



The Healing Crisis: Why it is fundamental to health and healing

One of the most challenging components of the health and healing process is the healing crisis. A healing crisis can be described as a period of imbalance and discomfort as the body heals; one can experience a reversal in one's symptoms, or symptoms can shift to another part of the body. Clients that have worked with me for years will have experienced the healing crisis a few times; some newer clients will see it right away. It depends on where a client is in the healing process and when a client comes to see me along his or her healing journey. Clients will hear me say the words cleansing, shifting, balancing, and true healing. What ever the terminology, it means there is a period of discomfort due to the toxic burden which had accumulated in the past and which the body is now actively eliminating during the healing crisis.

Healing crisis symptoms can be experienced as headaches, muscle aching, runny bowels or increased bowel activity, nausea, sleepiness, and other flu-like symptoms or an existing condition worsening initially. Anyone who has done a detox program will know what I mean.

On an emotional and/or psychological level we can experience new emotions, an intensity in emotions and memories coming to the surface. This is an opportunity to cleanse these as well and release the burden of them from the body versus viewing them with fear and negativity.

Healing is a complex process and there is not enough space in this editorial to delve deeper, but suffice to say that the body has an innate process for healing; we need to give it time, put our egos aside, be humble and surrender. The mind is an especially tyrannical leader, often bullying the body into submission. Fortunately for most of us, if we make the time for health, the body is very forgiving.

When you are starting a new program, or using a new product, it is important to know the difference between a negative reaction and a healing crisis. Again, be conscious that our psyche (mind) normally reinforces our current negative patterns and beliefs, so many people give up on a program or product without seeking advice, adjusting dosage or exploring other options. Self-sabotage and our intellect win again. The body and our emotional and spiritual health take the back seat. Over time symptoms worsen again and we continue in the same self-destructive cycle of sickness.

Healing takes time, patience and the courage of self-discovery, which, in our frenzied world, goes against convention but is the true path to healing and inner peace.

Samantha Orthlieb, MH, CI



Enzyme-Force with Fibrazyme™

All living plants and animals have enzymes. These naturally occurring substances are essential for life. To date, scientists have identified thousands of enzymes present in the human body. The strength and number of these enzymes can have a direct impact on our body's ability to repair damage and protect from disease.

Traditionally, food has been the primary source by which humans obtain enzymes. Fresh foods, fruits and vegetables are the best source of enzymes. However, key aspects of modern food preparation such as pesticide use, cooking, freezing, drying, irradiating, and adding preservatives and additives to prolong shelf life all diminish the quality of food and availability of "live" enzymes.

Without an adequate supply of enzymes, the process of digestion is impaired. Enzymes work as catalysts that fuel the process of breaking down food and absorbing the nutrients needed for health. When food is not properly digested and broken down, nutrients are not assimilated and the body's ability to heal and repair becomes challenged.

The need for healthy, efficient digestion is essential and is considered the foundation for living a healthy, disease-free life. With limited access to raw, un-cooked food, many people now look to dietary supplements for additional digestive support.

Who Can Benefit from Enzyme-Force?

Almost everyone will benefit from enzyme supplementation, especially individuals with:

- Frequent indigestion, constipation, gas and bloating
- Weight management issues
- An impaired immune system
- Cardiovascular problems
- Low energy levels and lethargy
- Degenerative disease and chronic illness
- Advanced age (seniors) - as we age, our bodies produce fewer enzymes.

Note: Taking enzyme pills for a prolonged period of time will decrease your body's ability to produce its own enzymes. If health symptoms persist for longer than 1 month seek a professional assessment of your health issues.

Relax and Calm with Chill Pills



A natural way to brighten your mood, feel good and, most importantly, relieve stress.

- Increases alpha waves
- Calms stressful conditions
- Helps boost resistance to physical stresses
- Calming effect for decision process
- Promotes mental resourcefulness
- Relaxes the central nervous system
- Promotes alert relaxation
- Creates synchronous, coherent, constructive brain activity

Caution: Do not take with anti-depressants/anti-anxiety medications.

"Mend your own life. Know on this journey called life, that the only life you can mend is your own. Be responsible for your part in the larger world and everything else will fall into place as it is meant to be."



Flu Shot or Not? There is another alternative!

There has been a huge push for the flu vaccination, 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 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.

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/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,
- 5) people who refuse vaccines due to personal choice.

We recommend the homeopathic product called **Dolisos Influenzinum** 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.

Using an alternative product for flu prevention or supporting overall health via immune products, does not guarantee that you will avoid contracting the flu. But generally using a product for protection or using a product during the onset of symptoms will lessen the symptoms and the duration of the illness if you do contract a virus.

