



Elements of Health



January 2010 Newsletter

Happy New Year to all!

From our Family to Yours!

*"Another fresh new year is here...
Another year to live!
To banish worry, doubt, and fear,
To love and laugh and give!*

*This bright New Year is given me
To live each day with zest...
To daily grow and try to be
My highest and my best!*

*I have the opportunity
Once more to right some wrongs,
To pray for peace, to plant a tree,
And sing more joyful songs!"*
-William Arthur Ward

Inside this issue

- A New Approach to New Years Resolutions
- Chinese New Year: Tiger
- Info on our many services
- A Note from Dr. Christy
- Reflexology @ Elements
- New Faces to greet you!

It's a New Year...

Every year, just after Christmas, many of us find ourselves feeling that familiar mix of emotions tied to the end of another year. Feeling tired and inspired, nostalgic and anticipative, many of us take personal stock and think about making resolutions.

This year, instead of thinking of all the things you should resolve to *change* about yourself, take a different approach. Instead of focusing on boundaries and what you *won't* do ("this year *I won't* eat sweets, *I won't* curse, *I won't* shop so much"), focus on expanding your experiences and what you

will do. Make a "bucket list" for 2010 with specific goals that will make you feel good about yourself ("*I will* drink green tea at least once a day, *I will* take the stairs, *I will* really consider what I purchase and consume" or "*I will* go on a hike this year, *I will* try a new hobby, *I will* read a new book).

While it is a wise idea to cut back on things that are bad for our health (alcohol, sweets, smoking) also thinking of positive additions rather than negative deprivations will make fulfilling your resolutions a reality!

-Best of Luck in 2010 from Elements of Health©

Everything You Wanted To Know About Chinese New Year 2010

2010 is the Year of the Metal Tiger!

The Chinese New Year falls on January 26th, 2010. On the Chinese Zodiac, 2010 is the Year of the Metal Tiger (...well maybe not for Tiger Woods). Those born in the Year of the Tiger are admired by many. They are most compatible with Horses, Dragons, and Dogs. You were born a tiger if you were born in 1902, 1914, 1926, 1938, 1950, 1962, 1974, 1986, or 1998. Tigers are powerful, independent, gracious, and brave. The tiger is admired by the ancient Chinese as the sign that keeps away the 3 main tragedies of a household; fire, thieves, and ghosts.

Attributes

The qualities associated with metal are unyieldingness, rigidity, persistence, strength, and determination. The metal person is also materialistic, business oriented, and good at organization. The metal person is controlling, ambitious, forceful, and set in their ways as metal is very strong. The metal person can also appreciate luxury and enjoy the good things. Just as metal conducts electricity, the metal person has strong impulses and generative powers that bring about change for those who come in contact with them. Tigers are natural born leaders.





Bowen Therapy... You have heard about it, Try it!

“Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.”

- H.H the 14th Dalai Lama

“Do not pursue the past. Do not lose yourself in the future. The past no longer is. The future has not yet come. Looking deeply at life as it is.”

-Bhaddekaratta Sutta

“My religion is to live and die without regret”

- Milarepa

Try Bowen Therapy with Nicole! It is an *effective* treatment for:

- Back Problems/Sciatica
- Digestive and Bowel Problems
- Liver and Gall Bladder Problems
- Skin problems (eczema, psoriasis)
- Earaches and Migraines
- Knee, ankle, and foot problems
- Menstrual and Hormonal irregularities
- Gynecological issues including infertility
- Prostate problems
- Pregnancy discomfort/postnatal Depression
- Neck Restrictions and Shoulder Problems (inc. frozen shoulder)
- Respiratory problems such as hay fever, asthma, sinusitis, colds.
- Carpal tunnel syndrome, Tennis and Golf elbow, other sport injuries
- Nervous System: Stress and sleeping disorders, anxiety, panic attacks, excessive sweating, Parkinson’s Disease, chronic fatigue.
- Babies & Children: Bedwetting, Teeth Grinding, Colic, ADD, ADHD, and autism.
- A general feeling of “not being quite right”

The List is Endless! Clients often report *major* or *total* improvement in seemingly unrelated problems that they may have forgotten to mention to the practitioner because the body prioritizes and repairs itself as it sees fit.

