

SPECIAL
POINTS OF IN-
TEREST:

- **Milaca Customer Appreciation Day Special!**
- **New Services Coming in the New Year!**
- **Food Drive for Milaca Area Pantry**
- **Get signed up with us to receive this Newsletter by e-mail!**

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Elements to a Natural Life

Visit our website at www.naturalelementshealth.com

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Holiday Foods May Decrease your Immune System

Have you noticed that when the cold weather hits you crave more potatoes, breads, butter, and heavier foods? But have you also noticed that your joints and body ache more than in the summer? Would you believe me if I told you that how your body feels directly relates to what you eat?

That is because **80%** of your immune system is in your **digestive tract**. And did you know that you have over 500 varieties of bacteria (good and bad) in your gut to help you stay healthy? Believe me or not, the ratio of those bugs is vital to if you can fight off a cold successfully or not. Here's the catch: eating more breads, starches, and sugars feeds the bad bugs, which in turn increases gut inflammation, which in turn creates muscle, nerve, and joint inflammation, and thus pain! Inflammation around your nerve

is like a tightly wrapped rubberband on your finger. It's hard for you to concentrate on anything other than the throbbing at the tip of your finger. That is why an adjustment can help flush out the inflammation and turn on the communication again, boosting your immune system.

Secondly, it is important to eat a better diet. Bring those vegetables and fruits back that you were eating so much of in the summer. This will boost your antioxidant and vitamin C level, amping up the fighting potential of your immune cells. Your body needs a solid nutritional foundation to fight colds and flus. Of course with the Holidays it is necessary to eat your grandma's cookies and other delicious food, but keep in mind the more homemade and natural it is, the easier

time your body will have digesting it and eliminating what it doesn't need. Eating fermented foods; sauerkraut, yogurt, kefir, hering, vegetables, and other items will help increase the good bacteria in your gut, counteracting the sugars you are taking in to feed the bad guys.

You can also consider taking nutritional supplements like Vitamin C, Probiotics (capsuled good bugs), Echinacea, Tumeric, Goldenseal root, and Cinnamon bark to help boost your nutritional foundation. All of the above are available at the clinic, and we are here to help you find what you are looking for.

Dr. Christine Schlenker



Stop in the clinic for this new handy resource: **Vitamin and Mineral Food Guide**

Need to calm your busy mind or find answers?

SPECIAL GUEST:
RAY REITZE
Tuesday, Dec 4th
Starting at 6:00 pm

At Natural Elements
****RSVP to Kristie****
983-2333

Join us, with Ray from Earthways School of Wilderness Living, for an evening of meditation, discussion, and how to find your own answers to life. The evening discussion will develop from your questions.

Ray has written "And We Shall Cast Rainbows Upon the Land," a book discussing how to find peace, love, and happiness within yourself and your life. Goodwill offerings are accepted for the class.



Ray Reitze
Canaan, Maine

Be a "Percenter"

Mary Marsh, PhD Wellness Coach

The 2 Percenter: 98 percent of the population does what everyone else does. Dani Johnson's training at danijohnson.com suggests if everyone is doing it, do the opposite. We struggle to keep up with the Joneses, go into debt for unnecessary items, and continue with a job because it has benefits and security. We get up, go to work, come home watch TV, eat dinner, spend a little time with the family, and then back to the TV until we fall asleep. Then, we do it all again the next day, and day after day

after day. No wonder so many of us are depressed, bored, or sick and tired. That isn't the life God intended for us.

The "2 Percenter", or the other 2 percent of the population, is willing to take risks, follow their dreams, and fully use the gifts and talents they have been blessed with. We have been convinced that security and safety are the most important thing, however, that is nowhere near the real truth. The life we yearn for has risks, challenges, and failures. That is when life is exciting and worth living. We have a need for

growth in our lives whether it is to build a business, build a family, better relationships, or get the training we need to enhance our talents so we can strive to be the person we were created to be.

The 10 percenter: When we give money to organizations that are helping to make a difference in our world it is biblical and we are being good stewards of the money we have been blessed with. Tithing 10% of your earnings to your church and local non-profit groups are a good place to start. Look for groups that are good stewards of the

money. I like Joyce Meyer Ministries because she has helped me and many of my friends. Oprah funds the administration of Oprah's Angel Network so all the donations actually go to help people. The traditional amount to tithe is 10% off the top however Dani Johnson and others do the reverse and live on 10%, a very admirable goal for all of us.

**Milaca Customer
Appreciation Day!**
Friday Dec. 7th
Only!
Foot Baths
\$10.00



Essential Oils: Jolly Holiday Bath Formula

Make your spirits bright with this lusciously-scented holiday bath: it will help you unwind, revive, and be of good cheer.

Simple Solution: Even if holiday stress sometimes gets you down, aromatherapy essential oils can help you feel calm and bright.

- 4 drops pine**
- 4 drops sweet orange**
- 3 drops ginger**

Add oils to your bath and soak for 10 minutes.

The fresh and pungent aroma of pine is warming and fortifying to the physical body, counteracting pessimism, fatigue, and nervous debility.

Sweet orange helps to remove stagnant Qi, easing frustration and tension. Its warm, sunny aroma conveys joy, optimism, and positivity.

Ginger is stimulating and warming, boosting vitality, confidence and morale.

