

Elements of Health November Newsletter

Inner Strength



Elements of Health
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Quotes for Strength

It is for us to pray not for tasks equal to
our powers,
but for powers equal to our tasks,
to go forward with a great desire
forever beating at the door of our hearts
as we travel toward our distant goal.

-Helen Keller

He knows not his own strength that hath
not met adversity.

-Ben Jonson

Courage is not the absence of fear,
but rather the judgment that something
else is more important than fear.

-Ambrose Redmoon



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*Feeling the chill of winter? Try our Far Infrared Sauna 15 minutes for \$10.
Packages available*

Upcoming Events

Reiki Level 1 Workshop

November 21 & 22
9:00 a.m. – 3:00 p.m.
\$125 per person

Bras, Breast Health and Bowen!

In this workshop you will learn:

- What the lymphatic system is and what roles it plays in breast health.
- What to look for in a bra to promote good breast health.
- How to perform a Bowen Breast Health Procedure on yourself. This powerful technique promotes blood, lymph and nerve stimulation.
- 10 ways to improve your breast health.
- How the heart chakra affects the breast and which foods improve energy flow in this area.

Wednesday November 25th 7-9 p.m.
\$45 per person

SHOW
YOUR
BREASTS  TLC

To register for these events call us @
403-603-3299 or email
chokowskic@hotmail.com

Monthly Specials

Food for High River

This month at Elements of Health bring a donation of non perishable food items or \$\$ and receive \$20.00 off your 1 hour Massage Service.

All donations will go to High River Salvation Army food bank.

Empowered Healing Tarot Readings with Lindsay 1 hour reading \$45

Check out our in-store made bath salts.
They come in a variety of scents to suit your tastes!

*Sugar Cookie
Coffee Cake & Spice*

*Mango Madness
Pumpkin Spice*

A perfect stocking stuffer!

New Acai Berry Tea!

Acai berries are filled with vitamins and minerals, helps to build muscle and boost energy, maximizing weight loss. Full of antioxidants, this tea will help strengthen your immune system.

\$4.25 a box

November Tarot Horoscope



This month's card is Strength. The image depicted of Hercules wrestling with the Nemean lion. The lion represents our passionate and playful side; Hercules represents self mastery of emotions and the psyche. This month Strength is showing us to stay courageous and disciplined. To have the ability to rely on your inner strength in dark times to release your sadness, anger, and aggression before it takes over your mind.

Healing Message of the card- Show compassion for others, and allow your inner animal to release past emotions through creative expression.

**CALLING ALL LADIES
WITH DRY, CRACKED
CALLOUSED FEET!**

NOW INTRODUCING...

SOFT – SOLES GEL BOOTIES

These super comfy, ultra plush booties not only feel amazing but they are designed to work actively to moisten/condition those dry dehydrated feet!

Recommended Reading for November

The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles
by Karen Reivich and Andrew Shatte

Discovering Awareness: A Guide to Inner Peace, Strength, and Freedom by Tony D'Souza and Bud Wonsiewicz

Living Fearlessly: Bringing Out Your Inner Soul Strength by Paramahansa Yogananda

The Everything Self-Esteem Book: Boost Your Confidence, Achieve Inner Strength, and Learn to Love Yourself by Robert M. Sherfield

New Product!

Chakras feeling out of balance? Try our new Chakra color bath sets, which include sea salt, color bath, essential oil, and a gemstone.

- Meditation Color Bath Kit**
- Deep Detox Color Bath Kit**
- Inspirational Color Bath Kit**
- Balancing Color Bath Kit**
- Vitality Color Bath Kit**
- Quest for Zest Color Bath Kit**



Inner Strength: Resiliency

The National Institute of Health in the U.S. reported that 90% of illness and disease is either caused or complicated by stress. Wow, and who among us doesn't have at least some stress? A certain amount of stress is healthy and necessary to give us a sense of purpose and meaning in our lives. The problem presents when stress becomes long term (chronic) or overwhelming (severe) or may be less severe and we don't have the necessary skills, abilities or resources to effectively deal with it. While the source of stress may not be within our power to change it, how we respond to it is within our power.

Our thoughts, perceptions and emotions are intricately linked with stress. It has been said that depression results from too much focus in the past, which could further result in emotions such as regret, 'if only...'. Whereas anxiety may be from too much focus on the future, 'what if...'. Thus ideally we want to be focused on the here and now. It has also been said that our emotions are a response to our thoughts-thus if we master our thoughts we could potentially have better mastery of our emotions. 'How does this relate to stress?' you may ask.

A good portion of the people I've seen in my office can relate to what another author has relayed, that stress results from a perception (thought) of an over-estimation a particular stressful situation, combined with a perception, (thought) of an under-estimation of their ability to deal with the situation. From this perspective if we change our thought pattern to the affirmation, "I can handle it" perhaps we can reduce our fear and improve our resiliency and coping ability. Of course safely changing the situation and or calling upon others to assist us, such as our support network (versus trying to unrealistically deal with a particularly difficult situation alone) are also important. Besides changing our thoughts and perceptions, other ways to build resiliency include stress management strategies of diaphragmatic (deep) breathing, progressive or passive muscle relaxation, meditation, Reiki, and/or massage. To learn more about these and other therapies please contact the staff at Elements of Health.

Debbie Zembal, (RN Specializing in Holistic Nursing and Reiki Master/Teacher)

Introducing Holistic Nursing

Specializing in stress and pain management using Reiki, Color, Music, Guided Imagery, and most important compassionate care. Need someone to really hear what you are saying and not judge you? Need to figure out what the root source(s) of your health issues are? Want to make lifestyle changes to improve your energy and health status, but not sure what to do or where to start? How about asking a nurse! Debbie Zembal, our Registered Nurse, is now available at Elements of Health for health consultations on Tuesdays and Thursdays. Call soon to book your appointment before Christmas. Hey, great Christmas present-give the gift of health to your friend or loved one.

New Introductory Rates for Holistic Nursing Services effective November 1, 2009:

Initial Visit: 1 ½ Hours-\$95 + GST

Follow-up Visit: 1 hour- \$80 + GST (Seniors \$75 + GST)