Warm lazy dayzzz…

AUGUST NEWSLETTER

Elements of Health

Time to sit back And take a Well deserved break

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What is Reiki and how can it help me?

Reiki is an ancient Japanese energy healing method in which the practitioner gently lays their hands upon the client while the Reiki energy flows from the practitioner to the client. There is a saying among practitioners that no matter what, the Reiki will go where it needs to, meaning that there is no harm in a Reiki session. Feelings of relaxation and stress release during a session can happen, or a powerful shift that happens on an emotional, spiritual, or physical level. Reiki can help loosen emotional baggage to our pasts so that we can release what is causing stress or pain. Reiki is non-denominational, and anyone with any background can learn Reiki.

Monday's at Elements of Health Customer Appreciation Day

To thank you for all your support, we have chosen to make Monday's our customer appreciation Day. You will receive an email in regards to what's on special for Mondays. So keep checking in!

For all Acupuncture and Massage Sessions booked on Mondays in June, receive a complimentary 30minute Far Infrared Sauna Session.

Empowered Healing Readings and Reiki with Lindsay!

Empowered Healing Readings are tarot readings that focus on emotional wellness, to find the root cause of imbalance and stress. When feeling stuck in an emotional rut or feeling lost, Empowered Healing Readings can give gentle guidance and light to help you align with your path to promote healing and change from within.

AUGUST SPECIAL

New to Reiki? Try a half an hour session for ONLY $35 and receive a three card reading free.

NOW OFFERING!

Massage pricing for Seniors

1 Hour Massage $50.00 +gst
¾ Hour Massage $40.00 +gst
½ Hour Massage $30.00 +gst

FEATURED PRODUCT

Wonderful Hot/Cold packs

- Large wrap-around style to cover large areas such as lower back and tummy
- Strong ties to keep pack securely in place
- Pop in the microwave for a heating pad
- Or toss in the freezer for a soothing cold pack
- Durable materials
- Handmade construction

Summer Pricing Deals
Our Repeat Massage is still

$135.00

You can enjoy 3 – 1hour massage treatment sessions, redeemable at any time.
You save $25.00 on each 1 hour massage

Wedding Gifts

Are you looking for a unique gift for the perfect couple?

Why not try one of our couples massage gift certificates.

Couples Hot Stone Massage

When you purchase a Couples Hot Stone Massage you'll receive a **Conair Therapy Heated Stone Spa** as well as an Hour and 30 minutes of Massage instruction from our RMT Wanda Herriman. With the Heated Stone Spa you'll be able to take what you learned and continue it in the comfort of your own home.

1 .5 hours $148.00 +GST

Couples Massage

The lucky couple who receives this gift will 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.

1 .5 hours $85.00 +GST

"Every thought we think is creating our future."
~Louise L Hay

Bowen at Elements

Frozen Shoulder * Respiratory Problems * Carpal Tunnel
Sciatica * Back Pain * Tennis Elbow * Migraines * Sporting Injuries
Digestive Disorders * Colic * Plantar Fasciitis * Arthritic Pain
Foot/Ankle Problems * Fertility * TMJ * Crohn's Disease
The list goes on!

Become pain free and balance your body with **The Bowen Technique**.

The Bowen Technique is a gentle, deeply relaxing, non-invasive physical therapy that resets the body to heal itself. It's safe to use on anyone, from newborns to the elderly. Often no more than 3 - 5 sessions are required for the problem.

Bowen results are **lasting** and **profound.**

Pricing:

New Patient $75

Regular Treatment $65

Seniors $50

Practitioner: Nicole Heidmiller, CBHT

Your smallest actions add up to something big.

Everything you do makes a difference. Even if you're not on the front lines leading the effort, you have a contribution to make. Without your contribution, no matter how small, so many other things would never happen. The world needs what you have to offer. You have no idea how the simplest of your everyday actions can affect your child, and even people you've never met. Chances are, you'll never know. But if you're looking for a purpose to work toward, all you need is the desire and the right perspective. Define yourself as your task, and that's all you'll ever be. Define yourself as your contribution to your family, and suddenly you're a very important part of a bigger picture. The biggest pictures are the ones where there's room for everyone to be seen.

Article from: Spark People's Healthy Reflections at www.sparkpeople.com

When you are present in this moment, you break the continuity of your story, of past and future.
Then true intelligence arises, and also love.
The only way love can come into your life is not through form, but through that inner spaciousness that is Presence.
Love has no form.

- Excerpt from Eckhart Tolle's *Stillness Amidst the World*

DEPRESSION

In Chinese Medicine we believe that Depression can be caused by many different factors. Through careful diagnostic techniques and thorough evaluation of the patient we can get to the 'root' of the problem. Once this is completed we will then see a pattern of imbalances. There is a treatment for every diagnosis.
One way of diagnosis is through something called the five element theory. It is said that every element (wood, fire, earth, metal, and water) is associated with a particular strength, weakness, emotion, etc. The three MOST common types of depression are an imbalance of earth-type, water-type and wood-type.

The Earth Type/Can't Keep Up Type

Symptoms

- ♥ Digestive problems, weight gain, fatigue, and loose bowel movements

*These people can experience a deficient digestive system, over-eat due to obsessive thoughts and boredom, are overwhelmed easily, are prone to worry and weight gain. It is said that they become depressed as a result of the body being over-worked and deficient

The Water Type/Can't Get Up Type

Symptoms

- ♥ Impotence, early morning diarrhea, knee/lower back pain/weakness, frequent urination

*These people may have a deficiency of their kidneys or 'root' energy. This is mostly associated with old age or extreme/ chronic illness. I see this a lot in my practice. There are people in their 70's-80's that are still young at heart. They don't 'quit' life. Others in that age bracket may have difficulty keeping up. These are the ones that suffer. The best thing to do from an external aspect is to never really retire! Always keep yourself going. Do not give in to life, seek it and push for more!

The Wood Type/All Bunched Up Type

Symptoms

- ♥ Rib side pain (to the point sometimes that makes it painful to breathe), headaches at the top or sides of head, irritated eyes, irritable nature, anger/rage

* get depressed because they are all bunched up. They are easy to anger. When anger is focused inward, it turns into depression. They are irritable, have short tempers, and tend to be skinnier than the Earth type. Wood types become depressed as a result of stagnation.
These people need stress release! I am very impressed at what Reiki has done for some of this type of personality. The WORST thing that these people can do is bottle up their emotions. It is said, and I believe it whole-heartedly that when emotions are bottled up we feed our anger and it is usually self-inflicted.

YOU NEED TO LET IT GO!!!!!!!!!!!!!!!!

NOTE: There are many reasons and also other types of depression. If you know or feel you are depressed. Talk to us, talk to someone. You owe it to yourself. People are there to help!

~ Dr. Christy Chikowski

Full Moon Meditation

August is the ***Barley Moon*** and it represents the beginning of the grain harvest. This month is the best time to work on mending relationships or partnerships. It is also an excellent time to work on ending what no longer is serving you in your life, and starting something you have been putting off all year. To align with this energy on the full moon this August, which is in Aquarius on the 6th at 12:54 A.M. write a list of what no longer is serving you and meditate how you can make a positive change in your life and your circle. Celebrate with oatmeal cookies and a malt beverage to welcome the fall season

"Love is the great miracle cure. Loving ourselves works miracles in our lives."
~Louise L Hay