Wellness through Holistic Nutrition

In alternative medicine we believe the biggest challenge in forming a healthy lifestyle plan for most people is implementing the plan. The inspiration maybe there but the motivation gets lost. That is where your practitioner comes in. As a holistic nutrition consultant, Adrienne will guide you in learning what to eat and why.

She will help you formulate a plan that is uniquely based on your life and what you want to accomplish through eating healthy. As you integrate the plan into your life she will provide the inspiration that motivates you to befriend healthy eating.

Is this right for you? It is if you would like to:

- * Reach your ideal body weight
- * Remedy chronic symptoms
- * Experience overall increase in energy
- * Learn to shop and prepare food that promotes wellness
- * Replace unhealthy eating habits with healthy eating habits
- * Become aware of what you are eating and how it impacts your health

Make your New Years Resolution now! Let Adrienne Smith help you get started in an educated and healthy way.

Making Massage a New Year's Resolution

We all do it, we make our New Year's resolutions and then before the clock strikes midnight we've broken them. Let's make 2010 different! This year when New Year's Day arrives, start it out right by resolving to take better care of our bodies, minds and spirits.

Most of us are looking for new or different methods that will help us renew our bodies and deal with the ever increasing stress in our lives. But why not turn to an age old remedy that has been used by many civilizations for centuries.

Yes, massage! Massage is still an effective way to relieve stress and a great way to relax. Many of us have adopted this age old method of renewal as a component to achieving overall health and wellness. We recognize that massage helps to improve circulation, alleviate tension and contribute to a more comfortable and stress-free lifestyle. So if you have not added massage to your health and wellness regimens why not start in 2010?

Start a New Year's Day tradition of getting a massage every year? You'll begin the New Year on a positive note, feeling relaxed and renewed and ready to take on 2010.

Check out www.elementsofhealthhighriver.com for massage pricing details.

Note: all new clients receive 50 % their 1st massage treatment.

THE BENEFITS OF MASSAGE

What exactly are the benefits of receiving massage or bodywork treatments? Useful for all of the conditions listed below and more, massage can:

- Alleviate **low-back pain** and improve range of motion.
- Assist with shorter, easier labor for **expectant mothers** and shorten maternity hospital stays.
- Ease medication dependence.
- Enhance **immunity** by stimulating lymph flow—the body's natural defense system.
- Exercise and stretch **weak, tight, or atrophied muscles**.
- Help **athletes** of any level prepare for, and recover from, strenuous workouts.
- Improve the condition of the body's largest organ—the skin.
- Increase **joint flexibility**.
- Lessen **depression and anxiety**.
- Promote tissue regeneration, reducing **scar tissue and stretch marks**.
- Pump oxygen and nutrients into tissues and vital organs, improving **circulation**.
- Reduce **post surgery adhesions and swelling**.
- Reduce **spasms and cramping**.
- Relax and soften injured, tired, and **overused muscles**.
- Release endorphins—amino acids that work as the body's natural painkiller.
- **Relieve** migraine pain.



FACIAL REJUVENATION

Facial rejuvenation acupuncture is based on the principles of Chinese Medicine. Facial rejuvenation acupuncture is gaining a lot of popularity with those wanting to take years off their face, without the risks of more conventional treatments.

A facial rejuvenation acupuncture series addresses all aspects of the individual's health and beauty. On the surface, it improves facial tone by stimulating the muscles of the face and reestablishing firmness. This can improve the look of a sagging jaw line, double chin, naso-labial fold, drooping eyelids and can redefine cheekbones. Acupuncture also stimulates circulation in the face, improving facial color, under eye bags or circles, and a flushed face. By stimulating collagen production, individual lines and wrinkles can be diminished. Acupuncture affects the endocrine system and balances hormones. Balancing hormones can improve problems pertaining to the skin such as acne, oily skin, and dry skin.

Prices:

Initial Consult + Treatment = \$120

Package of 5 sessions = \$428

Package of 10 sessions = \$810

*These Sessions are WELL WORTH it!
Stay Tuned for Photo and Written Testimonials
from our Facial Rejuvenation Study!*

Welcome the New Year and New Faces @ Elements of Health!

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Elements of Health

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“Quit saying you are going to start something, just DO IT & commit to it! QUIT QUITTING!”

~Dr. Christy Patton

We're on the Web!

