

The Five Elements of Health

In the spring our metabolism increases. The body is yearning to be fed on many levels this time of year, but in our culture we tend to discount this — we are so busy pushing forward with daily tasks that we tend not to pay attention to the needs of our “whole” self. Chinese Medicine, along with many other healing modalities, focuses on balancing the natural healing energies in the whole body (mind, body, soul and spirit), for an imbalance of these energies results in illness.

In classical times, Chinese physicians used the Five Element theory in combination with herbs, acupuncture and other healing modalities when working with a patient. This tradition holds that the Earth and its creatures are made of the same energy that turns the wheel of the seasons, and the seasons shape human nature. Each of the Five Elements corresponds to a season, and the energies of each season nurture and sustain us in different ways. The Five Elements are Fire, Earth, Metal, Water and Wood.

Fire

Fire is summer time. Fire shows up in structures in the body that contain our temperature, such as the sweat glands, the heart, circulatory system and the metabolic process of each cell. Physical survival depends on the right amount of heat. Heat is also essential to how

our minds work. When we “warm up” to others emotionally, we can experience joy, passion and enthusiasm. And our spirit thrives on the warmth and joy that gives meaning to life.

Earth

What we know as Indian summer (late summer) is the time of the Earth element. It is the time of abundance in harvest. Earth is connectedness, the ground which supports and sustains us. It nourishes life. Wholeness, fertility, simplicity, stability — these are qualities of the Earth element. The connotations of ‘Mother Earth’ offer a useful way of considering the Earth phase. The other four elements arise from, and return to, the Earth, as she embodies the never-ending cycle of birth and death. Indian summer is traditionally the Earth season, but the balanced nature of Earth may be seen in the transitional stage between all seasonal shifts — not completely the season that is waning nor the season that is arriving, but containing them both.

Metal

Autumn (Metal) is when the lungs need to work harder due to the season’s change in temperature. This is the time when they take in inspiration and guidance, while



the colon gets rid of feces, along with grudges, hurts, sorrows and feelings of unworthiness. Autumn is a perfect time to do a whole-body cleanse so that we can move into winter cleanly and without burden. Autumn teaches us to value what we have and to grieve for what we have lost.

Water

Winter (Water) is about inner quiet. It is about creating and finding the time for stillness and reflection. We use this time to regenerate, to build the will and ambition for the reservoir of energy we need to move into spring. The kidneys and bladder contain the fluid that keep the body, mind and spirit flowing. Winter also enables us to know fear and awe. We learn to appreciate Mother Nature more as we yearn for and anticipate the first signs of green and heat.

Wood

Spring (Wood) is when we burst into something new. It is when we feel like cleaning out our closets, preparing our gardens for planting, trying out new projects, and putting our houses up for sale. These are some of the ways our culture expresses spring. Overall, it is a season of birthing and growing. We need to keep re-birthing and growing our whole lives; failure to do this can cause

Recipes for Spring Cleansing

Spring Morning Liver Tea

Juice of ½ lemon

Pinch of Cayenne

1 tsp of raw honey

½ to 1 inch chunk of ginger

Steep the above ingredients in hot water for a couple of minutes and enjoy! Cleansing for the liver and gives you “get-up and go” in the morning!

Alkalinizing Avenger Tonic

1½ tsp unpasteurized apple cider vinegar

1 tsp of agave or raw honey

1 tsp of psyllium seed or flax seed

1 cup of purified water

Shake or blend together and drink quickly. Shake in between if psyllium or flax sinks to the bottom. Alkalinizing, keeps you regular, helps arthritis and lowers cholesterol.

us to become frustrated, stagnant, stuck and angry (and yes, we are all guilty of this from time to time!). Spring is a perfect time to move forward in our lives, particularly if we are stuck. The two main organs that contribute to moving forward in our body are the liver and the gallbladder; they bring forth action, will and exuberance. When functioning properly, these two organs encourage us to manifest our soul needs.

Doing a whole-body or liver cleanse this time of year can help us to move forward with soul intention and to be of service. We can remain true to ourselves without the toxicity of our dysfunctional patterns and ego. In addition, our whole body will feel lighter, we will think more clearly, and our health will be greatly enhanced on all levels. If we do not cleanse out toxicity on all levels, disease can take hold

in the body.