For more information please come talk to us.

For more information about homeopathy visit: www.nationalcenterforhomeopathy.org



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)



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.

Did you know...

Thimerosal (Ethyl Mercury) has been used as a preservative in vaccines since the 1930s including the Hepatitis B vaccine given to children. Manufacturers have now removed measurable levels from regularly administered childhood vaccines. Evidence has indicated though, that any exposure including nanoscopic amounts would exacerbate any medical condition. But most notorious is the suspected association between **Thimerosal** and autism in children. **Thimerosal** has also been implicated in the rise of autoimmune diseases emerging during early childhood and adulthood. The current flu vaccine for adults in Canada still contains **Thimerosal**.

Information about **Thimerosal**, including links to scientific reports, can be found at websites such as www.vran.org (Vaccine Reaction Awareness Network) or its associated links.



A new patented formula for Sexual Dysfunction and Infertility

Sexual health is an important part of an individual's overall physical and emotional well-being. Erectile dysfunction, lack of libido, the inability to conceive – these are all-to-common medical disorders for which there has been no easy solution.

Nokomis Research offers a researched, natural alternative to both men and women suffering from the debilitating effects of sexual dysfunction and infertility.

The Nokomis series of patented products -- Eroxil™ and Erosyn™ -- address the root causes of sexual dysfunction, not just the symptoms. Developed specifically to work with your body in order to improve your ability to function well sexually, they are safe, economical, and extremely effective.

Eroxil™ works to regenerate necessary cell growth and to enhance both sperm quantity and quality. It's this good sperm production that ensures healthy testosterone levels, which, in turn, help ensure a healthy libido.

Erosyn™ helps to rejuvenate the female reproductive system by promoting cell and tissue growth. It also works to maintain healthy testosterone levels, an important factor for a healthy libido -- in both men and women. Testosterone – the hormone which 'makes men men' – is present in the female as well, but in smaller amounts. Erosyn™ helps to ensure that these amounts stay at a woman's optimum level.

Ingredients: the primary active ingredients in the Nokomis products are derived from polyamines, naturally-occurring phytochemicals found in such plant foods as oats, cucumber, corn, and radishes. Polyamines are essential elements for cellular and tissue growth and regeneration.

For more information visit: nokomisresearch.com

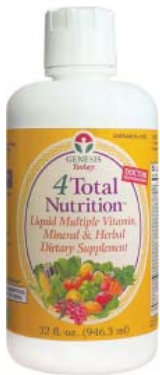


Strengthen, Build and Support Your Body!

Genesis 4Total Nutrition

Multi Vitamin, Mineral, Herbal and Amino acid supplement in pure, easy-to-digest, low sugar, liquid form!

- Supplies the body with all of the vital nutrients that we need (in liquid form): vitamins, minerals, trace minerals, amino acids & herbs
- Low in natural carbohydrates (2 grams per serving & zero sugar) while being high in nutrient content
- Great for adults, children and geriatrics alike because of its easy absorption and great taste
- Great solution for people with difficulty swallowing pills
- An easy-to-digest, absorb and assimilate liquid vitamin, mineral and multiple nutrient drink
- Contains a proprietary blend (12,000+mg in every ounce) which consists of a combination of pure Noni, amino acids and herbs, all of which help support, build and strengthen our body's internal organs, cells & tissues
- Recent studies suggest that liquid supplements are 80%-90% more bioavailable to the human body



Oscillocochinum®

Nature's #1 Flu Medicine™

For relief of symptoms of flu such as fever, chills, body aches and pains. Take Oscillo at the First Sign of Flu. Non-drowsy, no drug interactions Oscillocochinum (o-sill-o-cox-see-num) is safe, natural and easy to take. Oscillo works best when taken at the first sign of flu. Used by millions of people in 43 countries.

Advantages:

- No drowsiness or stimulant effect (homeopathic).
- Safe for the elderly, children and those at high risk when exposed to seasonal flu.
- Safe for use if you are currently on prescription medication.
- Safe for use if you have any of the following diseases: cardiovascular disease, prostate disease, hypertension, glaucoma, thyroid disease.
- Safe for use by occupations that prohibits the use of traditional OTC flu remedies such as truck drivers, machine operators, pilots, etc.
- Safe for use for people with kidney or liver disorders.
- Can be used with caution in diabetics.





Health Consultations

With Samantha Orthlieb, Master Herbalist, Certified Iridologist

Do you have a health condition or symptoms that you would like to have addressed from an alternative "whole body" perspective but are not sure where to start? Are you tired of covering up symptoms with drugs and not actually getting to the source of your health issues? Are you taking many supplements but not seeing the results you are needing?

