

CNH Newsletter

February 2009

Center for Natural Healing

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1. Synergy

As I began to think about a topic for this month's newsletter, this is what my mind did - "February... romance... harmony... synergy. Yes, that's it! Synergy!" So, I decided to check out Wikipedia to see how a dictionary would define one of my favorite concepts:

Synergy (from the Greek syn-ergo, meaning working together) is the term used to describe a situation where the final outcome of a system is greater than the sum of its parts.

The opposite of synergy is antagonism; the phenomenon where two agents in combination have an overall effect that is less than that predicted from their individual effects.

We are continuing to have more and more people call us who are on enormous amounts of supplements. I immediately think about their liver. I have a great respect for that organ which processes so much stuff. At the same time I wonder what happens within ones energy system when so many different types of supplements are being introduced into the body. Is there synergy there? Does the final outcome of taking all of those supplements create what our clients are wanting? We know that if we don't use the right ingredients in a recipe that the recipe won't turn out as planned. In our viewpoint the same holds true for supplementation. Too much of a good thing is not usually a good thing.

One of the services that we have been providing is to help our customers streamline their protocols. Many times they can simplify their programs, use less products, still get what they are wanting, and save money at the same time. If you herbal medicine chest looks like a supplement store, we would be happy to help you.

It is our sincerest desire that you achieve your health care goals at the most thorough and root-cause level. We don't believe that most people need to be on a herbal protocol for life. The purpose of natural healing is to do just that - give our bodies the tools it needs in order to re-balance itself naturally. Once the body remembers, then you have

achieved your goals. After that, in most cases, maintenance can be done through diet, exercise and an occasional "tune-up".

Call us if we can help in any way.
Until next month...
Sierra



2. Romance and Relationships

Since there is romance in the air I would like to spend a few moments talking about libido. Most people understand that the usual cause of reduced libido is stress and more specifically stressed adrenals. Gaia offers two great products - [Male Libido](#) and [Women's Libido](#). The concept behind these products is to nourish and strengthen the male and female reproductive systems. What these products don't do is to stimulate an already obviously stressed system. By working in this way, the system is re-balanced at a much deeper level, and ideally supplementation will only be required for 2-3 months.

Another product that we love is called Core Maca Gold manufactured by Energetix. This herb is contained in both of Gaia's libido formula. Maca is a wonderful adaptogenic herb with an affinity to the hypothalamus. It is fast acting and people usually notice an effect in a week or two. The Core Maca Gold can be used alone or as additional support to Gaia's formulas.

Some tips for adding appreciation to your marriage and other relationships:

Remember fond memories. I have noticed that couples that have been married for a long time often speak fondly of old memories. It's nice to remember the string of events that led to to where you are today. Take the time to nourish any and all precious relationships with fond memories and sharing.

Keep things new. Even though I have known Kevin for 14 years, I am still learning things about him that I didn't know. Ask questions about your friend/partner/spouse. You may think you know everything, but there are probably still some surprises there! This exercise helps both parties stay involved in each other's lives. A welcome change from the day to day life.

Have appreciation days. In the morning set out with the intention that you will notice and appreciate those whom you are in relationship with. At the end of the day make a list (if you haven't been so during the day) and share that with the person/people you have been appreciating. You will both feel wonderful! It is a wonderful way to open the heart!

Have a Happy Valentine's Day!
With love,
Sierra

3. Product Highlight - ChiaFresh Daily Fiber

CHIAFRESH DAILY FIBER
*Improving On What Nature Gave Us**

- **Gentle Support for Regularity***
- **Supports Healthy Weight***
- **Fiber Benefits without Bloating or Gas***



ChiaFresh Daily Fiber is an ideal vegetarian fiber source. Its optimal insoluble-to-soluble fiber ratio offers fiber benefits without the common "side effects" of gas and bloating. It is a high-fiber source - with 7 grams of fiber per daily serving, offering gentle support for regularity.*

And when taken before meals, ChiaFresh Daily Fiber helps with weight management by making you "feel fuller faster," thus decreasing your appetite.*

This formula contains ChiaMax ground Chia seed (*Salvia hispanica*).

[More info...](#)

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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