It is also very important to change your diet this time of year. Start by drinking a lot of purified water daily. The water element is often taken for granted, yet it is crucial for every function of our body. Since our bodies depend on liquids, what we drink greatly affects our physical and emotional health, and also our spiritual well-being.

Avoid processed foods, white flour, white sugar, high fructose corn syrup (found in almost all “herbal” and vitamin drinks), dairy and other acidic foods. And balance your diet with alkalizing foods such as whole grains, legumes, and fresh local fruits and vegetables. Cut out drinks that deplete your vitality, such as coffee, alcohol, sodas and some processed juices. Even some types of filtered water are lifeless, such as the popular “reverse osmosis” water, which requires trace

minerals to be re-added.

Also remember that how you think about yourself and others greatly affects alkalinity in your body and your health. Stay away from fear-based information (which our culture thrives on). Now is the time to release yourself from negative unhealthy relationships. Positive thoughts, courage, gratitude and LOVE, LOVE, LOVE will help you heal!!!

In this issue, we want to help facilitate your spring process. Read about some of our cleanses (page 3), and recipes you can make yourself to enhance your universal life force (page 1). Enjoy what Mother Earth has to offer you and feel nourished and nurtured!

Blessings,

Samantha Orthlieb
MH,CI, Flower/Nature Essence Therapist
EAV Practitioner, BioEnergetic Medicine

“B” Well – How well do you know your B Vitamins?

B Vitamin	Main Function	Beneficial For
B1 Thiamine	neurological functions	Lack of focus, mental clarity, difficulty concentrating
B2 Riboflavin	cellular processes such as energy metabolism; Vitamin B6 synthesis; mucus membrane health	Vitamin B synthesis; healthy skin, hair and nails; dry eyes
B3 Niacin	DNA repair; adrenal gland function; flushes the arteries and strengthens capillaries	High cholesterol & blood pressure
B5 Pantothenic acid	metabolism & synthesis of carbohydrates, proteins, and fats; anti-stress properties; peristalsis in the colon	Constipation due to adrenal fatigue (an often overlooked cause of slow bowels); stress & anxiety
B6 Pyridoxine	balances sodium and potassium; produces red blood cells; reduces water retention	High blood pressure; PMS
B7 Biotin (Vitamin H)	production of key neurotransmitters; cell growth; fatty acid production; metabolism of fats and amino acids	Mental clarity, memory, emotional well-being
B9 Folic acid	DNA synthesis and repair; cell growth; healthy red blood cells; neurotransmitter function	Depression
B12 Cobalamin	lowers homocysteine levels (related to high blood pressure); supports nervous system; blood formation; DNA synthesis and repair; fatty acid synthesis and energy production	High blood pressure; poor memory; depression

At one point in time, Vitamin B was treated as a single vitamin, much like Vitamin A or C. But we now know that Vitamin B is much more complex. In fact, it is made up of eight different water-soluble vitamins that work synergistically together. All eight vitamins play important roles in the body individually as well as in partnership with the other Bs. Most importantly, the B vitamins play an integral role in the body’s metabolic processes; individually, their functions range from immune and cardiovascular health, to neurological and stress support.

What many people don’t realize is that because Vitamin B is water-soluble, our body does not retain it for long periods of time. Accordingly, we must take conscious measures to ensure we get enough of the B vitamins through our diet and regular supplement regime. The best form of supplementation is a Vitamin B complex, such as the **B-Complex by Natural Factors**, so that each B vitamin can work in synergy with its partner forms. When the B vitamins are ingested together, each vitamin can perform optimally in both its individual capacity and

in its role in the group. In some cases, it is advisable to supplement a specific B vitamin in addition to your B complex, particularly when looking to improve specific health issues.

