



Elements of Health

Happy Valentine's Day



February 2010 Newsletter

Love Your Body Month!

Show Yourself Some Love!

LOVE YOUR BODY!

We wanted to put some bright, lovin' colour into our newsletter this month to celebrate Valentine's Day and all things "love"! We are taking this month to celebrate love in all aspects of life. To us at Elements of Health, love for the body is a priority. There is a saying that "to be loved by others you must first love yourself." Many people don't really consider this phrase or simply brush it off as fluff. We are here to tell you it is not fluff! Loving yourself on a mental, physical, and spiritual level is not as difficult as we make it out to be, and changing your outlook almost always benefits your health! Sometimes we feel bombarded with everything we do "wrong" in regards to our health, or overwhelmed with pressure to look a certain way. Well let's change that

and focus on things we can do that are right! Show some love to that brain of yours and expand your knowledge of how to listen to your body; there is a lot of information out there that can help you to help yourself! The body and mind together can accomplish amazing things, so it's time to get the two together and show some love to YOU! You will be surprised what a little awareness and application can do to help you combat day to day issues like fatigue, mood swings, and food cravings. This month's newsletter is full of great specials from our practitioners and unique Valentine's themed gift ideas that will not break the bank like expensive jewelry or perfume, and will actually benefit your health and the health of your loved ones! We hope to see you soon at Elements of Health!

Cheers to Water! - from Wanda

If you've spent any time on a treatment table at Elements of Health chances are you've been asked once if not a million times...How much water do you consume? We all know there's good reason for this question. Next to oxygen Water is by far the most important nutrient for our bodies. All of us know that our body is comprised of 75% water. Without food we can survive for a couple of weeks, without water only a couple of days. So what does water do that's so important to our body function? Well, we could go on for hours, days, months and years talking about how it aids our bodies cells to eliminate waste and toxins, transport nutrients and essential chemicals for body function, aids in digestion, nutrient absorption, regulates our body temperature, helps to circulate our blood, aids in brain function, is essential in joint and muscle movement, protects tissues and organs of our body, metabolizes stored fats, gives our muscles tone, aids in muscle contraction. The list is long and extensive, and for me very fascinating but for many of you very boring. It is important to understand and know is that the amount of water we consume is essential to our body and how well it functions therefore it is essential to our health and life.

By drinking enough water, you keep the flow of essential body fluids going so that the body can perform its daily functions easily and effectively. When we're not drinking enough water it stands to reason that our body's ability to function effectively starts to deteriorate and we see the effects of dehydration begin. It starts with thirst and progresses to more alarming symptoms. Mild dehydration occurs when the body has lost about 2% of its total fluid. The causes for mild dehydration can be not drinking enough water throughout the day, excessive consumption of carbonated, caffeinated beverages or beverages that contain aspartame, diarrhea, vomiting, excessive sweating, hot temperatures, burns, alcohol consumption etc.

From a massage standpoint water is essential to muscle health. Why? Because muscles are mostly composed of water as are your joints and their cartilage. Unlike camels we do not contain a water reserve, our bodies must operate on a distribution system when we are dehydrated our body works to distribute the amount of available water. With little to no water available to our muscles they begin to lose mass, muscle contractions become weak, nutrients to the muscle decreases, waste product builds up and more often than not our muscles start to bind and stick to one another causing fatigue, muscle aches, pain and a trip to the massage therapist. Now don't get me wrong, I love your business! However I do not like to see my clients in pain, and many muscle aches, joint pain and dis-ease can be simply "remedied" by increasing the amount of water we drink. Most of our bodies live in a state of chronic dehydration and it is believed that chronic dehydration can be a contributing factor in localized muscle pain, joint pain, depression, Loss of Libido, Chronic Fatigue Syndrome, Lupus, Multiple Sclerosis, Muscular Dystrophy, arthritis, and many more. **SHOW YOURSELF SOME LOVE BY DRINKING MORE WATER!!!**

"I don't understand why Cupid was chosen to represent Valentine's Day. When I think about romance, the last thing on my mind is a short, chubby toddler coming at me with a weapon."

~Author Unknown

Inside this issue

- LOVE YOUR BODY!
- The Scoop on Water from Wanda
- New Practitioners!
- Great Gift Ideas for Valentines Day!
- Exciting New Products
- Hot Chocolate Recipe from Adrienne!

