

2018

Staying grounded

2018 HEALTH &
WELLNESS DIRECTORY

4 Tea for
Your Health

6 Bowen Therapy
to the Rescue

8 Happiness and Health –
The Energy Connection

10 The Cost of
Good Health

28 Love the Stuff
You're With

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From the PUBLISHERS

Staying grounded

There's an ebb and flow to life. At varying levels, we all experience ups and downs, back and forths, highs and lows. They're as natural as day and night and our beating hearts. No amount of angst will stop them from occurring. Situations become more amplified as the world around us makes even greater demands on our lives. A shallow valley of worry can quickly spin into the Grand Canyon of overwhelming anxiety. Before we know it, negative news stories combined with a restless night and one-too-many grey days, can make us feel overcome.

To combat what life throws our way, is a secret weapon we should all learn to master. It's the ability to get and stay grounded. Literally being rooted in our authentic selves can help us avoid shifting patterns of behaviour and indecisiveness. It starts with looking inward and identifying the values we place on such things as work, relationships, health, and spiritual wellbeing. Grounded with our own set of values and priorities, we develop a stronghold on what we hold dear. With a firm foundation we ignite confidence and strength, fostering calmness and security to those around us.

The 2018 NL Wellness Guide offers information and resources for broadening our awareness and understanding of the amazing health and wellness offerings in our community. We encourage you to take the time to get to know the professionals and related services that are committed to supporting you and your families.

With gratitude for another exciting year in the pursuit of health, wellness... and staying grounded.

Sofia
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Arlene
DESIGNER

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Staying grounded

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Tea for Your Health

Dr. Kathleen Mercer, BScND
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Winterholme Wellness Center



Tea.

We drink it everyday. We drink it all around the world. Tea has defined cultures, shifted geographic lines, been the motivation for war, and has built empires.

All for a cup of tea.

The drinking of tea is deep rooted in our culture and psyche. I look back in my own life and think about the story of my tea journey which includes early and warm memories of tea at my Nan's house where she drank tea with each meal, 4pm and before bed. I remember making tea over the fire while ice fishing with my Father and brothers. I lived in Taiwan where tea was offered upon entering anyone's home and traveled in Nepal where I drank milk tea and was given a medicinal tea for altitude sickness while trekking. My life of tea developed and grew as I began my studies in Naturopathic Medicine where I recommend herbal tea combinations

Tea has defined cultures, shifted geographic lines, been the motivation for war, and has built empires.

to improve my patients' health. And of course I have a tea cabinet filled with a wild variety of teas that I collect for family and friend use. Some teas I harvest, grow and prepare myself, some are given to me by herbalist friends and some are purchased from all over the globe. I am sure most of us have tea in the tapestry of our life story.

So let's take a moment to rethink our cup of tea and open up our minds to the benefit of the whole practice. In my mind, tea is an opportunity. From the benefits of taking a break to drink tea, the stress relief and comfort offered by the statement, "come in, I'll put the kettle on", to the benefits that come in the actual plants that we use to make our tea. My patients often tell me that they would prefer a capsule with the herb in it as opposed to taking the time to make the tea. Perhaps, if understanding the ritual benefits, these are the ones who could benefit the most from preparing tea.

Green tea, black tea and oolong tea are all from the same plant *Camellia Sinensis*. The difference is that green tea is not fermented and therefore does not oxidize the way that black tea does. Oolong tea is somewhere in the middle and partially oxidized. The fermentation process changes the properties of the tea affecting taste, influence in the body, acidity, and

caffeine content. As far as caffeine content, in general, black tea has the most, followed by oolong and then green. All have less caffeine than coffee. The term orange pekoe, which is synonymous for black tea in North America, is actually a term used for grading the tea based on the size of the leaf and the method of picking the leaf. It is a fascinating and precise methodology and worth a good read or documentary view. All three teas have health benefits for example black tea can have positive effect on blood pressure and concentration. Green tea and oolong can have positive effect on metabolism and cancer prevention.

