oils are photosensitive and may cause a rash if exposed to direct sunlight or tanning beds within 3 to 4 days after applying. Check contraindications for pregnant women, epileptics, allergies, or high blood pressure. Make sure you are using therapeutic grade oils and start enhancing your life. The possibilities are endless.

