

Tis The Season of Rest NOT Stress

The holiday season is almost upon us and numerous people experience an increase in their stress level or live with outright chaos this time of year. Many of us feel overwhelmed and pressured by the expectations of our culture, our families (or of ourselves) regarding holiday season obligations. Some of us are fixated on losing weight to fit into a dress that we bought, or feel we must create the "perfect" holiday event, or find just the right present. Most of us brace ourselves for the large drain on our cash flow. Can you feel the tension building? Personally my stress level builds when I see Christmas decorations in stores before Halloween is even over! Our holiday season expectations and perceptions have become like an overgrown tree that needs to be pruned to allow for better health, new growth and strength.

We tend to put tremendous expectations and pressure on ourselves to perform and live up to ideals that may innately not be our own. Our culture tells us to behave a certain way during this season, with material gifting at the top of the list. Many feel that going with the expectations is easier than fighting them or changing them. But does this really serve us in the end? Our adrenal response goes up in the body and our nervous system becomes overtaxed as we push ourselves harder on all levels. Many people collapse both physically (such as contracting the cold/flu) and emotionally (depression in particular) during or just after the holidays.

This year use the holiday season to discover something new about yourself. Understand what your motives are surrounding your holiday events. Are they really benefiting you emotionally and physically? Are you living up to expectations that no longer serve you? How does your body feel? Is your sleeping disrupted? Are you eating more? Do you constantly have a pit in your stomach? Do you feel more fear, anger or resentment than usual? Take stock of your physical and emotional well being. Be conscious of how this holiday season affects you and your loved ones. Perhaps there are some changes that you can make to ease the tension and stress which in turn will dislodge old patterns and leave space for new growth. You will be amazed at how much healthier you feel!

Winter is a time for stillness, when most of nature "dies" and hibernates, going inward to rest for new growth in the spring. We disrupt this natural process and fight the flow of the physical and emotional rhythm of the body by staying busy and denying our true needs. Resting and "pruning" back your perceptions and expectations this holiday season is the best way to nurture yourself and live authentically. Allow your tree to hibernate - enjoy the strength, peace and forgiveness this brings to the Inner Self!

Happy and Restful Holidays! Samantha Orthlieb, MH



Healthy, Inspiring Christmas Ideas!

Chinook Soy Candles

- *Burn longer and cleaner
- *Have cotton, lead-free wicks
- *Made locally in Cochrane

Various unique and seasonal scents (including un-scented) as well as different shapes and sizes!



For more info visit www.chinooksoycandles.com

Pukka Herbal Teas - Beautifully packaged and uniquely delicious. Available flavors: *revitalizing, harmonise, love, clarity, detox, soothing, refreshing, cleansing and pleasure.*



Buddha Boards - Paint "in the moment" with water and watch it fade! Available in small and large, various colors.



Beautiful Soap & Co - Natural, handmade farmer's market style soaps and body scrubs made with real leaves and petals from herbs. Amazing scents!

Ganesha Body Care Boxes - Decorative tin box containing revitalizing body oil, body wash and body balm which smell wonderfully fresh!

Earth Mama-Angel Baby products - Natural, organic products for pregnancy, moms and babies. Everything from stretch oil to baby shampoo to booby tubes!



Give the Gift of Health! Gift Certificates Available in any denomination

Help us support The Vitamin Angel Alliance

Who are they? A non-profit organization that supplies vitamins to developing countries all across the globe to help combat nutrient deficiency diseases such as vitamin A deficiency blindness. Millions of children go blind or die each year from vitamin deficiencies.

For every \$2 donation to the Vitamin Angel Alliance in-store, we will enter your name in for a free gift basket valued at \$140!



vitaminangels

For more information go to: www.vitaminangelalliance.org

Stocking Stuffers!

- ★ Egg nog, candy cane, gingerbread & pumpkin pie flavored lip balms
- ★ Denman Island organic dark chocolate
- ★ Chocolate body sugar scrub - *Real* chocolate!

Stay Healthy This Holiday Season!

The Flu Shot or Not? There is another alternative!

There has been a lot of talk lately in the media about "the next flu pandemic". This comes on the heels of SARS, the Avian Bird Flu, Mad Cow Disease and the general rise in immune type diseases around the world. There has been a huge push for flu vaccinations, with clinics being established every fall, encouraging everyone to get the flu shot. We constantly get questions from clients and customers: What can we do to prevent from getting the flu? What if another flu pandemic occurs? How can I protect myself and my family? Should we get the flu shot? Is there a more "natural" alternative for flu prevention?

