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What's New

We are now offering tastes of new products. This season we are featuring **Turmero Active** from Apex Energetics. It is a lovely rich concentrated form of emulsified liquid curcumin root.

Curcumin is the latest rage in supplements. It helps with arthritis, general inflammation, auto immune disease, and prevents Alzheimers. It is hard to include therapeutic amounts of curcumin in your diet. Apex's formulation is concentrated, easily absorbed, and tasty.

We also are looking for a few people to take a 5 day challenge with a new skin product called **Nerium AD**. It uses Nerium Oleander serum to heal the damage to your skin. We want to test their claims that Nerium AD will make a change in your skin in just 5 days. They guarantee that their product will reduce wrinkles, even your pigmentation, reduce your pore size by 30%. We'll take before and after pictures of your problem area and put them to the test. So bring us your uneven skin and give it a try.

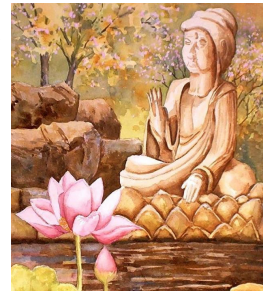
Let Peace Begin with me *Gayle Kildebeck L.Ac*

Acupuncture can help

A most amazing thing happens during acupuncture treatments in winter, it is easier to relax and find peace within. The deep winter energy supports you in going deep in your body so you can regenerate. Our job as practitioners is to use acupuncture points that frees your energy and allow it to flow even more internally. When this happens, you can experience an acupuncture induced 'body buzz', indicating that you have entered the delta state of healing. Your body feels very heavy and still, yet energized at the same time. When your Delta Brain Waves increase, so does your natural ability to heal your mind, repair your muscles, and access the deepest possi-

ble states of relaxation. Other side-effects as a result of Delta Brain Waves include: the release of natural growth hormone, the release of melatonin, connecting with your intuition and accessing deep states of spirituality, and reduction of cortisol in your body.

Peacefulness and loving kindness is our natural state of being and acupuncture can help you get there. Allow yourself to go deep this time of year. It strengthens your core so you can leap into your new projects in spring time.



Sports Medicine and Kinesio Taping® *Devon Verneti L.Ac*

Join us in celebrating Devon's certification in Sports Medicine Acupuncture. For 18 long months she studied in depth treatment protocols for all manner of sports injuries. She also just completed a course on Kinesio Taping. Here is some info about its use and benefits.



Kinesio Taping® is the strategic application of latex-free, flexible and breathable tape to injured areas. Use of the tape speeds your recovery time and provides continuing treatment as long as you keep it on. The tape enhances the body's musculature by reducing pain, increasing range of motion, improving

the muscle force, promoting tissue recovery and reducing fatigue: the same goals achieved during an acupuncture treatment. The healing mechanism is similar to fire cupping where the skin and fascia are lifted away from the muscle to increase the amount of lymph and blood flow to an affected area and speed healing.

Athletes are not the only ones who benefit. Kinesio Taping® is also applied to repetitive stress injuries, muscle fatigue and soreness, as well as postural imbalances caused by daily life activities. The tape is also effective in reducing swelling and bruising.



Qi Gong Techniques for Weight Loss

As most of us would like to lose a few pounds this new year, here are a few Qi Gong techniques to jump start your metabolism. Qi Gong (special Chinese Exercises) not only increases the body's metabolism, but also diminishes cravings for excess and unhealthy foods. Cravings manifest from imbalances in the mind and body. Usually the source of this imbalance is stress. Qi Gong alleviates stress and harmonizes the entire system so that you feel more balanced and actually crave the foods that deliver the most health benefits to your body.

Excess weight is a sign of imbalance. Through deep breathing exercises, activating the bodies internal energy, muscle conditioning and flowing movements, Qi gong will not only help you lose weight, but it will help you feel more connected and balanced within. Here are two simple exercises to help you get the most benefit from the food that you eat.

The key to an efficient metabolism is to breathe deeply, as oxygen fuels your digestive fire. The digestive process involves breaking food down into microscopic morsels that are sent to your cells and combusted with oxygen to release energy into the body. Over 90% of all energy generated in your body comes from the simple combination of oxygen plus food. This is why breathing is such an important part of qi gong. Think about starting a fire: you need two essential ingredients. One is good fuel (this is like good food) and the right amount of air circulation (breathing). Without oxygen the fuel won't burn.

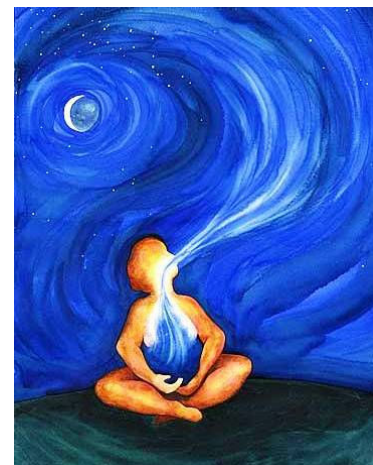
The same is true for your body. Before you eat take two minutes to breathe slowly and deeply into your lower abdomen. This will massage all the

internal organs and clear tension. After slow deep breathing, do about thirty seconds of "bellows breathing." This will ignite your internal fire and strengthen your metabolism.

2 minutes before you eat do this simple Qi exercise to wake up your metabolism. Start with deep abdominal breathing. Bring both hands over your lower abdomen. Take a few long slow deep breaths. Feel the abdomen expand on the inhale and relax on the exhale.

Next, practice Fanning the Fire breath. This is a quick breathing exercise to charge up your metabolism. First, focus on your exhale and squeeze all the air out, bringing the abdomen towards the spine. Don't worry about inhaling; it will happen by itself. Continue in this pattern of breathing, but quicken the pace. Do this exercise as quick as you comfortably can for best results. It takes practice, so start slowly and enjoy.

2 minutes after you eat do this simple exercise to facilitate the process of digestion: Bring both your hands over the left side of your rib cage. This is where the stomach is located. Make small clockwise circles with your hands over this area about 50-100 times. After eating, the stomach needs energy and circulation to process and digest you meal. After you eat, try a simple Qi gong massage exercise



Get the most out of Garlic

Did you know that you can increase the health benefits of fresh garlic (or any of the allium family like onion) by letting it sit for at least 5 minutes before cooking? Chopping or crushing activates the alliinase enzymes in fresh garlic and waiting 5-15 minutes give those enzymes an opportunity to work on behalf of your health.

I don't know about garlic and vampires – but consuming garlic, onions, shallots etc, just may prevent anemia and help your heart. The sulfides found in fresh garlic help your body metabolize iron. That's because the diallyl sulfides in garlic can help increase production of a protein called ferroportin. In addition it may keep your blood pressure in check. Garlic helps in the production of hydrogen sulfide (H₂S) gas. This H₂S in turn helps our blood vessels expand and keep our blood pressure in check. Interestingly, processed garlic extracts cannot be used by our red blood cells in the same way and do not seem to provide the same level of cardioprotection that is provided by garlic in fresh. So come into your treatments smelling like garlic. We don't mind.