In summary – here is a quick cheat sheet for understanding some key teas for good health:

- Hibiscus tea: reduces blood pressure
- Dandelion root tea: liver and digestion support
- Nettle tea: packed with minerals including iron and great to reduce water retention.
- Blessed Thistle: reduces anxiety
- Chamomile: calming and helps sleep
- Slippery Elm: soothes upper GI inflammation
- Peppermint: soothes digestion
- Ginger: helps nausea and to lift a chill

Tea Rules

- ❖ Use organic tea!
- ❖ Do not over boil the water and never pour when the water still has a rolling boil.
- ❖ Let your tea steep for at least three minutes and cover the steeping tea with a saucer when you can.
- ❖ Do not drink out of plastic or Styrofoam.
- ❖ Drink in moderation.
- ❖ Add as little to your tea as possible.
- ❖ Slow down and breath while you are making and drinking the tea.
- ❖ Be mindful and grateful for the gift of tea ☺



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Bowen Therapy

to the

Rescue

Joan Dohey

Time to Heal

Bowen Practitioner, Reflexologist, Reiki Practitioner
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Understanding Bowen Therapy first starts with understanding one of our body's most important, yet least understood structures, known as fascia. Fascia is the connective tissue that wraps around all of the internal parts of our bodies, from head to toe, that keeps everything together. Found immediately beneath the skin, around muscles, groups of muscles, bones, nerves, blood vessels, organs and cells, biologically it is what holds us together.

Restriction in the fascia is known to cause chronic pain and stiffness. Those restrictions can be due to injury (old and new), dehydration, lack of movement or even age. The fascia is meant to be supple, but can become rigid or twisted, and that's where Bowen comes in. The gentle, rolling moves re-establish elasticity in the fascia, so it can move more fluidly. This form of treatment originated in Australia in the 1950's with Tom Bowen, who was intrigued by acupuncture and shiatsu. He combined principles of those two modalities and found he could relieve or resolve pain and discomfort on many levels.

Today, Bowen therapists around the world continue the work of helping people of all ages, find relief from their aches, pains and other problems, including:

- muscle or joint pain
- digestive or respiratory problems
- MS
- headaches
- seasonal allergies
- stress
- sciatica...and more

Animal Bowen Therapy is particularly effective, as animals simply receive the moves without judgment. Generally, after the first moves, animals are eager for more, as they enjoy how it feels. They experience the benefits very quickly, be it hip or shoulder problems, incontinence or stress! Animals intuitively know a good thing when they see it!



Feeling stuck, anxious, overwhelmed?

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BECAUSE those who mind DON'T MATTER and
THOSE WHO MATTER don't mind." —Dr. Seuss

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you are healed*

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Happiness and Health... The Energy Connection

Wondering what drew you to the 2018 Wellness Guide? What were you seeking? Simply curious? Seeking new interests? Looking for tools or ideas to enhance your own life and wellbeing with wellness broader than just not feeling sick? I offer T'ai Chi Chih Joy Thru Movement and Wisdom Healing Qigong classes as ways of "Awakening the Energy Within" (I also offer Chow Medical Qigong, with those on hold for the time being). All three of these practices can help with relaxation, more mindful living, new aliveness, relief from chronic pain and other chronic health conditions, strengthened immune system, improved balance, increased mental clarity, greater creativity, deeper inner joy, more self-empowerment and confidence. There are benefits for everyone, with simple tools for better navigating one's way through the ordinary and the major challenges of daily life, and the bonus of meeting new friends on a similar path.

"Just do it!" is the simple directive from Justin Stone, Originator of T'ai Chi Chih, a practice that essentially includes a set of 19 gentle, easy to do movements and a closing pose, to form a Moving Meditation. The movement itself is the meditation, with posture, relaxation and a feeling of floating as key for opening up the natural energy flow. "The effort of no effort". The more we open up the energy blockages the more

alive we are, body mind heart. Justin often quotes a Chinese proverb, "You cannot appease the appetite by reading the menu. You have to eat the food." Wisdom Healing Qigong, taught by Mingtong Gu, speaks of posture as facilitating the flow of energy and relaxation as opening the energy pathways, the spine like an energetic highway. It's focus is specifically on opening up energy blockages, blockages caused by a wide variety of life experiences, and seen as the cause of most dis-comfort, dis-ease, disease. Posture, movement, visualization, sounds, breath, and intention are all key, with 3 core sets of practices and a wide variety of other specific ones, all forming an integrated healing system. Option for one-on-one and group healing sessions.

Chow Medical Qigong, an integrated healing system developed by Dr. Effie Chow, combines western health practices with Traditional Chinese Medicine. Fitness and promoting health are its primary focus as it seeks to restore the balanced flow of the natural energy within our bodies for greater health body mind spirit through posture, breath, meditation, massage, acu-pressure, positive mental attitudes and good nutrition, plus a prescription for 8 hugs and three belly-aching laughs a day! Also has an option for one-on-one and group healing sessions.