--<http://www.care2.com>

Christmas Spirit Blend by Young Living

A purifying blend of evergreen, citrus, and spice, reminiscent of winter holidays, that brings joy, peace, happiness, and security.

Ingredients:

Orange is elevating to the mind and body, bringing joy and peace.

Cinnamon Bark is the oil of wealth from the Orient.

Emperors of China and India measured their wealth partly by the amount of cinnamon they possessed. Traditionally, it was thought to have a frequency that attracted wealth and abundance. It is highly antiviral, anti-fungal, and antibacterial.

Spruce helps the respiratory and nervous systems. It is anti-infectious, anti-septic, and anti-

inflammatory. Its aromatic influences help to open and release emotional blocks, bringing about a feeling of balance and grounding. Traditionally, spruce oil was believed to possess the frequency of prosperity.

-- Essential oil Desk reference

Boost your Memory & Sleep better thru Music by: Dar Anderson, CMT & Voice Biofeedback Practitioner

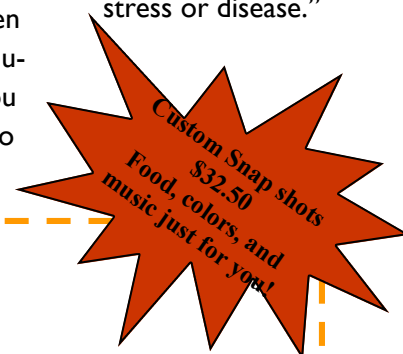
A music therapy program raised melatonin levels and improved behavior and sleeping problems in 20 male Alzheimer's patients. The Alzheimer's patients underwent music therapy for 30-40 minutes, 5 days a week for one month. Blood samples were taken before the first session, at the end of the four weeks of therapy, and 6 weeks after the study's conclusion. Dr. Ardash Kumar and colleagues at the University of Miami School of Medicine (Florida), who reported the study in *Alternative*

Therapies (1999;5:49-57), checked the levels of melatonin, norepinephrine, epinephrine, serotonin, and prolactin. These brain chemicals are known to affect mental state. They found that melatonin epinephrine and norepinephrine blood levels had risen significantly by the end of the 4-week therapy program. Moreover, melatonin levels remained high 6 weeks after the program had stopped. Epinephrine and norepinephrine levels, by that time, had returned to their

original readings. Serotonin and prolactin were not affected by music therapy. In addition to the hormonal changes, the participants in the study also became more active and cooperative and slept better.

"Relaxation with the type of music that calms you down is very beneficial," said Kumar. "To promote a sense of calm and well-being, you can listen to your favorite soothing music when you eat, before you sleep, and when you want to relax. Music therapy might

be a safer and more effective alternative to many psychotropic medications. Like meditation and Music therapy might be a safer and more effective alternative to many psychotropic medications. Like meditation and yoga, it can help us maintain our hormonal and emotional balance, even during periods of stress or disease."



Recipe Box— Pumpkin Bisque

- 1 T olive oil or coconut oil
- 1 granny smith apple, peeled, cored and chopped
- 1 leek, white part only, finely chopped
- 4 C vegetable stock-homemade or organic
- 1 sweet potato, peeled halved lengthwise and cut in 1/2 inch slices
- 1 (16 oz.) can pureed pumpkin
- 1/4 tsp. dried thyme leaves
- Salt & pepper to taste
- 4 tsp. minced chives, for garnish
- In a large, heavy saucepan,

heat oil over medium-high heat. Sauté the leek and chopped apple until the leek is softens, about 4 minutes. Add the vegetable broth, yam, pureed pumpkin and thyme leaves. Bring the soup to a boil, reduce heat, and simmer until the yam and apple are soft when

pierced with a knife, 20-25 minutes.

Transfer the hot soup to a blender or food processor and puree. Transfer to bowl and garnish.

--www.fabulousfoods.com



**Milaca Area
Pantry
Food drive!
Save 10% off
any service
or product!
Dec. 1st-31st**

Special Request Recipe: Baked Acorn Squash with Cranberries

- 1 large acorn squash, spilt length-wise and seeded
- 1/3 C chopped pears
- 1/3 C fresh cranberries
- 2 T freshly squeezed orange juice
- 2 T maple syrup
- 1 tsp cinnamon
- 1/4 tsp allspice
- Preheat oven to 400° F.
- In a large bowl, combine all ingredients except
- cranberry mixture into squash cavities. Use extra liquid to brush cut edges of squash. Bake about 30-45 minutes, or until squash is soft.
- www.fabulousfoods.com



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A place to balance your mind, body, and soul.

Place
Stamp
Here



Coming Soon in the New Year!

Chiropractic Acupuncture

An eastern medicine approach to pain and disease using the art of acupuncture. Chiropractic patients will be eligible for this new therapy in the new year.

(It is against state and national law for a chiropractic acupuncturist to perform the therapy without the patient being treated through chiropractic. Therefore, this therapy will only be available for those under chiropractic care).

Acugraph for Acupuncture

~~An objective way to accurately find out and see for yourself if Acupuncture therapy can help you!

~~A Pain free and accurate analysis to measure the balance of your acupuncture meridian systems.

The information in this newsletter was written by Dr. Christine Schlenker, DC, a chiropractor at Natural Elements. 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.

