

Autumn and the Lungs

According to traditional Chinese medicine, autumn is the start of the inner, or "yin" time of the year, thought to be ideal for reflecting, recharging, nurturing one's self and retreating to quieter types of entertainment and hobbies. For many people, autumn is a time for change which brings new beginnings and new activities.

Autumn is also a colder time of the year; as such, lungs can be particularly vulnerable to colds and flu. In conventional medicine, the lungs are associated with respiration, but in Chinese medicine the lung system includes the skin and colon and is associated with boundaries, breath and renewal (which includes letting go). Across the boundary of the lungs, oxygen is taken in and carbon dioxide waste is excreted. Since most human energy is derived from air, the lungs are primarily responsible for physical vitality and are said to govern Qi (energy) in the entire body.

The lungs' paired organ, the colon, is concerned with release and elimination. The lungs and colon together are related to immunity and maintain the strength of the body's protective boundary. Pathogens most easily enter through the respiratory and digestive systems and the lungs and colon are responsible for maintaining the integrity of these systems so that they are not penetrated by invaders. The body's defensive energy is directly dependent on the strength of the lungs and colon.

The lungs refer to the whole respiratory system which includes the nose and sinuses. The lungs also work with the kidneys to regulate water metabolism, regulate sweat glands and body hair, as well as provide moisture to the skin.

Symptoms of an imbalance in the lungs can include shortness of breath and shallow breathing, sweating, fatigue, cough, frequent cold and flu, allergies, asthma and other lung conditions, and dry skin. Emotionally, a lung imbalance can manifest as depression, melancholy and frequent crying if one holds on to emotions or has trouble releasing emotions over a long period of time. Since the lungs also represent boundaries, if one is too open or too closed, this can manifest as harsh judgment in oneself or others, false pride, low self-esteem, a stooped concave-like posture, and a failure to respect or understand one's own and others' boundaries.

The lungs are nourished by breathing. To increase lung energy, get out into the fresh air frequently, go for a brisk walk or run, and consciously bring awareness into the breath. Yoga is wonderful for breath-work, and singing and public speaking are also helpful.

When there is too much moisture in the lungs, colds or the flu can easily enter and lodge in the mucus membranes. If you feel stuffed up or have phlegm in your throat, then avoid dairy products, alcohol, and flour products, as they increase mucus in the body, especially in the lungs and sinuses. Doing a cleanse is also a good way to help reduce mucous build-up in the body and Fall is an optimal time for cleansing (see page 3 for more information on cleansing). Finally, drink plenty of warm/hot clear liquids and broths in the autumn season.

On an emotional level, the lungs are nourished by respect. Learning to value who we are and what we do will attract respect from those around us. Deeply exploring what we value, and finding ways to express those values in the world help us to open and nurture the energy of the lungs.

Samantha Orthlieb, MH

(Sources: Alternative Medicine website and Daverick Leggett)

With Autumn upon us, Nurture Health & Wellness is experiencing many changes that we are excited about. We warmly welcome Nicole Sereda who is moving her downtown massage practice to our clinic; please see her bio on page 4. We have also recently installed a new Point-of-Sale system so that we can improve our efficiency in ordering, receiving and processing transactions. We have several new faces joining us at Nurture to help you when visiting our store or clinic. And as always, we have an increasing selection of new products and tools to support your healing journey.

Everyone's Talking About Goji!

Goji has received a lot of publicity as of late, predominantly for its immune enhancing qualities. The name 'Goji' comes from the Chinese name "Gou Qi Zi" for Wolfberry. Wolfberries are oval in shape, reddish orange, with a sweet but coarse taste. Wolfberry contains powerful antioxidants as well as 18 amino acids, and it is loaded with vitamins (including more beta carotene than carrots!).

Studies done by the State Scientific and Technological Commission in China have reported it to be effective in increasing white blood cells, protecting liver function, lowering cholesterol and blood pressure, strengthening the immune system, and supporting vision and ocular structure.

Goji is available in juice form (try Goji 100 by Genesis), or in the more concentrated Wolfberry tincture by Spagomed. Though some prefer to drink the juice, taking Goji in a tincture offers all of the benefits of the juice and more. Spagomed's unique fermentation method is extremely bioactive, producing an extract that is four times as concentrated as Goji juice. Because it is more potent, less is needed to achieve your health goals, therefore making it a cost effective choice.

To receive all of the benefits of Goji with additional anti-aging and stress combating properties, try Spagomed's 7 Lives Formula. This traditional Chinese tonic incorporates Wolfberry, Ginseng, and Reishi to tone the liver and kidneys and act as a potent adaptogenic.



Stop Your Virus Before It Stops You!

