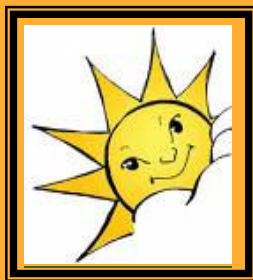


NEW TO MILACA!!
SILVER NICKLE FARM

SPECIAL POINTS OF
INTEREST:

- **Open House Specials**
*Flyer inside
- **Look for us at the Business Expo, February 2nd, Saturday 8:30am-12:30**
*Special offers for that day only and prize drawings!



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Elements to a Natural Life

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VOLUME 2, ISSUE 1

FEBRUARY 2008

Boost your Mood, and prevent Cancer and other diseases like MS

With the recent cold weather snap for the past two weeks, how many of you are getting stir-crazy, and maybe a little depressed or irritable? Would you believe me if I told you that the lack of sunshine on your eyes and skin can result in not only a depressed mood, but also things like: weakened muscles and bones, heart disease and high blood pressure, a variety of cancers, asthma, and autoimmune diseases such as Type 1 diabetes, rheumatoid arthritis, and multiple sclerosis? And that it is all related to the simple fat-soluble vitamin D?

With the more recent research, they are finding more and more reasons that we, especially as mid-winter Minnesotans, need to be getting our rays. To those of you going south on vacation, too bad you didn't leave room for some of us in your suitcase! But for those of us stuck trying to get our cars started, as little as 10-15 minutes of sunshine on your face, hands (if you dare!), and arms will grab you 20,000 IUs of Vitamin D! But for those of you 70 and older, your body will only produce a quarter of that, and that may be why so many of you feel better in the summer when you are gardening and out and about. Thus, those of you in your golden years and those of you working indoor jobs from sun-up to sun-down should pay attention later to the section on other sources of Vitamin D, to get you on your way to feeling great.

How did we become deficient in vitamin D? It all started

when our ancestors came north, but not north enough to eat the deep sea fish that are so rich with vitamin D. Secondly, we started getting jobs indoors, which has cut our intake even further. And thirdly, about 30 years ago public health campaigns pushed the use of sunscreen, which blocks all unhealthy and healthy UV rays from getting into your body. **Did you know that an SPF 8 sunblock reduces the skin's vitamin D production by 95%?! And even though the use of sunblock has been incorporated, skin cancer is still on the rise. It doesn't add up, other than the link that possible vitamin D deficiency can increase cancer risks. They are even finding that even half of those who live in Hawaii are vitamin D deficient! That is crazy! So how can you boost your vitamin D intake as a mid-winter Minnesotan? First, **get outside!** Sunscreen gives you a false sense of security, plus it is blocking the good UVB rays that stimulate your body to make its own vitamin D as it should. I always stand by my grandma's rules: noon to two, out swimming or playing, wear a t-shirt or play in the shade. That is just how it went, I don't remember as a kid getting slathered with sunscreen. If concerned, aloe vera gel before the burn can help protect the skin, but the key is to pay attention to your skin's sensitivity and avoid the burn.**

Two, **eat foods rich in D!** Here are some ideas for you: **cod liver fish oil** (1360 IUs per tablespoon), **fish such as salmon, sardines, and mackerel** (350 IUs per 3.5 ounce), **eggs** (20 IU per yolk),

Dr. Christine Schlenker

milk, soymilk, and orange juice (98 IU per 8 oz. serving), and **dried shiitake mushroom** (46,000 IUs per 100 grams- it's a high IU value because they are commonly dried in the sunshine- can find them in the vegetable section by the onions at Coborn's). Those are just a few foods to start with, but in the winter it is always a good idea to try and eat brightly colored fruits and vegetables to get a good assortment of minerals and vitamins.

Three, if still concerned, you can **supplement vitamin D**. I can safely say that someone reaching about 1,000 IUs per day of vitamin D and getting outside every now and then should be getting a good dose. Of course, if you get more by being outside or eating a lot of fish, that is different than taking a supplement of vitamin D. The difference being your body is naturally taking in and converting what it can absorb, and the supplementation is slightly more "forceful" in a way, and can be hard on your liver if taken at higher doses. Commonly in many of my autoimmune disease nutrition classes, they recommend liver function tests for those taking high doses of vitamin D to help manage their disease.