Samantha conducts 1 on 1 health assessments using Iridology (the science of reading the iris) and Chinese Nail and Tongue diagnosis. Samantha Orthlieb, Master Herbalist, has been part of the alternative health movement for over 10 years and has a practice at Nurture Health & Wellness.

Please call 208-0812 to book your appointment or for more information visit our website at www.nurturehealth.ca and click on practitioner profile.

Alternative Medicine for Bladder Infections (UTI's) and Yeast Infections

Most of the women and men with a bladder infection will be treated with a course of antibiotics, a strategy that kills the current infection but that leaves the bladder vulnerable to a future bacterial invasion. As a result, most of people who see a doctor about a bladder infection will return.

Most bladder infections respond well to home care that treats the symptoms, while strengthening the immune system. You should consult a practitioner, however, if you have kidney pain as there is a possibility that the infection can spread to the kidneys.

Vaginal Yeast infections are normally treated with over-the-counter anti-fungal creams such as Monistat. Again however, these treat symptoms and do not address the deeper health issue of possible systemic yeast overgrowth.

Healthy tips for combating bladder infections and vaginal yeast infections:

*Diet: Sugar depresses the immune system and encourage the growth of bacteria. Avoid all refined sugar (including those in alcohol) while you're battling the infection, and restrict them once you've recovered.

*During the course of infection, stay away from dairy, breads, salty, spicy, processed, or refined foods, sugary and diet sodas, alcohol and caffeine. You may need an overall body cleanse to lower yeast levels and/or flush out toxins. Come in and ask us for details.

*Drink as much water as you can (spring or reverse osmosis is best). Reduce stress. Take Probiotics – the friendly bacteria that prevents the overgrowth of harmful bacteria in the body.

*Antibiotics, oral contraceptives and other medications may increase the risk of recurring yeast infections

Other additions to your health program:

1) **D-mannose** - is a simple carbohydrate similar in structure to glucose. Some unfriendly bacteria have lectins (adhesion molecules), which bind to residues of mannose in the epithelium of the urinary tract. Some clinical experience suggests that supplemental D-Mannose acts as a molecular "chaff" to which bacteria bind, preventing them from binding to urinary tract cells. Try Bell's Bladder and Yeast Infection. 2 capsules a day during infection or 1 capsule a day as preventative.

2) **Uva ursi, golden seal, pumpkin seed, buchu leaf, hydrangea, juniper berries, parsley** - all effective in combating bladder and yeast infections. Try Bell's Bladder and Yeast Infection (caps) or Juniper Plus by Master Formulae (liquid tincture for bladder/kidney infections).

3) **Cranberry** - 400-500 mg of extract, 2x/day. For young children use 1/2 unsweetened cranberry juice/1/2 unsweetened apple juice (1/2 a cup a day). Cranberry is best used for prevention.



New at Nurture!

Bulk Herbs: Will be available around mid Oct. 20 different kinds of bulk herbs from our air-tight apothecary style jars. Our website has a complete list. Don't see what you want? We may be able to order it for you.

Goddess Products: Goddess Relaxation & Meditation CD's, I am Divine cards, Goddess statues, Let Your Goddess Grow Book, Women's Book of Empowerment.

HUGO Natural Botanical lotion, shower gel and soaps: Luscious flavours. No artificial anything! Treat yourself or someone else!

Green & Black organic chocolate: 3 yummy flavours.

Genesis Power 4 and Total Goji juice, 946ml

Uncle Lee's Whole leaf, ORGANIC teas: Green tea, Green tea with jasmine and Oolong. Exceptional well balanced flavour, not bitter, beautiful boxes.

ELEV8ME protein bars: 18g of protein, gluten-free, soy-free, high fibre, not baked or coated. Three flavours: All-fruit Original, Blueberry/cranberry/goji berry boost, Banana nut bread. 10% off case lots.

Chinook Soy Candles: New scents for fall: pumpkin, wild blueberry, orange pekoe tea, lucky bamboo and flower shop. Non-toxic, burn clean, vegan, bio-degradable, last 30% longer than regular candles.

Pill boxes (large & small), pill splitter

Hering's Law of Cure:

"All cure starts from within out and from the head down and in the reverse order as the symptoms appeared."
(Constatine Hering, MD, 1800-1880-homeopathic physician)



We are located in Crowfoot Crossing

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Calgary, AB

(next to Quizno's and across from Chapters)

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Visit our new website: www.nurturehealth.ca

If you wish to receive this quarterly newsletter by email, please email us at: customerservice@nurturehealth.ca