Blockade, with the exclusive elderberry-derived extract **ViraBloc**, is the first all-herbal, natural therapeutic that acts to block viruses from entering human cells, therefore preventing them from replicating.

A virus is much smaller than a human cell, but despite its small size can be very powerful, especially when allowed to replicate. When a virus gets into the nose, lungs or mouth it targets particular cells in the body and attaches to them in very specific ways. Once inside the cell, the virus multiplies rapidly. These newly copied viruses escape the cell and enter the bloodstream to find even more cells to attach to. The bioactive molecules in Blockade seek out viruses, bind to them, and create a coating around them. This coating is like a fence around the virus that blocks its ability to attach to and enter cells.

Because **Blockade** is a fast dissolving, great tasting, all natural lozenge that you hold under your tongue, it enters and starts working in your bloodstream in minutes, not hours like other anti-virals that are processed in the stomach. **Blockade** enables you to catch viruses before they catch you!





Take a Chill Pill

If you're like most people today, you have too much on your plate and are under constant pressure and deadlines-at work, home or maybe even at play.

Chill Pills is a natural herbal and vitamin synergistic "feel good" formula that brightens your mood, and most importantly, relieves stress. It also reduces nervous irritability and induces relaxation so you can calm down and concentrate. Chill Pills is non-addictive and will not make you drowsy. While working at the office or elsewhere, Chill Pills will improve your concentration, interactions with people, and help you work more effectively.

** Do not use this product if you are currently taking antidepressants or anti-anxiety medication. Also consult a practitioner if you are on any other medication prior to use.*

What to Do if the "Sky is Falling" in Your Life

by Gwen Randall-Young

What do we do when it feels as though our whole world is coming crashing down around us? This feeling can come as a result of external circumstances, but it can also be triggered by inner mood shifts. At such times, life seems incredibly hard, and a future filled with that kind of pain seems utterly unbearable. There is a feeling either of hopelessness, or an urgency to change the external situation. Sometimes there is an urge to escape, either through death or addictive behaviours including alcohol, drugs, work, and perhaps even eating or television. Notwithstanding the fact there may truly be a need for some concrete life changes, let us look at how we can deal with the sense of emotional devastation in the short term.

Remember how we all learned that if we find our clothes on fire, we should not run, but instead we need to "drop and roll". To run would only fuel the flames, and we could not run away from the fire because it is right there with us. Dropping to the ground and rolling removes the oxygen source, without which the fire cannot continue. When we have emotional pain, and we try to run from it, we similarly fuel that pain. We are not doing anything to alleviate it. When we formulate catastrophic expectations and worst case scenarios, we add fuel to the fire. When we berate ourselves we fan the flames. Emotional pain is generally not extinguished as easily as a fire might be, but we can learn how to survive it, and how to control it.

Ironically, the best way to handle these feelings is to accept them, and allow ourselves to feel the pain for a while. It is not the time to abandon ourselves. Even if we feel we have been rejected, abandoned or betrayed, it is not the end of the world. Even if we cannot find anything to like in ourselves or our situation, it is not the end of the world. These situations may force us to see we must make changes, but change is always possible. If we realize we must take a new path, we must remember there will be new people and situations there, and there could be a bright new world waiting just around the corner.

There would have been little progress for the human species if there had not always been individuals who were willing to venture into the unknown. We all have the capacity within us. The unknown aspects of our own consciousness, or our own potential futures, can seem as daunting as the wilds of Africa, or the jungles of South America. But we can call upon the traditions of our ancestors to give us the strength to explore beyond the safety of our known circumscribed reality.

Someone once said that faith is knowing, as you hold desperately to the edge of the cliff, that if you let go one of two things will happen. Either there will be someone there to catch you, or you will be shown how to fly. Know that whatever happens for you, you can choose to be all right. Things may be different, perhaps even hard, but you can still be all right. Don't ever forget that. Alright?

Gwen Randall-Young is an award winning author and Registered Psychologist in private practice. Nurture carries her full line of CDs and books. To view a full selection of her materials, visit her website at www.gwen.ca.

A Multi Safe for Everyone

It's becoming more and more difficult to find a good quality multivitamin that is free of herbs, vitamins, and minerals that could potentially interfere with medications or aggravate illnesses.

Medi-Safe™ by MegaFood® is a whole-food multivitamin, specially formulated to meet the nutritional challenges faced by people on prescription medications. Medi-Safe™ DailyFoods® is intended to provide your daily needs for vitamins and minerals without the potential of interaction with your prescriptions. Medi-Safe™ contains no herbs, iron, iodine, or vitamin K, and contains trace amounts of Vitamin E.

