

Fall 2016 – Elemental Holistic Therapies - Newsletter



In this newsletter, you will find some FREE self-care tips, our Fall River Meditation and Fall Specials - book early and save!

FALL 2016 - well, it's a little early I know, it's not quite the end of August, but the nights are certainly getting cooler.

Fall is my favorite time of year - what's yours?

For me, it's not because it means winter is coming, but it's about the stunning colours, the crispness in the air, and that

last hurrah of life force before everything settles down for winter.

Did you know that Fall corresponds with water - lakes, rivers, oceans - along with emotions, our subconscious, wisdom, the soul, love and femininity. It also relates to twilight and dusk, hence the picture.

Check out the [Fall Water Reflection / Meditation](#) below

Who`s in charge of your health and well-being?

Do you want to have more energy, feel revitalized and be more resilient?

By booking regular monthly appointments with your holistic health care practitioner (whoever that may be) you ARE taking more control over your own health and wellness.

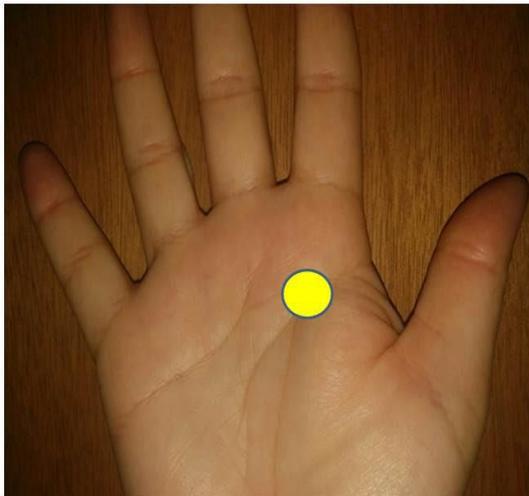
Self Care - What does self-care mean to you?

Did you know that NOT taking care of ourselves can lead to *Burnout*, Impaired Judgment, *Depression*, Low levels of Warmth and Generosity, *Defensiveness*, and so much more – in all areas of our lives!

Some of the ways we can increase self-care includes:

- **PAMPERING YOURSELF!**
- **Leading a healthier lifestyle - eating better, getting enough rest and exercise**
- **Taking responsibility for our own behaviours**
- **Keeping good boundaries**
- **Maintaining balance in our lives**
- **Being creative and**
- **HAVING FUN!**

Self Care Tip - Solar Plexus Reflex point



Solar Plexus reflex point

Activating your Solar Plexus reflex point on your hands is a great way to reduce stress and tension, and encourage your body to breathe!

The picture shows you where to find the Solar Plexus reflex point.

You can use a "hooking" action with your opposite thumb using a pressure and release motion, or simply apply light pressure and hold. Press and release, or hold, any time. Notice as you do that your body automatically wants to take a deep breath.

FALL RIVER MEDITATION:



Well, we'll start by sitting comfortably or lying down. Take a few deep breaths, close your eyes, and imagine you are sitting by this river.

Listen to the sounds the water makes as it rushes over the rocks; while it may sound chaotic, allow yourself to be lulled by the sound of the splashing.

Notice how the water flows around the rocks and the tree branches, and the pebbles, past the banks of the river. Blockages do not stop the water - the water simply finds another way around. The deeper layers of the water, near the bottom, are much calmer and quieter, almost laying in wait until they are needed.

The water that continually flows through this river on it's own journey reflects to us the different aspects of our lives, our emotions, our subconscious.

We have moments of turmoil and agitation; we have moments of stillness and tranquility; we have moments where we wait and re-charge.

What is going on in your life? Do we need to slow down and re-charge, or do we need to flow more easily and find another way around a roadblock? Are we fighting against the current, or allowing ourselves to be swept away? Are you drifting through this stage of your life, or do you have a destination in mind?

SPECIALS**

*** Purchase by September 18, 2016. Must be used within 6 months, but you may transfer them to someone else. For in-office sessions only**

Buy before September 18, 2016 and SAVE

Buy 4 for the price of 3: **Quantum Touch® Energy Healing Sessions** (Costs \$180.00 - savings of \$60)

QUANTUM TOUCH uses life force energy to create a high energy frequency; applying that field of high energy around an area of pain, stress, inflammation, your body can entrain to that higher frequency, amplifying your own body's ability to heal.

QUANTUM TOUCH works from the premise that the body, given the

right conditions, knows how to heal itself. If your life force energy is low, you may be tired, drained, depressed, lethargic.

QUANTUM TOUCH can help to increase your life force energy. Life-force energy affects matter on the quantum, subatomic level and works its way up through atoms, molecules, cells, tissues, and structure.

**Want to Learn QT for yourself?
Level 1 and Level 2 classes available.
Contact me for details and upcoming dates.**

Buy 4 **Touch for Health**® **Sessions**
for \$350.00 – save \$50

Touch For Health is Specialized Kinesiology - a system of health and wellness that uses muscles and muscle testing as a method of biofeedback - we can assess and identify imbalances and your body's response to stress. Using a holistic approach and safe and gentle techniques, we re-balance the body's energies and activate your own intrinsic healing process - so that your body can better heal itself, creating that sense of effortless effort, and being in the flow of life.

Touch for Health is a system of balancing posture, attitude and life energy to relieve stress, aches and pains, feel and function better, be more effective, clarify and achieve your goals and enjoy your life!

Touch for Health is the most widely used form of Kinesiology in the world.