OOPS!

Elements of Health would like to correct information from January's Newsletter:

-Chinese New Year 2010 is FEBRUARY 14TH! We apologize for saying it was Jan. 26 (January 26 was the date for 2009 Chinese New Year)

"Live your life in happiness, even though those around you lead lives which are unhealthy, and wish to spread their illness to you. Be Happiness itself."

- Buddha



*Book a reflexology treatment
for the one you love!*

**DON'T FORGET
FAMILY DAY ON
MONDAY,
FEBRUARY 15th!**
(E o H will be closed.)

*Right now
all new
patients will
receive **\$20**
off their
first
reflexology
treatment.*

Chocolate Lovers Massage

1 hour \$50.00 +GST

Our massage therapist will use Swedish massage strokes with warm chocolate scented oil to relax and rejuvenate your body.

Couples Massage

2 hours \$85.00 +GST

Learn to give and receive a relaxing massage. Our massage therapist will teach you and your partner Swedish massage techniques that you can use to create a new area of communication and relaxation in your relationship.

Couples Hot Stone Massage

2 hours \$148.00 +GST

Learn to give and receive a relaxing massage. Our massage therapist Wanda will teach you and your partner how to massage each other using hot stones. Couples will leave with their very own heated stone spa.

Repeat Massage

1 hour x 3 \$135.00 +GST

Your valentine will enjoy three 1 hour massage treatment sessions with Wanda, redeemable at any time. Now that's Love!

Don't miss out on your chance to

WIN!

*Book an hour massage with Wanda
February 1-12 and you'll be automatically
entered for a chance to win a
1 hour Jade Stone Massage.*

(A \$90 value)

*Book from February 15 – 26 and your
name will be automatically entered to
win a*

Repeat massage package.

(Includes 3, 1 hour massages, a \$135 value)

*Book for a regular 1 hour massage with Wanda
or Irene for any of these dates and you'll receive
\$20 off your 1 hour massage service.*

*(discount cannot be combined with any other offer and is not redeemable
for cash)*

Draws will be made Feb. 12 & 26

Cancelled or missed appointments will not be eligible for draws.

Hey Ladies! (and Men!)
Thinking of a great Valentine's
treat?

Give the gift of Facial
Rejuvenation Acupuncture!

It is a safe, effective, and
relaxing way to look and feel
years younger.

Dr. Viktoriya offers packages of
5 or 10 treatments. Save 10% by
booking a package of 10 and 5%
when booking a package of 5!

Call for more information!



Fertility Massage

Wanda Herriman, RMT is looking for women interested in trying fertility massage. If you or anyone you know is having difficulty conceiving and would like to enhance your chances with the use of fertility massage please call us at 403.603.3299 or to learn more contact Wanda Herriman RMT at herrimanw@yahoo.ca

Adrienne's Favorite Fat Battling Foods

- ♥ Raw Walnuts
- ♥ Apples
- ♥ Lemons
- ♥ Wild Fish
- ♥ Lentils
- ♥ Beans
- ♥ Quinoa
- ♥ Grapefruit
- ♥ Cucumber
- ♥ Pineapple

Water consumption guidelines:

Our bodies replace **10.4 cups** of water each day, to keep running; and in order to stay healthy our bodies need water. **It is recommended** (if you lead a completely sedentary life and do not consume an abundance of caffeine, carbonated beverages or aspartame) **to consume at least 50% of your body weight in ounces of water.** So if you weigh 140lbs you should consume 70 ounces of water per day or 2070ml, or 9 cups of water or 4 -500ml bottles of water.

Avoid Water Intoxication

This is a real condition and occurs when water is consumed in excess. It involves drinking more than 2850ml of water or more all at once. This is a life threatening condition; these people become drowsy, lightheaded, and weak and must seek treatment immediately or risk convulsion, coma and death.

-Wanda

Elements of Health has added a couple more new faces to the roster this February! Everybody please welcome our new practitioners!

Carolyn Mulholland – Registered Massage Therapist

Carolyn has been committed to health and wellness for more than 15 years as a massage therapist. She offers an array of treatments including relaxation/therapeutic massage and Jade Stone Therapy. Carolyn is now taking appointments on Tuesdays from 9-5 and Thursdays from 9-6. Welcome Carolyn!!