Health and wellness are an everyday choice. It takes consistent daily practice to be sustainable, like brushing the teeth you want to keep! T'ai Chi Chih and both forms of Qigong offer some key practices for cultivating the original blueprint for

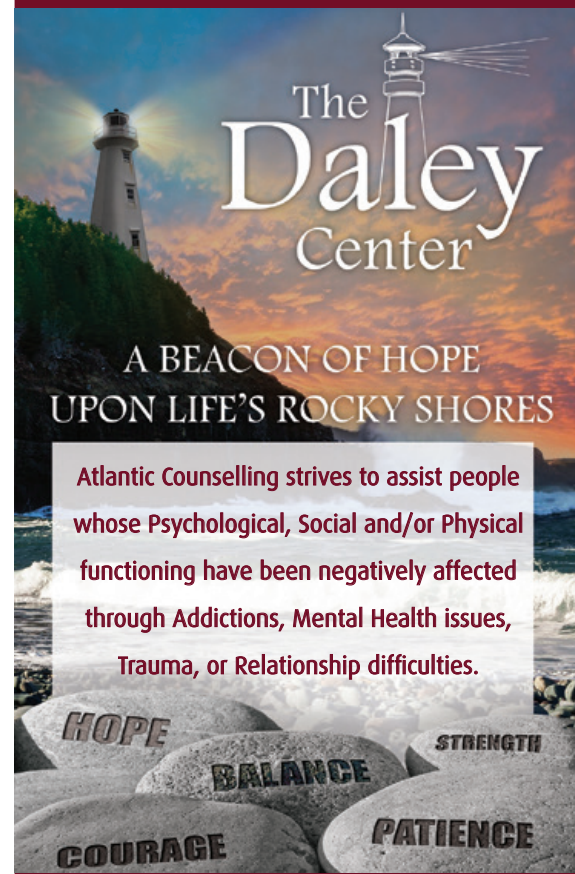
with **Sheila Leonard, PBVM**
T'ai Chi Chih/Chow Medical Qigong/
Wisdom Healing Qigong Teacher and
Practitioner
www.sheilaleonard.ca

health and happiness and personal fulfillment already within us as a birthright and which is our life's task to activate.

The practices are very portable ... for virtually anyone, anytime, anywhere, without any need of special clothing, equipment or fitness level. Only a spirit of openness and willingness to make that daily commitment to yourself for Life! Amazing benefits whether done standing, sitting or even visualizing them while lying down. The practices are learned through repetition in class and reinforced by a daily personal practice. Eventually you can continue the practices on your own or stay connected with others through local on-going classes and retreats, and, in addition for WHQ, through continuous easily accessible on-line offerings.

My personal journey has been an exhilarating one. More happy, joyful, healthy, free, and feeling fulfilled in my life, more unconditionally loving, gentle and accepting towards myself and others and indeed all of life, embracing its continuing mix of challenges and delights with a new kind and depth of energy. I indeed owe deep gratitude to these practices and I am continually amazed. A kind of "home-coming" to my highest, happiest, healthiest self. I invite you to a home-coming of your own, and to 'awaken your own amazing energy within' ☺

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The Cost of Good Health

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Winterholme Wellness Center

It is a common misconception that good health will be a financial cost too great for many. From a quick view, many think about the cost of organic foods, nutritional supplements, gym and yoga class memberships and visits to health care practitioners. And then there is the cost of time. Time to cook real food, get the treatments in, go to the classes, and get outdoors.

Let's look at it from another perspective. Let's think about the "cost" of not taking good care of your health. If we put the time and energy into taking good care of ourselves and working on prevention of disease, it will pay-off from a cost perspective personally, in the form of feeling better, having more energy, decreased sick days, improved mood, less emergency care, prevention of medical intervention, and decreased need for pharmaceutical use and hospital stays.

I think that people get overwhelmed with all the ideas out there to improve health and therefore often do nothing. I always say that even one small change is a step in the right direction. Take time to make a list of some things you would like to change and then plan to have these changes implemented throughout a year. This could be something like: start to compost, start a multivitamin, change plastic containers to glass/stainless steel, monthly massage therapy, buy filter for our water, join 8 week yoga class, walk 3 times per week, eat one vegetarian meal per week, start a gratitude list.

Specifically, when you are relatively healthy and go to see a naturopathic doctor, it will give the ND a chance to put together basic nutritional recommendations including food and nutritional supplements, exercise regimes, lifestyle changes, and a goal list for you as your homework. I recommend that this type of patient return to the clinic for a visit 4 times per year near the change of each season to review the plan and make change where needed. This keeps people accountable and also provides support if something acute comes up.