Let's start by taking a look at the last time a flu pandemic occurred and put it into perspective. The last flu pandemic was the 1918 Spanish Influenza. In 1918 - 19 this deadly influenza pandemic erupted during the final stages of World War I. The disease killed 20 to 40 million people. It has been cited as the most devastating epidemic in recorded world history. The therapeutic remedies for influenza patients varied from the newly developed drugs to oils, herbs and homeopathics. Vaccine science was just emerging with bacterial and viral vaccines being created. Those countries involved in the war had poor sanitation and depleted resources, both in food and medical personnel, so the disease was able to take hold rapidly and spread quickly (for more info go to www.virus.stanford.edu/uda/).

One system of medicine that was more successful in treating the 1918 influenza than any other was homeopathy. Homeopathy, a system of medicine that is over 200 years old, has been documented and researched, but overlooked by most in the conventional medical community. Homeopathy is a viable alternative for flu prevention today for: 1) children and babies, 2) the elderly, 3) people at risk of allergic reactions to vaccines, 4) people who have taken flu vaccines in the past and still gotten the flu and 5) people who, for personal reasons, do not get a flu vaccination.

We recommend Boiron Influenzium as it is an inexpensive, safe and viable alternative for flu prevention. It is made each year from the flu strains selected by the World Health Organization (WHO), but does not carry the potential risks of adverse reactions like the standard flu vaccine. For more information please come talk to us or for more information on homeopathy and how it works go to: www.extendedyears.com/lib/40300.html



How to Take Influenzium For Flu Prevention

Orally take the full contents of one tube and melt under tongue. Do this once per week for 5 weeks.

7 Tips For Avoiding The Flu

- 1) Use Influenzium as flu prevention (1 dose for 5 weeks)
- 2) Wash hands frequently
- 3) Drink plenty of water
- 4) Avoid sugar and excessive dairy intake
- 5) Eat lots of fruits and vegetables
- 6) Get plenty of rest and reduce stress
- 7) Take a multi-vitamin daily

Balsa Syrup Immune support for pregnant/ breastfeeding women and children!



Need a gentle, yet effective way to enhance the immune system and beat colds/flu's? Use Balsa Syrup!

This formula is **safe** for both kids and pregnant moms and has no side effects. The herbs used are gentle, yet effective for fighting colds and flus. Balsa Syrup is made in a base of glycerin, so it is alcohol free and tastes good!

Balsa Syrup by Master Formulae is rich in naturally occurring vitamin C (not added) from rosehips and its all natural ingredients fight fever, sinusitis, bronchitis, laryngitis and reduce mucus in the lungs. It activates the immune system, helping fight viruses and actually attacking the virus itself. It also calms the stomach and supports the digestive system in cases of diarrhea or general stomach upset caused by the flu.

Blast! Infection Fighter

Unsure whether you have a cold or a flu? Sometimes it is hard to tell, but BLAST helps eliminate both colds and flus, removing the guesswork of choosing a supplement. BLAST can reduce the symptoms and duration of sore throat, cold, flu, fever, respiratory tract/sinus infection, and excess mucus.

This unique liquid herbal blend contains several herbs for reducing viral infections, streptococcal bacteria and other infections. Additionally it supports the immune system by ridding the body of micro-toxins caused by viruses, healing the mucous membranes and enhancing the body's own immune fighting systems for combating infections. BLAST goes beyond just echinacea and goldenseal, by providing other herbals to enhance and strengthen the formula.

Use this great formula at the start of infection, and it begins working deeply and quickly to effectively speed up the healing process. (Note: not recommended for children or when pregnant or breastfeeding)



Get Stress Support In A Multi!

Many people get stressed out during the holiday season, causing them to get run down and become more susceptible to illnesses. New Chapter Stress Support Multi can help!

This unique multi-vitamin delivers the vitamins and minerals needed for supporting the body when stressed. It also contains botanicals for assisting with a healthy stress response, for a healthy immune system as well as extra antioxidant ingredients to ensure cellular health. The more stress we have, the more vitamins and minerals are depleted from our body, resulting in immune system depletion and getting "run down" in general and the more stress, the more cellular damage occurs in the body.

Stress Support Multi is a whole food multi-vitamin, which means each nutrient it contains is with its natural cofactors (or helpers), so that each vitamin, mineral or plant is completely usable by the body. Each tablet contains healthy superfoods and spices to enhance the formula, and additionally it is certified organic, easy to absorb and easy to digest!

Take it daily for extra defense against stress and to prevent from getting run down!



We are located in Crowfoot Crossing
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