



An Awakening

I was overjoyed when Barack Obama won the election in the U.S. I told a colleague of mine that if he had not won, I would have quit my profession. "Why?" she asked. My heart was so heavy from sadness and carrying what felt like the weight of many people's sorrow. It went beyond what I hear and feel from my clients, staff, peers, and family. It was more like the weight of the world. It was as if many had reached their breaking point, me included. Hope was almost gone, and for others it had been gone for quite awhile. We are tired of the "War makes Peace" philosophy that is so pervasive in our world. It is an archaic, "power over" mindset that needs to end if we are ever to achieve peace and learn to compromise and understand each other. Feeling safe is a basic need. If we feel unsafe then we feel stressed, not peaceful. Power struggles of any kind feel unsafe and wear away on the mind and body in many ways, paving the path for disease and death.

My children and I watched the election that night, and when it was clear that Obama would be the next President, we laughed, wept and hugged. My boys know nothing about politics, but they do know hope when they see it. Finally, politics on a large scale and peaceful consciousness were intertwining. The next day as I drove to work, my heart was light and the energy of the world felt hopeful and safe.

2008 was a difficult year for many, a "down turn" as I have heard it called in the

financial world. A more positive label would be "An Awakening." I would suggest that 2009 is the perfect time for slowing down, reassessing your life's journey and catching up on emotional processing. Most of the time, real change does not happen until we reach our breaking point, as we witnessed in the U.S. election. It has been a stressful year for many people, and I saw the effect of it in my practice after the holidays when clients crashed into depression and sleeplessness in January.

It is so important to lower the levels of stress in our bodies. If we do not, then the body talks back through anger, anxiety, depression, insomnia, and ultimately disease, all in an attempt to get our mind's attention. Change your life and awaken to different ways of lessening stress that work for you. Go within and really listen to what your soul needs to be peaceful. You will be amazed at how quickly the body will heal itself if you take the time to catch up on feeling. If you need some direction on how to start this process, consult with someone in the healing profession. As we become peaceful within ourselves, it becomes contagious to others around us and spreads to the rest of the world.

Blessings,

Samantha Orthlieb,
Master Herbalist / Iridologist
Flower/Nature Essence Therapy
EAV/EDS Practitioner

Are you getting enough silicon?



Signs of a silicon deficiency include hair loss, weak and brittle nails, low bone density, and rapidly aging skin.

Silicon is an important part of any bone health supplement regime. It is essential for bone and cartilage building and for bone calcification. It helps to maintain

the correct calcium-magnesium balance in the body, as well as aids in mineral absorption to enhance the function of iron, calcium, magnesium, potassium and boron. Accordingly, it is vital for normal bone development, and may even help to prevent osteoporosis.

One of the highest sources of silicon is bamboo. Bamboo extract contains over 70% organic silica, more than ten times the level found in other sources, such as the widely used Horsetail plant. This makes Bamboo Sil one of the most potent silica supplements. To further enhance the effectiveness of Bamboo Sil, the formula includes 200 mg of calcium citrate. Calcium absorption is enhanced by the presence of silicon, and like silicon, calcium is involved in normal bone development.

As a beauty aid, silicon improves the condition of the hair, nails, teeth, gums and skin and has been used to alleviate skin conditions such as eczema and psoriasis. Silicon is also known to improve cardiovascular health and help reduce the effects of aging by stimulating the production of collagen.

So whether you are looking to increase your bone density, or rejuvenate your hair, skin or nails, Bamboo Sil delivers a high quality form of silicon that will produce noticeable benefits to your overall health.

Abundance is a State of Mind

With all of the negativity in the news about the economic recession, it's easy to fall into the fear mentality of not having enough. While it's true that the recession has had devastating effects, by no means should we forego the concept of "abundance" in our lives or let it be defined by the balance in our bank accounts.

The current economic crisis is a call to attention back to what really matters. If you have a job, you are abundant. If you have family and friends that love you, you are abundant. If you have food on your table, you are abundant. This is an opportunity for you to focus on all of the blessings in your life, and re-evaluate how abundance manifests itself in your life.

If you are have trouble accepting good things into your life, or a hard time recognizing where abundance shows up for you, the Pacific Essences' Abundance Program is a great tool to assist you. Nurture has carried the Abundance Program for almost a year now, but in recent months its purpose has taken on new meaning. The intention of this three week program is to create a new framework for manifesting abundance at any and all levels of your life. You may choose your focus to be money, relationships, work, family, health, or any area where you are experiencing lack or scarcity. It helps you to focus intention, discard useless beliefs, attitudes, and behaviours, and to manifest your abundance goals with grace and ease.

Each daily exercise is designed to release that which no longer serves you and to assist you in creating a particular experience of abundance in your life. Essentially the program, along with the use of the Abundance Essence and Oil, will re-pattern cellular memory so that you can experience your own inner power to manifest exactly what you want in your life. The kit includes a CD which contains an introduction and several visualizations for certain days throughout the program.