Because Medi-Safe™ is a whole-food vitamin derived from a patented Cold Fusion™ process, each tablet is easily digested and absorbed, ensuring that you get the most out of your multi. Only when the intricate food matrix is intact will the "intelligence" of whole-food nutrients be maintained and the full benefits received. Medi-Safe™ is a safe alternative for anyone on the road to optimal health.





Amoré is Love for Your Skin

Fall is a great time to focus on your skin! With the cold and dry winter fast approaching, it's an opportune time to prepare your face for what's to come with a good exfoliator and toner. People tend to associate exfoliating with a rough luffah or a gritty scrub. A good exfoliator should involve neither! Amoré's non-abrasive **Peach Wine Exfoliating Cleanser** works using Glycolic Acid, which loosens and releases dead skin cells and stimulates the skin to release new cells. Combined with wine tannins and Beta Carotene, both powerful antioxidants that repair damaged skin, this formula is a facial in a bottle.

And don't forget the toner...

After cleaning the skin, a toner is essential to bring the skin's pH back into balance. Amoré's **Peach Wine Antioxidant Toner** draws on the beneficial antioxidantizing properties of wine tannins in a base of witch hazel to soothe and protect the skin from environmental stresses and facilitate the skin's own natural healing abilities.

Amoré is an all natural, irritant-free skincare and mineral makeup line that utilizes the latest beauty science technology to nurture the skin. The line is normally only used and sold by cosmetologists, making Nurture the only retailer in Calgary to carry it. Come in and check out their other great products!

Prices Aren't Just Rising at the Pump!

Over the last month, many of our prices have risen, some by a few cents, others by a few dollars. This is primarily due to a fuel surcharge now being added to many of our orders by our suppliers, either explicitly or hidden within cost increases over time. We will continue to do everything in our power to keep our products affordable when possible, and we thank you for your continued patronage and support as we all adjust to the higher cost of living.

I really believe that the world is changing. People are changing. People are searching for a greater fulfillment. We will look at the past as a primitive time. War, money, drugs, greed, power, racism. These are primitive words. Words of the second millennium. Cooperation, exchange of ideas, common goals, respect for nature, equality and natural means of diagnosing and dealing with disease are words of the third millenium, the new millennium."

-- Frank Navratil BSc. N.D.

Save The Sharks

In July 2008, Nurture made the decision to no longer carry shark cartilage and shark liver oil. The illegal shark finning industry kills millions of sharks every year, and this is taking a dramatic toll on the delicate ecosystem of both the sea and land. If you currently use either of these products and wish to find a more eco-responsible alternative, one of our educated staff members would be happy to help you find another product to meet your needs. For more information on shark finning and how you can make a difference, visit: www.sharkwater.com.

Why Cleanse This Fall?

Regular cleansing of ALL major organs is essential to maintaining health. To put it simply: you can buy and take all the vitamins, herbs, and antioxidants you want, but you won't see your health turn around if your colon is filled with fecal matter or if your liver can't clean toxins out of your blood and perform its daily functions normally.

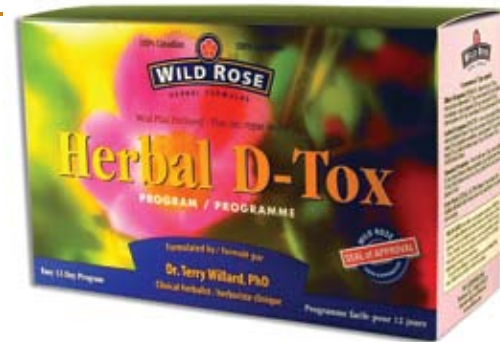
According to USA Today, "Most people who eat the standard American 'goo and glue' diet have about 5-10 pounds of matter stored in the colon." – Yuck! Our refined food diet and our sedentary/stressful lifestyles are contributing to the rapid decline of our health faster than ever. Our overall lifestyle is frantic – we are constantly on the move, we eat quickly, and as a consequence we digest poorly.

Cleansing is a rich tradition among humans, throughout all ages and cultures. For thousands of years, body purification has been a part of our ritual for health and well-being. It was used in ancient times as a way to reconnect with the divine, but today detoxification is generally done to stay healthy and prevent disease.

Detoxing is a way to minimize the waste matter, environmental pollutants, heavy metals, parasites and residue from all the non-prescription and prescription drugs that compromise the health of our bodies. We are also ingesting pesticides, insecticides and other contaminants on most of our foods, not to mention the tons of additives that one finds in most processed foods. These toxins and other stresses assault us on a daily basis. Eventually, this situation catches up to us and we can experience headaches, constipation/diarrhea, digestive issues, nausea, weight gain/bloating, skin issues, allergies and more. Cleansing allows us to digest better, absorb nutrients better and feel better. That expensive vitamin you buy will now actually be absorbed better.

