

CNH Newsletter

January 2009

Center for Natural Healing
800-757-9731



In this issue...

1. Back to Basics!
2. Product Highlight - Black Elderberry

1. Back to Basics!

It's our 10th year Anniversary! It is because of people like you that we are still around today, and we are so grateful for your support.

Happy New Year! The holiday hustle and bustle is over. Have you made any New Year resolutions? My personal resolution is to make a better effort to stay close to the people that are important to me. Holidays are good at reminding us how important family is. Most people's New Year resolutions revolve around their health - I will loose weight, I will quite smoking, I will start and exercise program, etc. If your resolutions are health related, we'd like to help you make them happen.

Now that the holidays are over, many of our customers are wanting to get back into some sort of a health program. So let's start with the basics and see where your goals may fit in.

Rest:

How many natural health books mention the need for rest? Sleep absolutely, but rest, not so often. Rest is one of the most powerful healers we have. When we get sick, our bodies force us to rest. Hopefully we listen. But how many of us think of rest as a powerful tool to prevent diseases and imbalances?

Let's look at some of the restful things we do each day. Rest can come in many forms: taking a minute to look out the window and enjoy nature, taking a few minutes to do some deep breathing, taking a tea/water break when working on an intense project. Doing things differently uses different parts of the brain. The change can be restful and provide a different prospective. In our practice we see more and more people with adrenal fatigue. They are usually not getting enough rest. Here's an exercise: Sit down in a chair, look out the window and do nothing at all. Can you do it? If not, then this short paragraph might be something you want or need to consider. Don't wait until you get sick in order to have an "excuse" to rest. Rest so you won't be as likely to get sick. PS: I used to get sick until I realized that I was getting sick simply because I wouldn't allow myself to rest.

Exercise:

I certainly have very distinct ideas on this subject. Please take from this what feels right to you. I am not a huge fan of intense exercise for almost anyone. I remember learning in one of the classes I took on endocrine health that after 42.5 minutes of intense exercise you begin depleting your adrenal glands. As I write this I think of my neighbor who runs in marathons. What she considers as intense exercise would probably mean exhaustion for most of us. So this is relative to your own health and fitness.

I am a great fan of yoga - not the "aerobics designed to look like yoga" sort but more traditional yoga. I've always said that the people with the greatest bodies either are trained dancers or practice yoga (or are naturally blessed). I have known of very fit people who are not able to make it through a yoga class. Yoga uses all the muscle groups (depending on the poses). If the yoga routine is done in sync with the breath, it becomes a meditation. Practicing yoga in this way positively affects all aspects of health including that of our internal organs. Yoga combines rest and exercise all in one!

Walking falls under the same category - exercise and rest both.

Eating:

Most of us probably ate some junk foods around the holidays, and now we want to get back on track. If you are eating a diet of processed foods (foods that have very little life force in them), then how do you think you are going to feel in terms of energy? You will most likely have low energy and not much life force. Instead you may find yourself forcing life...

Eating fresh, whole foods has such tremendous health benefits. Now is a good time to start eating simply, by using foods that are in season such as winter squashes, root vegetables, etc. For most people this may not be the best time to be eating too much cold or raw foods. During the winter months, warm soothing foods such as soups are best. Soups are an amazing way to get a wide assortment of nutrients all in one place. And remember that how you eat is just as important as what you eat. Let your self relax and enjoy the food - you deserve it!

Water:

We all know the benefits of drinking water. Most people use the 1 ounce per 2 lbs. of body weight model to figure out how much to drink. Remember, we are talking about water and not coffee (dehydrating), sodas (also dehydrating), or juice. What most people don't understand is how to drink water. It's best to sip water throughout the day. Our bodies can only absorb a certain amount of water at a time. Drinking large amounts of water at one time will pass through the body instead of being absorbed. If you sip your water throughout the day, you will probably find that you can drink larger amounts of water without having to pee as much. That is showing you that your body is using the water rather than the water just passing through. Observe the color of your urine. It will vary from person to person, but the rule of thumb is that your urine should be slightly pale yellow in color. If your urine is absolutely clear, it may mean that you are drinking too much water too quickly and may be depleting your body of vital nutrients.