Irene Wongphumee – Registered Massage Therapist

Irene is trained in Swedish Relaxation Massage and is currently completing her training in Thai massage. Irene is eager to take on new patients and can help you to relax and release your tension! She is available for appointments on Monday and Tuesday evenings 5-9pm.

**THIS MEANS MASSAGE THERAPY IS NOW AVAILABLE
MONDAY-FRIDAY @ ELEMENTS OF HEALTH!**



“Hot” Hot Chocolate - by Adrienne

Share this delicious libido lifting love potion on Valentine's Day with someone you love. This “Hot” hot chocolate is sure to get your engine revving!

- ♥ 1 can of coconut milk
- ♥ 3 tablespoons of organic cocoa powder
- ♥ 1-2 tablespoons of real maple syrup (sweeten to preference)
- ♥ Tiny pinch of cayenne pepper
- ♥ Tiny pinch of cinnamon
- ♥ Tiny pinch of ground ginger

In a small pot, bring coconut milk to a boil. Combine all ingredients and serve!

*For an extra chocolaty version, add more cocoa powder.

*If you prefer a not so spicy beverage, scale back on the amount of spices.

Voila!

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We're on the Web!

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Exciting New Products!

Elements of Health has brought in a large selection of new products! Whether you are looking for Valentine's Day goodies or products to enhance your health and well being, we have something for you!

COLOUR ENERGY "CANADIAN" THEMED SAMPLE SIZE ESSENTIAL OILS - \$2.00

- Give your sweetie (or yourself!) the gift of a "Maple Leaf Muscle Magic" or "Eskimo Kisses" essential oil blend! Other blends available. Support Canadian spirit for this year's Vancouver Olympics!

COLOUR ENERGY COLOUR BATH KITS - \$8.95

- Special Red and Pink Valentine's Day Bath Kits include bath salts, essential oil, colour bath, and chakra balancing gemstones.

BACH FLOWER REMEDIES - \$15-23

- Bach Flower Remedies are liquid tinctures that can help anyone find emotional balance. After filling out the Bach questionnaire, we can help you determine and create your own custom Bach Flower Remedy in as little as 5 minutes!

REISHI MUSHROOM CAPSULES (200) - \$59.95

- Known as the "King of all Herbs" in Chinese Medicine, the list of benefits from Reishi Mushrooms is extensive. Reishi has been used as a medicine to treat everything from liver disorders, high blood pressure, asthma, and arthritis. It has antioxidant properties that may combat/prevent cancer tumors plus it can act as an anti-viral, anti-inflammatory and antibacterial. Reishi is one of the very few herbs that acts as an adaptogen, or a substance that adapts itself to correct any imbalances in the body to help it combat against stresses, like sleep disorders, psychological stress and trauma. Reishi has benefits for every organ system in the body, and every body type. It is truly one of the best supplements one can use to rejuvenate the body and has immeasurable benefits to the system when used long term. If you are interested in Reishi, you won't find it anywhere in the city for under \$75-\$130. We believe this amazing herb should be available and economical to those who want to experience its benefits from long term use, so we are doing our best to keep it at an accessible price for our patients and customers. Highly praised and recommended by Dr. Viktoriya and our Holistic Nutritionist Adrienne!

WE HAVE MANY OTHER SUPPLEMENTS AVAILABLE TO AID DIGESTION, INSOMNIA, MUSCLE ACHES, STRESS, WEIGHT LOSS, PMS/MENOPAUSE, GENERAL RELAXATION, AND OTHER AILMENTS. WE HAVE BROUGHT IN SOME GREAT TEAS, INCLUDING JIAO GU LAN, GOJI BERRY, WU YI WEIGHT LOSS TEA, STASH FLAVOURED TEAS, AND OUR FAVOURITE GREEN TEA AND GREEN TEA POWDERS! WE ARE EXPECTING AN ORDER OF NIRVANA CANDLES AND HAVE SOME GREAT NEW ESSENTIAL OILS YOU CAN USE IN THE SCENT DIFFUSERS WE HAVE FOR SALE! COME ON IN AND CHECK OUT OUR GREAT SELECTION OF PRODUCTS AT ELEMENTS OF HEALTH. ☺