Take time this Fall to nurture and cleanse your body. Make sure you do your cleanse before the time change. As the days grow shorter, our metabolism starts to slow down and our bodies begin to conserve energy in preparation for the more restful, dormant winter ahead.

There are many different cleansing products to choose from off the shelf, or consult an alternative health practitioner to address your individual cleansing requirements, questions or concerns.



Come in to Nurture and enter to win our draw for one of two detox kits! **Win** the Wild Rose D-tox kit or Garden of Life's Perfect Cleanse; winners will be chosen at the end of October.

What's New at Nurture

Energy Muse Jewelry

Our most recent expansion has been this line of breath-taking jewelry out of California. Each piece is made of ethically sourced semi-precious stones and has been energetically cleansed and intention activated. Come check out their Chakra, Elements, and Goddess series.

Ecotints Natural Lip Colour

Give your lips pure satisfaction with Ecotints naturally glistening lip moisturizer. This formula combines organic ingredients with minerals to provide subtle colour with a beautiful shimmering glow. Comes in Rose Quartz, Plush Red, and Mocha Velvet.

Healing Chakra Sprays

These Chakra sprays by I&E Organics incorporate essential oils with flower and gem essences to bring healing energy to each of the seven chakras. Each spray comes in its correlating chakra colour to be sprayed either directly the skin or around the room. Breathe in and be transformed!

Goddess Grace Oil

This decadent roll-on oil is a combination of essential oils and flower and gem essences designed to evoke the Goddess within. Perfect as a perfume or to aid in meditation.

Macrobars

The latest addition to Nurture's healthy snack selection, Macrobars are gluten-free, macrobiotic, vegan, and chockfull of protein! These delicious, simple, and healthy bars are sweetened with brown rice syrup to help keep your blood sugar balanced. Choose from Peanut Butter Chocolate Chip, Tahini Date, or Carob Almond.

Nurture's Clinic

Samantha Orthlieb

Master Herbalist, Iridologist, Energy Medicine Practitioner, EAV/EDS Practitioner



Nurture's clinic offers a variety of alternative health services, including one-on-one health consultations with Master Herbalist Samantha Orthlieb.

Samantha has over 7 years experience as a practicing Herbalist/Iridologist and is also a Nature/Flower Essence Therapist and EAV/EDS Practitioner. At Nurture, she conducts health assessments using Iridology, Chinese Tongue and Nail diagnosis, Applied Kinesiology (muscle testing) and EAV/EDS testing (a machine that tests acupuncture points on the hands and feet in order to identify the possible energy imbalances in the body). Samantha uses herbs, vitamins, minerals, homeopathics and nature/flower essences to gently coax and work the body systems back to a balanced state.

Using an intuitive based whole-body approach, Samantha targets the root of disease and helps facilitate the client's own innate ability to heal. Samantha can help you:

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

If you are ready to make a commitment to your health and take the next step on your healing journey, call (403) 208-0812 to book an appointment with Samantha.

Fall Specials

20% off all Japanese Teapots

10% off all Chinook Soy Candles and Products

15% off all Goddess and Lord Figurines

15% off Coming of Age Kits

20% off all Wind Chimes

Don't forget, Senior's Day is the first Tuesday of the month!

We offer a **15%** discount to Seniors (65+) on all regularly priced items as well as free samples and in-store product demonstrations.

The Senior's Day discount will also be honoured on all phone and mail orders made on that day. Seniors enjoy a 10% discount all other days of the month.



Massage Therapy Now at Nurture!

Nurture would like to extend a warm welcome to **Nicole Serada**, the latest addition to Nurture's clinic.

Nicole is a certified massage therapist, who brings to Nurture the healing power of touch. Having realized the importance of being present in one's body through teaching yoga, Nicole now helps her clients reconnect with their bodies through massage. She has treated everything from Sacroiliac Dysfunction (a common cause of lower back/hip pain), Repetitive Strain injuries (computer posture, golfer's and tennis elbow), and injuries from motor vehicle accidents with great success. Her intuitive approach to massage helps each session to be both therapeutic and relaxing, as she lets the bodies of her clients communicate what it is they need. Often an ache or pain is a sign of a blockage on an emotional or energetic level, which massage can also help to release. Whether you are in need of relaxation, release, or a therapeutic touch, Nicole will take direction from your body to cultivate the healing it needs.

Nicole begins her practice at Nurture on October 6th, 2008.

Call (403) 208-0812 to book your appointment!



We are located in Crowfoot Crossing

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Calgary, AB

Phone (403) 208-0812

Visit our website: www.nurturehealth.ca

Celebrating 10 years of creating opportunities for health and wellbeing

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