There is nothing “simple” about a Vitamin B-Complex supplement. Every B vitamin is as important as the next. To ensure you have enough of the B Vitamins, try **Natural Factors Vitamin B Complex** or individual B supplements available at Nurture



Spring Cleaning the Body

It's spring cleaning time again! While many of us put energy into cleaning out our homes, we often neglect to put energy into taking care of our bodies. Spring is a time of rebirth and renewal, making it the ideal time for our bodies to release toxins and restore itself to a healthy state. Most cleanses involve some form of supplementation to cleanse the body's systems, accompanied by recommended dietary adjustments for the duration of the cleansing process. With most cleanses lasting anywhere from 7–30 days (some even longer), you can choose a cleanse based on a realistic level of commitment for you. Below are some cleanses we recommend at Nurture.

Support your body in times of stress with MacaSure

Many of us lead a high-energy, “go-go-go” lifestyle. We fit as much as we can into a day, often at the expense of sleep, nutrition, and exercise. We can help our body through this routine by offering supplementation that supports adrenal function when we aren't able to give our body the rest it needs.



The Maca Root, also called “Peruvian Ginseng,” has been used by native Peruvians for thousands of years for its remarkable health properties. Maca is naturally rich in amino acids, phytonutrients,

fatty acids, vitamins and minerals. **MacaSure** and **MacaSure Chocolat** by Sequel Naturals both contain certified organic gelatinized Maca Root Extract. This extract is produced via a proprietary extraction process for enhanced potency and absorption. **MacaSure** can help:

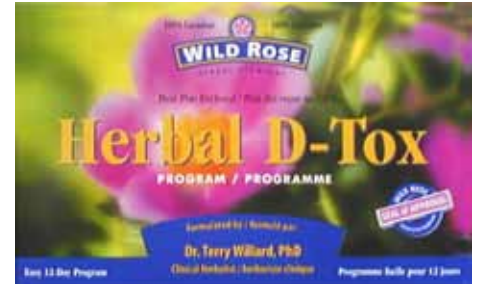
- Balance the hormonal system naturally
- Improve sexual function and balance hormones
- Increase energy
- Reduce stress and promote restful sleep
- Enhance mental clarity

Get the benefits of Maca through the potent **MacaSure** capsules, or from a quick nibble of **MacaSure Chocolat**, comprised of 70% chocolate and 4000 mg of Maca extract; you can support your body and indulge your taste buds at the same time! Though the sources of our stress are different than those of our ancestors, Maca remains a powerful adaptogen to help support our bodies during demanding times.



Wild Rose Herbal D-tox

This is one of the oldest cleanse kits on the market. Pollutants from the environment - found in the air, water and foods that we eat - as well as wastes produced from normal bodily processes can accumulate within the body and lead to a state of congestion. To help maintain a healthy balance of assimilation and elimination, the Wild Rose Herbal D-Tox Program is uniquely designed to enhance all aspects of metabolism.



What's included in the Wild Rose Herbal D-tox?

12 days long, the Wild Rose Herbal D-tox involves three different herbal supplements and a herbal tincture. Wild Rose Biliherb formula gently promotes bile production by the liver, supporting digestion and enhancing the elimination of toxins. Laxaherb, Cleansaherb and CL Herbal Extract (tincture) additionally support the cleansing and elimination of wastes from the system. A list of recommended foods is provided that allows for flexibility and personal taste.

Garden of Life RAW Cleanse

RAW Cleanse is a breakthrough in total digestive system cleansing, active in the entire digestive tract beginning in the mouth and ending with elimination. Designed as a fast-acting internal cleansing system that works in synergy with your body's own detoxification system, RAW Cleanse is an easy-to-use, triple detox formula that defends, detoxifies and eliminates toxins from the body.



RAW Cleanse features cutting-edge ingredients that are delivered to you RAW – the ultimate standard for quality. It contains no harsh laxatives; rather, it uses a flax, chia and coconut fibre blend to help with elimination. RAW Cleanse is ideal for anyone looking to experience extraordinary health and is suitable for those on vegan or vegetarian diets.

What's included in RAW Cleanse?

RAW Cleanse is a 7 day cleanse comprised of an immune system support formula, an organ and gastro-intestinal formula, and a digestive/eliminative component. Accompanied by a few simple diet and lifestyle adjustments, the RAW Cleanse is fast-acting and effective.

There are, of course, many other cleaning products available to suit your specific needs or preferences. Visit Nurture to learn more!