Visit us at:

www.elementsofhealthhighriver.com

We have some fresh new faces here at Elements of Health to greet you in the New Year! Dr. Viktoriya Ivanova, R. Ac, TCMD is looking forward to meeting you all and is already making waves with her Acupuncture and Herbal remedies! Familiar faces Crystal Dade and Bryan Smith are here to fill the Reflexology sized hole in all our lives! Adrienne Smith, RHN will be starting in January to take on those patients interested in educating themselves about a healthy diet to feel rejuvenated in 2010! Call 603-3299 to make an appointment with any of our new practitioners; we look forward to being a part of your health in the New Year. When you call to make your appointments, chances are you will be speaking to our new full time receptionist Leah McFadden. Leah grew up in the Vulcan area and now resides east of Nanton. She attended University of Lethbridge and is waiting to start a new program at SAIT in Fall of 2010. She is looking forward to chatting with you all and would like to thank everyone for being so nice while she gets into the swing of things here @ Elements. Dr. Christy Patton R.Ac, TCMD, and Wanda Herriman R.M.T are back for more fun in 2010 @ Elements! Nicole Heidmiller continues to practice the Bowen Technique on Wednesday evenings, which we urge everyone to try for its fantastic array of “whole body” benefits! ☺

Dr. Christy's Cutting Back...

I am very pleased with how loyal and supportive you have all been toward my company, Elements of Health. For this, I would like to thank you so very much from the bottom of my heart. I am sure many of you know now that I am cutting back on my hours as a practitioner in the clinic. No, I am NOT pregnant (ha-ha), and I am in full physical health. I am doing this because Elements of Health is both a clinic and a business, and the business is need of attention. To give you an idea of a typical day for me the last 3 years, let me tell you; I work full time practicing Acupuncture and Traditional Chinese Medicine, and when my last appointment leaves I am still in the clinic trying to keep up to the business flow of work, far too many times until 11 or midnight. It is impossible for me to go on pretending that being a full time medical practitioner and a full time entrepreneur is efficient. I tell my patients that they should be taking care of themselves and making their health a priority. I tell my patients they should try to make time to relax. I have NOT been practicing what I preach. I simply can't do things like this any longer, or Elements of Health will surely suffer as will my mental and physical health. To serve the interests of everyone, I now practice on Tuesdays 9-5, Wednesdays 5-9, and Thursdays 1-6. The rest of my time will be dedicated to running the business. We have brought on another Acupuncturist and TCMD full time in addition to my hours to still be able to treat everyone. I am so glad Dr. Viktoriya Ivanova is here with us. She has all the exact same training and she works alongside with me, so there is no reason why we shouldn't all welcome her with open arms. At the end of the day we are all here and committed to helping you, our patients. Thank you for your understanding and support during this minor speed bump in our journey together. Sincerely, Dr. Christy Patton

EXTRA! EXTRA! READ ALL ABOUT IT!



CRYSTAL DADE IS BAAAAAACK! THIS TIME SHE IS A PRACTITIONER!!!!!!

Crystal Dade received her Master Herbalist and Reflexology in the last couple years. She helped start Elements of Health and continues to be involved. I am very pleased to announce that she is back in an even better way... she is here to build her practice as a reflexologist! Crystal has been working with the National Vulvodynia Association for the last year and learning her MH and Reflexology. We are really excited to see her back and hope that you will welcome her with open arms. Crystal is not our only reflexologist. We also have Mr. Bryan Smith starting with us. He has been a believer in Alternative Health for years and has tested many avenues of it! He is excited to be here and we are more than excited to have him!

REFLEXOLOGY

Reflexology is a stimulating yet relaxing form of compression massage on the feet. The feet are said to contain reflex areas that mirror and connect to all parts of the body, and pressure applied to these reflex points can actually influence your state of health. Each organ & muscle is connected by a network of nerves where channels of energy flow through the body and terminate in the nerve endings of the feet. By stimulating the reflex areas with acupressure the body can help heal itself and bring balance to the body. Reflexology may seem little more than a foot massage to some but the benefits of receiving reflexology are wide ranging. It has been found to help improve immunity, digestive complaints such as IBS, headaches, migraines, sinusitis, menstrual and menopausal symptoms, back ache, insomnia, stress, anxiety, depression and without question aids relaxation. Relaxation is safe and suitable for all ages. Some restrictions do apply to pregnant women. Give it a try... your feet will love you for it!