The vitamin D put together with your calcium supplements is safe to take. We have a couple different kinds at the clinic that are great. Always look for supplements that have D₃ (cholecalciferol form) in it, this is the most safe to take because it is the most natural supplement form. Typically, if you are taking 1000 mg of calcium, 400 IU of vitamin D will be beneficial. And as always, ask at your next appointment if you have questions, I would be glad to help you!

Welcome Our Newest Certified Massage Therapist

Maria Werner, CMT

Offering:

- **Deep Tissue Massage**
- **Swedish Massage**
- **Hot Stone Massage**
- **Raindrop Therapy**

Maria was certified in massage therapy through Aveda Institute of Minneapolis. She is also continuing certification in Quantum Touch, a hands-on healing system that utilizes the universal life force energy (Qi) to assist oneself and others to heal physical and emotional issues. And also Craniosacral Therapy with Dr. Carol Phillips, which taps into a

motion called the craniosacral rhythm that can be felt most strongly at your head and the base of your spine. The rhythm is created by a wave of fluid which continuously ebbs and flows in the space around the brain and spinal cord. Because your body is connected in all its parts, the rhythm can also be felt through tissues. Tension in your body can restrict the flow of the craniosacral rhythm. With the use of gentle touch, the rhythm can be corrected.

She is a talented massage therapist, also working with meditation, pregnancy massage, Reiki, essential

oils and Polarity Therapy, whose practitioners seek to balance and restore the natural flow of energy which flows from the universe and into the body through meridians, chakras, and endocrine glands. This deep nervous system balancing and unblocking allows a release of stress and permits the body to relax and heal itself naturally.

**Available on
Friday afternoons!
Adding more hours soon!**



New Insurance Accepted

We are now accepting new insurance!

- **Medica**
- **Great West Healthcare**
- **Health Allies**
- **Med Risk**
- **United Health Care**
- **Patient Choice Healthcare**
- **Medical Resource LLC**

You will need to fill out paperwork for the approval process of these insurances, before your initial visit with the chiropractor.

If you have any questions or would like to schedule an appointment please call and talk to Kristie

New Foot Bath Price!

To help your pocketbook, we have permanently reduced the 30 minute session price to *\$20.00* Book yours today!

Shake Your Body by: Dar Anderson, CMT & Voice Biofeedback Practitioner

Geopathic stress is a common belief that negative energies come from the earth and can cause discomfort and ill health to those living in that area. Geopathic practitioners maintain that electromagnetic field are created by the earth's vibration such as underground streams, fault lines, radiation, underground caves, also mineral concentrations. This practice goes back to Ancient China, where intended buildings had to be free of "Earth Demons". George Lakhovsky, a Russian inventor, was one of the first to examine how the stress caused the human body to vibrate to higher frequency than normal. He believed this made people more susceptible to viruses, bacteria, parasites, cancer, etc.

As a child growing up in Northern Minnesota I was quite

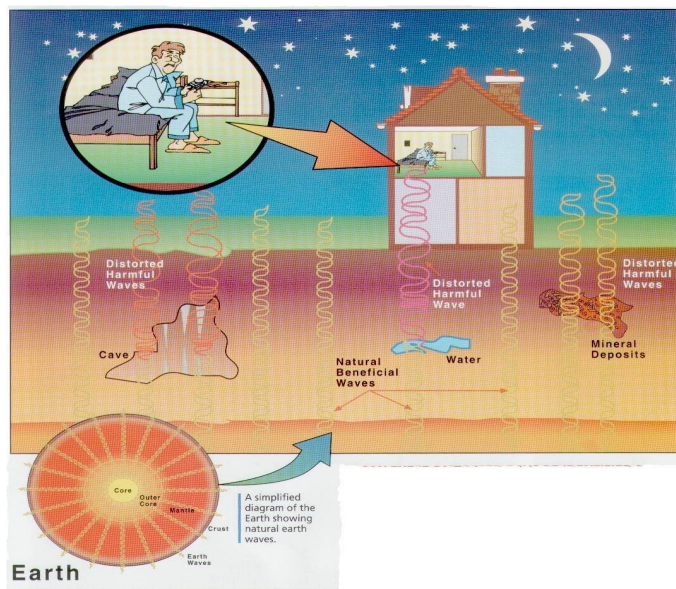
aware of the cows grazing in our field. When I would ask my Dad why the cows preferred a certain pasture and never went to one location, he would just say it was bad ground and the animals knew what they were doing. I never thought any more about those early childhood days and the cows until I started doing biofeedback. Depending on where biofeedback is done, the geopathic stress differences are extreme. The cows knew what they were doing!

