

September means back to school!!

## SEPTEMBER NEWSLETTER

*Elements of Health*

Get back to your regular healthy living routine

*Elements of Health*  
122 4<sup>th</sup> Ave S.W., High River,  
Ab., T1V 1M6,  
chikowskic@hotmail.com, 403-603-3299  
www.elementsofhealthhighriver.com

### September is National Literacy Month.

It's the perfect time to get involved in making sure that children and adults in your community can read!

When you Donate \$5.00 to the Literacy for Life Foundation and you'll receive your 1 hour massage for \$50.00

Donate \$ 20.00 or more and receive your 1 hour Massage for \$35.00 that's 50% off our regular massage rate.

All donations over \$10.00 receive an official tax receipt.

Donations can be made at the time of your massage purchase or online at [Canadahelps.org](http://Canadahelps.org) just print off your receipt for proof of donation and we'll discount your massage service accordingly.

Offer ends September 18, 2009

Thank you for helping us support High River's Literacy for Life Foundation.



### INSIDE THIS ISSUE

<i>National Literacy Month at Elements</i>	1
<i>Massage Specials</i>	1
<i>Featured Products</i>	2
<i>Workshops</i>	2
<i>Tarot Horoscope for September</i>	3
<i>Why Massage is Good for your Skin</i>	3
<i>Demystifying Reiki</i>	4
<i>Bowen for Athletes</i>	4



### Healing Affirmations

Acne:

Probable cause: Not accepting the self.  
Dislike of the self

New Thought Pattern: I am a Divine expression of life. I love and accept myself where I am right now.



*It's that time of year again!*

### Kids back to school massage.

Your child will receive a 30 min. Swedish relaxation massage. Upgrade to a scented massage or jade stone for an extra \$5.00. (Ages 8 - 15) \$25.00

### Family of 4, Massage package.

4, one hour massage sessions. Each member of the family can enjoy a 1 hour massage, useable any time. \$180.00

## Workshops in September

- ♥ Learn **Meditation** at Elements of Health with Lindsay on September 10<sup>th</sup> & 24<sup>th</sup> 6:30 -9 pm  
\$50 per person

Clear away stress and learn different ways of achieving a meditative state.

To register call 403-603-3299 or email [chikowskic@hotmail.com](mailto:chikowskic@hotmail.com)

- ♥ Introducing the **Goddess Series Workshops**. The first workshop "Ignite your Intuition" with Lindsay on September 14<sup>th</sup> 6-9 pm  
\$40 per person

To register call 403-603-3299 or email [chikowskic@hotmail.com](mailto:chikowskic@hotmail.com)

To find out more about the workshops or ask questions about Lindsay's services, contact [lvajtalaing@hotmail.com](mailto:lvajtalaing@hotmail.com)

\*\*\*\*\*

- ♥ Traditional Chinese Medicine and Diet Therapy Workshop  
\$50

September 11<sup>th</sup> 7-9 pm  
September 18<sup>th</sup> 7-9 pm  
September 25<sup>th</sup> 7-9 pm

*\*Please bring a copy of approximately one week worth of your diet journal. This will be given to our instructor, Dr. Chikowski, to assess. \**

[chikowskic@hotmail.com](mailto:chikowskic@hotmail.com) to register or please call 403-603-3299

\*\*\*\*\*

**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!*

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

*Yamcon is a natural product derived from the wild Mexican Yam plant. Excellent for control of hot flashes, menstrual cramps, night sweats and water retention. Available in cream and quick acting sub-lingual drops*



★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**Before your kids grab that next can of pop, consider this:**

One can of pop has about 10 teaspoons of sugar, 150 calories, 30 to 55 mg of caffeine and is loaded with artificial food colors and sulphites.

According to many doctors and researchers, pop and diet pop is one of the main reasons people suffer from health problems.

Help your children live a longer, healthier, happier life by encouraging them to drink water or 100% fruit juice instead of "liquid sugar".

**Why Massage Is Good For Your Skin:**

Many people put off going to the massage therapist because they're embarrassed by their acne or eczema or psoriasis. I'm here to tell you "Don't be." As a massage therapist I see many body types and I see many skin types. I have yet to come across anything that has scared me. Besides, the benefits massage has are too many to pass up. So don't miss out on radiant skin because you have a skin condition you're living with. Try it!

Benefits are:

- Improves skins nutrition
- Can moisturize and soften dry skin.
- Increases gland production:
  - Sebum production (natural body oil)
  - Sweat gland (increases excretion of waste)
- Helps to reduce infection
- Encourages cell regeneration
- Improves skin tone and color
- Reduces scar tissue
- Combined with water intake it can reduce wrinkles
- Removes dead skin cells
- It has also been known to reduce redness or thickening of the skin.



“Our bodies communicate with us clearly and specifically, if we are willing to listen to them.”

Shakti Gawain



**Tarot Horoscope–September**



The justice cards falls in September this year, showing us balance of the self is needed. Working through unfinished business concerning financial matters. Allow the scales of the justice card to balance by allowing what is right and fair for yourself and your circle.

**Healing Message of the Justice Card-** Learn to make adjustments in your life by giving your attention to the difficult decisions. Weigh out your options and move forward. Justice will help us to remove feelings of indecision and lack of motivation.

## Demystifying Reiki– How Reiki Heals

Reiki is a gentle healing method that draws on universal life force energy, also known as prana or ki. To understand how Reiki works, we first need to have an understanding on the body's energy system and how the body draws on this energy to enhance healing ability and promote balance. Our bodies draw energy to digest food, heal a cut, and keep all internal systems running optimally. Much like a light bulb drawing electricity to give light. Energy comes in many forms such as food, water, light, and even the people around us. Even plants give off and receive energy. Our bodies have seven chakras, which are energy centers that correspond to different organs and nervous systems. There are meridians in our body that run horizontally that works like an energy superhighway. We also have an auric field outside of our bodies that contain different forms of our energy.

This is where our body uses, creates and stores energy to send out, when there is an imbalance in these areas, Reiki helps to open up these channels of energy to help our bodies' innate ability to heal.

### How Stress can create imbalance.

Thought, action, and reaction takes energy. When we experience stress or emotional trauma and is not dealt with and released. This energy becomes stuck in our energetic system. Therefore creating a blockage, that if left creates illness or dis-ease on a physical level. Since our internal organs draw on our energy systems to maintain health, this is where the energy cannot flow in a proper way. Reiki helps to clear the body of stagnant energy helping you to feel relaxed so a proper releasing of energy can happen.

To book a reiki session call 403-603-3299

If you have any questions about my services contact me at [lvajta-laing@hotmail.com](mailto:lvajta-laing@hotmail.com)



“Half of the modern drugs could well be thrown out the window, except that the birds might eat them.”

Dr. Martin Henry Fischer



### Student Athletes! Increase endurance and performance with The Bowen Technique!

There is no treatment quite as effective as Bowen Therapy for people with sports injuries. Sports professionals all over the world are being treated successfully with Bowen Therapy.

Studies have shown that competitors having regular Bowen treatments consistently perform better with an accelerated rate of recovery from injury.

#### The Bowen Technique:

- Improves flexibility, movement and endurance.
- Speeds up post-match recovery and post-injury recovery.
- Can be used in the event of acute injuries (even on the field treatment).
- Improves breathing and bad sleeping patterns.
- Calms pre-match jitters.
- Together with apple cider vinegar fights inflammation in acute injuries.