The Abundance Program frees us to participate fully in the adventure of life by gently releasing limiting attitudes. These days, all of us could use a little help reformulating our thought patterns and redefining what abundance means to us. Take this current economic situation as an opportunity to turn inward and return your attention to the things that really matter in life. Use the Abundance Program to help you release old fear-based thoughts so that you may be free to finally accept abundance in your life.



Fall Asleep, Naturally.

Sometimes a racing mind or anxiety from a busy and stressful day can prevent us from getting the rest we need. It is recommended that we get six to eight hours of sleep a night in order for our bodies to properly heal and rejuvenate. Nature's Harmony Peaceful Sleep contains Seditol™, a proprietary blend of natural, sleep enhancing ingredients. Seditol™ is a potent blend of two herbal extracts, magnolia (*Magnolia officinalis*) bark and jujube (*Ziziphus spinosa*) seed. Both are known to have a soothing and beneficial effect on central nervous system function and induce drowsiness and feelings of relaxation. In addition, it's non-habit forming and won't cause a hangover-like effect the next day. Peaceful Sleep is a safe, natural solution for insomnia and stress-related sleep problems. Reclaim your sleep and reap the benefits of a good night's rest with Peaceful Sleep.

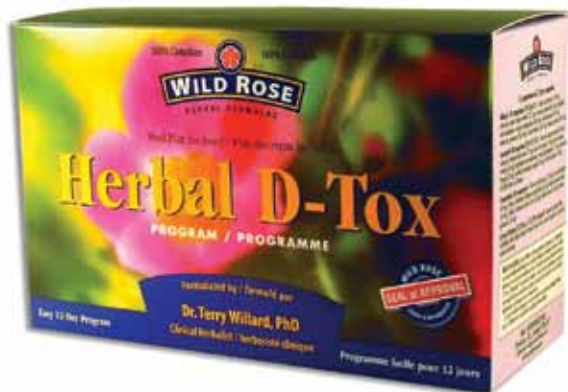


The mind's first step to self-awareness must be through the body.
~George Sheehan

End the Post-Holiday Blues with a Cleanse

After the holidays, hype about cleansing seems to be everywhere. So maybe there's something to it? If you feel sluggish and fatigued, or if those extra Christmas pounds are hanging on, it could be time for a cleanse.

Internal cleansing is considered to be the cornerstone of good health by many natural health care practitioners. Pollutants from the environment, found in the air, water & foods that we eat, as well as wastes produced from normal bodily processes, can tend to accumulate within the body and lead to a state of congestion.



After weeks of eating a lot of refined, fatty, and sugar-laden foods over the holidays, our systems can get bogged down. 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. And when we cleanse our bodies, often we release unwanted emotional baggage that can also weigh us down.

The Wild Rose Herbal D-Tox program is simple to use and has excellent health benefits. Cleansing doesn't have to be a painful process. The emotional and physical fluctuations that often occur with fasting are avoided since one is not deprived of food; conversely, eating as much healthy and well-balanced food as you desire is recommended!

Help you body catch up with a cleanse and see why so many people make cleansing a part of their post-holiday ritual. Come into Nurture today to see if the Wild Rose D-Tox is right for you.

Work through Emotions with Wild Rose Flower Essences Formulas

A flower essence is the energetic vibration (life force) of a plant. Each plant has unique healing properties that are powerfully preserved in essence form. The healing properties of flower essences deal primarily with issues and blockages on the emotional level and can help us work through and understand our lessons in life at any given time.

By understanding both the positive qualities as well as the patterns of imbalance that each flower essence addresses, they can assist in helping us with our fears, worries and a wide spectrum of emotional issues. Preserved in a solution of alcohol or glycerin, flower essences can be consumed, applied topically, or even sprayed in a room to alter energetic frequencies. Effective for both humans and animals alike, flower essences can help us shift out of difficult times and transcend us into higher awareness.

Wild Rose Flower Essences come in a selection of formulas designed to address specific issues. Wild Rose Flower Essences



Formulas include:

- Depression and Apathy Up-Lifter
- Focus
- Energize
- Night Night
- Self Esteem
- Children's Super Hug

Nurture carries hundreds of different flower, sea, chakra, and gem essences in single or combination forms. Come in and talk to one of our educated staff members to find the essence that resonates with you on your journey.

"[Flower Essences] flood our nature with the particular virtue we need, and wash out from us the fault that is causing the harm..."
Dr. Edward Bach

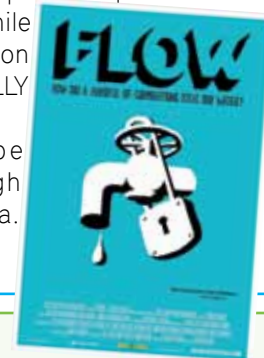
Flow: For Love of Water A film by Irena Salina

Water is the very essence of life. It sustains every living being on this planet and without it, there would be nothing...

FLOW - Irena Salina's award-winning documentary investigates what experts label the most important political and environmental issue of the 21st Century - The World Water Crisis.