Did you know that on March 5, 1979 an earthquake of 1.0 was instrumentally recorded with Milaca being the closest town to its epicenter? Definitely a movement of rock in the earth's interior. Too much vibration. It's like being too close to a television, living under power lines, television,

computer monitors, microwaves, Radon, etc. There are many stressors in our life, sometimes even the buildings we work and live in.

There are ways to reduce stress in our daily lives

whether it is biofeedback, oils, massage, or adjustments. Take time in this year to evaluate the stressors in your life and living conditions and how to eliminate them.



Recipe Box— New Mexican-Style Soft Tacos

- 3 Tbls olive oil
- 2 pounds chicken cut up
- Sea Salt
- 2 Tbls ancho Chile powder
- 1 large yellow onion, thinly sliced
- 4 cloves garlic, thinly sliced
- 1 ancho Chile, coarsely chopped
- 2 New Mexican chilies, coarsely chopped
- 4 cups organic chicken stock
- 6 sprigs cilantro
- 12 whole grain tortillas, warmed
- Salsa Verde, recipe follows

Preheat oven to 350°

Heat oil in large Dutch oven over medium-high heat. Season chicken with salt and ancho Chile powder. Sear in the oil until golden brown on both sides. Remove chicken to plate. Add onion to the pan and cook until lightly golden brown. Add the garlic and cook for 1 minute longer. Add the chicken back to the pot, add the chilies, stock, and cilantro, and bring to a boil. Cover and roast in the oven until the chicken easily falls away, about 40 minutes. Remove the chicken from

the pot and strain the cooking liquid into a bowl. When the chicken is cool enough to handle, remove bones and cut or shred the meat into bite-sized pieces. Place the reserved cooking liquid into a medium saucepan and bring to a simmer. Add the shredded chicken, turn off the heat and let warm. Divide the warm chicken among the warm tortillas, top with Salsa Verde and chopped cilantro.

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Salsa Verde:

- 2 Tbls olive oil
 - 1 medium red onion, chopped
 - 1 jalapeno, chopped
 - 3 Tbls fresh lime juice
 - 2 Tbls honey
 - 1/4 cup chopped cilantro leaves
 - Salt and pepper
- Heat oil in a large skillet over medium heat. Add the onions and jalapeno and cook until soft. Add the tomatillos and cook until soft. Transfer to blender, add lime juice, honey, and cilantro and blend until smooth. Season with salt

Essential Oils: Dry Scalp moisturizing treatment

- 1/4 ounce Sesame oil
 - 1/2 ounce jojoba oil
 - 1/4 ounce coconut oil
 - 8 drops Cedarwood
 - 8 drops Lavender
 - 12 drops Rosemary
- Mix well and massage into scalp. Leave on scalp for 15 minutes

then rinse well. Shampoo hair and fix as normal. You may use this treatment on a weekly basis and this recipe should be stored in a glass container and in the refrigerator.



Place
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Here

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Milaca, MN 56353

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www.naturalelementshealth.com

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Natural and Organic
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**Beef, Chicken, Lamb, Pizza, Breads and
Buns, Amish Furniture, Candy, Jams,
Soaps, Crafts, Country Items**

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Milaca, MN 56353
Located: South of Bock

Hours of operation
Friday 1:00 pm-7:00 pm
Saturday 9:00 am- 3:00 pm
Other times by appointment only!

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.