** These products are not intended to diagnose, treat, cure, or prevent any disease. **

Nurture Health and Wellness Clinic



Samantha Orthlieb

Master Herbalist, Certified Iridologist, Flower/Nature Essence Therapist, EAV Practitioner, BioEnergetic Medicine

Samantha Orthlieb is a trained and certified alternative health practitioner and a gifted intuitive healer. With almost a decade of experience as a practicing Herbalist/Iridologist, she is also a Nature/Flower Essence Therapist and EAV Practitioner.

Samantha received her Master Herbalist Diploma through the Wild Rose College and apprenticed at In Health Services under Annette Bossert, one of Calgary's leading Herbalists. Since then, Samantha has trained with Sabina Pettit of Pacific Essences in the study of Vibrational Medicine and Pranic Healing, and studied EAV testing at the Academy of International BioEnergetic Sciences with renowned EAV Practitioner and Naturopath Dr. Robert Cass.

Samantha applies her impressive range of skills with her intuitive healing abilities to work with her clients on all levels of being. Customized health programs can consist of lifestyle and diet changes, herbs, vitamins, minerals, homeopathy, and nature/flower essences to motivate, heal, and bring the body systems back to a balanced state.

Samantha can help you:

- Establish a protocol that your body needs for physical and emotional well-being
- Identify and alleviate allergies, heavy metal toxicity and other hidden immune deficiencies
- Develop an intuitive and compassionate relationship with yourself
- Release physical and energetic blockages stored in the body that can lead to compromised health and wellbeing
- Understand and work with the emotional context of your health issues

New at Nurture



Goji Berries/ White Mulberry/ Golden Berries

A healthy and delicious snack, full of antioxidants! These berries are an economical, raw, whole-food treat!

Healing with Angels book and Crystal Therapy Book by Doreen Virtue PhD

In these powerful books, Virtue takes the reader on a healing journey via stone therapy and connection to the angel realm.

Alpha Omega Natural Pet Products

Treat your pet right the natural way. From pet salve and de-wormers to diet supplementation, give your pet the nutrients it needs for perfect health.

Angel/ Goddess/ Fairy/ Animal Guide Card Decks

Receive guidance and strengthen your intuition with these beautiful cards. These decks make it possible for anyone to access his or her inner wellspring of wisdom!

New Arrivals from Energy Muse Jewellery

Align with your truth through this intention-activated jewelry from California. See our new pieces from the Goddess, Chakra, Elements, & 'Discover Yourself' Collections.

Clinic Spotlight: EAV Testing

Electroacupuncture According to Voll (EAV), is a non-invasive and effective way of testing the health status of an individual by measuring the conductivity at specific acupuncture points of the body. This technique is based on the concept that the nature of how electricity flows through a meridian is directly related to how energy flows through a meridian. Using an Electrodermal Screening device, the acupuncture points on the hands and feet are tested to indirectly measure the body's Energetic System and identify energy imbalances. The EAV tool works determine the physical and emotional aspects of the issue, and can energetically match remedies

Jenna Galway

EAV Practitioner, BioEnergetic Medicine



Jenna Galway brings her training in BioEnergetic Medicine to Nurture's talented line-up of Practitioners. Her soft nature and Metis heritage have fostered a sacred connectedness within herself and to Mother Earth. She holds a deep appreciation for simple abundance and a unique ability to embrace all that is living. Combined with her training in BioEnergetic Medicine, Jenna aids her clients on a journey of healing consistent with each individual's own natural state of progression. Under the mentorship of Nurture's own Samantha Orthlieb and the instruction of Naturopath/EAV Practitioner Dr. Robert Cass, she is able to facilitate healing on all levels in her clients.

The art and science of BioEnergetic Medicine focuses on the "Obstacles to Cure", removing energy disruptions throughout the body to ensure the free flowing passage of energy for good health (see Clinic Spotlight). Jenna works with her clients to:

- Identify and alleviate allergies, heavy metal toxicity and other hidden immune deficiencies
- Release physical and energetic blockages stored in the body that can lead to compromised health and wellbeing
- Make positive changes to your lifestyle, including diet and stress management