Breath:

The air that we breath is another amazing healing gift. We all know that without air, we will die in minutes. We can go for weeks without food, days without water, but only minutes without air. Many people do not realize that by simply breathing correctly they can positively affect all aspect of their health. Each of our cells require air. Inhaling, and especially exhaling, help rid the body of waste.

Many people under stress will breath rapidly and not exhale properly. During times of stress, taking a moment to do some deep breathing will instantly signal your body to relax. Being outside and breathing provides the body with relaxation at many levels.

Proper ventilation in the home is also beneficial. I had a massage practice in Maine and would open my windows during my noon break. I took this time to go for a walk, and by the time I returned, I felt more relaxed and refreshed, and my house was filled with fresh, healing air, ready for my next clients.

For those who have difficulty sleeping, doing several moments of deep breathing before drifting off to sleep will be helpful to achieve a more restful, refreshing sleep. Lastly, have you ever had one of those nights that you slept so well because of a wonderful gently breeze that you felt coming from an open window. Sleeping in a well ventilated area will also promote a more restful sleep. Gotta love those houses with open floor (flow) plans!

Faith:

Having some sort of spiritual practice has been proven over and over again to create positive health benefits. It allows us to rest, to have less stress, to sleep better, to flow with the changes of life better, and the list goes on and on.

All of the above are free! Good health doesn't have to be expensive!

If you need some gentle nudges in the form of supplements, here are some ideas.

Supplements & Remedies to help with...

Rest: Some herbal supplements include [Serenity](#), [Phyto-Proz](#), [Kava Kava Root](#), [Sound Sleep](#), and [Valerian Root](#). Homeopathic remedies such as Relax-Tone, Rescue Calm, and Fields of Flowers can also be helpful (call us for more info). A combination of herbs and homeopathics works great!! The homeopathics help "drive" the herb deeper into the cell.

Exercise: Consider [Adrenal Health](#), [Energy Vitality](#), [Eleuthro Root](#), [Ginseng Supreme](#).

Eating: [Diet Slim](#), [Sweetish Bitters Elixir](#), and [Liver Health](#) may be helpful. Also digestive enzymes for short term use (we carry one from a health professional product line).

Water: We have a product called ReHydration that most of our clients use. It is a homeopathic remedy that assists the body in rehydrating the cells. When added to the drinking water, it helps the body use the water more effectively. This is especially helpful in people who tend to retain fluids (fluid in tissue) or have any imbalances related to fluid levels. When combined with SpectraMin, an ionized trace mineral supplement, you have a good foundation for a positive electrolyte balance. Proper adrenal function is an important factor in normal fluid balance, so [Adrenal Health](#) would also be beneficial.

Well that's a long list of reminders that most of you already know, but may not understand the full impact of.

Again we wish you the best the New Year can bring you. Until next month....

Sierra

2. Product Highlight - Black Elderberry

BLACK ELDERBERRY LIQUID PHYTO-CAPS
*Ultimate Support for Healthy Immune Function**

- **Promotes a healthy immune response***
- **Promotes wellness within the respiratory tract***
- **Supports healthy mucus membrane***

Black elderberries encourage a healthy immune reaction against undesired organisms that induce flu-like symptoms. Black elderberry's antioxidant and immune-enhancing properties may specifically have a beneficial effect on the body's normal response to influenza viruses A and B.*

Black elderberry's antioxidant properties support immune system function by advancing the body's natural resistance and adaptation to stressful influences that make one more susceptible to suffering from influenza. In addition to supporting normal defense systems against select viruses, the anthocyanins and other flavonoids found in black elderberries function to protect the body from the damaging effects of free radicals. Collectively, the actions of these berries serve to promote optimal immune system function.*

This formula contains Black Elderberry (*Sambucus nigra*).

[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.

...

CNH Newsletter is a monthly newsletter published by Kevin Richard & Sierra Lamanna from Center for Natural Healing, LLC.

We respect your privacy. To subscribe or unsubscribe to CNH Newsletter, or to change the address at which you receive the newsletter, go to <http://www.centerfornaturalhealing.com/subscribe.html>

...

[Center for Natural Healing, LLC](#)
PO Box 1055
Pisgah Forest, NC 28768-1055

voice: 828-862-8806
fax: 828-884-5703
orders: 800-757-9731

©2009 Center for Natural Healing, LLC. All rights reserved.