Salina builds a case against the growing privatization of the world's dwindling fresh water supply with an unflinching focus on politics, pollution, human rights, and the emergence of a domineering world water cartel. Interviews with scientists and activists intelligently reveal the rapidly building crisis, at both the global and human scale, and the film introduces many of the governmental and corporate culprits behind the water grab, while begging the question 'CAN ANYONE REALLY OWN WATER?'

The DVD can be purchased through www.mongrelmedia.com



The Soul is the Essence of Who We Are, The Core of Our Being by Gwen Randall-Young



Some writers have suggested that depression can be the result of alienation from our own souls. Certainly it can also be caused by life circumstances or biochemistry. If being

disconnected from our souls does happen to be the problem, what then? Can we be helped by medical practice that scarcely acknowledges the existence of soul? Can we be helped by therapists who delve into our past or teach us to think differently? Will repeating positive affirmations lift us out of our misery? All of these healing modalities will have something to offer, but ultimately it is up to us to get to the heart of the matter.

If we feel detached from life, unable to feel joy, we may not be living the life we came here to live. Sometimes we have no idea what we want. In this case, a starting point might be simply to list all of the things that we do not want in our lives. Getting specific about the things we do not like can get the compass needle pointing in a definitive direction.

Consider which qualities are opposite to those you do not like, and you have begun your list of what you do want.

The heart is like a compass pointing us in the direction that our soul wants to go. We know in our hearts which people and situations are good for us. Too often we override that heart knowing, our of a sense of obligation to others, or from sheer habit. This is equivalent to putting the soul in a cage. The soul is the essence of who we are at the core of our being. It is who we really want to be, and who we would be if we did not experience self-doubt, and did not feel we had to live up to the expectations of others.

The soul wants to fly free and experience as much of itself as possible in this lifetime. To cage a soul is like taking a child to Disneyland, and only allowing that child to peer in from the outside. He or she can see all there is to experience, but is held back. When the soul is left outside of the life experience, it is no wonder that depression sets in. The child could return to Disneyland as an adult, and experience everything that was missed. The soul will not have another change in this

lifetime. Sometimes the thought of making the changes that would free the soul is overwhelming to the ego. The self recoils and remains immobilized. All that is felt is an ache in the heart from that deep and distant place that knows what might have been.

(Recommended self-help CDs: Your Authentic Self, available at Nurture)

Gwen Randall-Young is an author and Registered Psychologist in private practice. She is the recipient of the Psychologists' Association of Alberta John G. Paterson Award (2003) for excellence in portraying psychological knowledge to the public.

Our bodies communicate to us clearly and specifically, if we are willing to listen.
~Shakti Gawain



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 eight 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 dis-ease 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.



Massage Therapy Now at Nurture

Nicole Sereda is a registered massage therapist, who brings to Nurture the healing power of touch. Nicole helps her clients reconnect with their bodies through massage. 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.

Massages are covered under most health plans. Nicole is also a certified ear candling practitioner. Call 403-208-0812 to find out more or to book your appointment! **Until the end of February, receive 90 minutes for the price of 60 minutes!**

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.

WINTER SALE
 Up To 50% OFF

- Energy Muse jewelry
- 13 Moon Oracle Kit
- Herbal Adventure Game
- Coming of Age Kit (for young women)
- Thermal Massager
- Selected Soy Candles
- Journals
- Selected Bath Products

What's New at Nurture

☞ *Books from the Wise Woman Herbal Series* by Susun S. Weed (Dempsey Distributers).

Healing Wise explores the healing properties of seven key herbs and coaches the reader on using them for everything from natural remedies to enriching recipes. A great introduction to healing with herbs.

Childbearing Years - Nature has provided us with simple, safe, remedies for pregnancy, childbirth, lactation, newborns. Weed provides herbal solutions for women in their childbearing years, including herbs for fertility and birth control.

Breast Cancer? Breast Health! The Wise Woman Way draws on "women's wisdom," or the inner knowledge often ignored by modern medicine, as a powerful tool for healing and preventing cancer.

☞ *Photo Cards by Susan Lahti* are spiritual and inspirational greeting cards designed to uplift, comfort and empower, the human spirit. Each card has a photograph and accompanying message inspired from the soul.

☞ *Pukka Herbal Spiced Chai* - try the latest addition to our Pukka tea selection with this caffeine free version of the traditional Indian classic. Enrich yourself with the aromatic warmth of cinnamon, cloves, and other spices.

☞ *Chanakara Seven Chakra Tea Assortment* - each Chanakara blend is designed to balance, tune and energize each of the seven chakras. Use this tea as needed to help reclaim the energies of life and direct healing to the chakras that need it.

☞ *Gypsy Tea Sampler* is a set of three different tea selections in delightful little tins: one tin of herbal, another of green and white teas, and the third, a medley of black, green and herbal. Enjoy the tea and re-use the tins!



We are located in Crowfoot Crossing
 63 Crowfoot Terrace NW
 Calgary, AB
 Phone (403) 208-0812

Visit our website: www.nurturehealth.ca

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