Here is my advice as a Naturopathic Doctor on how to move towards better health with financial cost in mind.

- Review your medical insurance plan and see what you are covered for under complementary health care. Look into acupuncture, naturopathic medicine, massage therapy, counseling and chiropractic care, etc. Once you have that figured out, utilize these therapies for you and your family to help improve health and wellness.
- Don't wait until you are "sick" to seek care.
- Work with someone or take time online to put together a weekly nutrition plan for your family.
- When grocery shopping, check out the organic produce first to see what makes sense to buy, considering price and freshness.
- Utilize local and wild game and fish where you can.
- Learn a new recipe each month.
- If buying supplements, start with the basics: a good multivitamin with high B vitamin content, Vit D, Vit C, something green, and a fish or plant based oil. Talk to a nutritionist or naturopathic doctor to develop an individual plan that matches you and cuts down on wasted purchases and redundancy.
- Talk to your health food store professionals and utilize their product knowledge to be able to combine your 2 bottles into 1 or take advantage of their sales and customer appreciation days.
- Consider online healthy meal delivery companies to decrease shopping and inspire learning of making new dishes.

And now the really really free stuff:



Drink 2 litres of room temperature water per day

Go for a walk each day for 30 minutes



Follow a daily guided meditation online

Lay on your yoga mat to stretch and breath 10 minutes per day



Write three things you are grateful for each day

Journal, doodle, write poetry, inner most feelings.....



Commit to random acts of kindness weekly. You will get addicted to this once you get into it!

Challenge your negative thinking to become positive!



Read self help books from your public or friend library

In good health, Dr. Kathleen Mercer, BScND

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Wellness Directory

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Acupuncture

Action Laser – smoking cessation Alpha Laser – the future is painless

Jennifer Taylor B.Kin, R. Ac., D.Ac, n.d.
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Jennifer is a graduate of Kinesiology of Memorial University, a registered acupuncturist, naturopath and laser technician. Her training in low intensity laser therapy (LILT) enables her to treat a vast array of medical conditions including but not limited to quitting smoking, soft tissue damage, sports injuries, and arthritis, back and neck pain. In addition, Jennifer works in a multidisciplinary health clinic that accepts most insurance companies ☺

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Bowen Therapy is a form of fascia*
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of rolling moves over the acupuncture
points, the practitioner helps re-
establish the natural consistency of the
fascia, releasing old pain patterns that
are at the root of chronic pain and that
can affect every part of the body.
A treatment is very relaxing,
energizing and soothing. Bowen
can relieve:

- joint and muscle pain
- respiratory and digestive issues
- PMS
- stress and tension
- sciatica and much more

**Fascia is the interwoven system
of fibrous connective tissue that is
found throughout our body ☺*

Chiropractic

Action Laser – smoking cessation Alpha Laser – the future is painless

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Dr. Witherall graduated from the
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after 4 years of intensive training and
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*"If you want others to be happy,
practice compassion.
If you want to be happy,
practice compassion."*

-Dalai Lama

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Rocky Shores

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Atlantic Counselling Services offers guidance to those whose emotional, social and/or physical functioning has been negatively affected through addictions, mental health issues, trauma or relationship difficulties.

This professional practice offers a quiet, inviting atmosphere where clients can feel free to discuss their issues in a respectful, sensitive and confidential environment.

Therapeutic intervention is provided on an individual, couple and family basis. Therapists at Atlantic Counselling feel privileged to assist and support clients as they develop strategies to reduce stress, face adversities, and overcome challenges. This in turn can help restore balance and bring renewed hope and healing to their lives ☺

Bonnie Lundrigan, M.Ed.

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e. ruah@rcsj.org

The Ruah Counselling Centre is a not-for-profit, offering individual, couple, family and group counselling in an environment which supports client autonomy and well being. We provide counselling in the areas of anxiety, depression, trauma, grief, stress, anger, worklife challenges, life transitions, parenting and interpersonal relationships.

We can be reached at the address above, by email at: ruah@rcsj.org or by phone at 579-0168 ☺

Counselling (cont'd)

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Carolyn Hapgood, C.C.C., M.Ed.,
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w. www.potentiality.ca

Carolyn has worked in the counselling field since 1992, with adolescents and adults. Individuals have the option of talk therapy, Yoga Therapy or other therapy modalities involving the body and spirit.

Areas of specialty include: stress management, emotional regulation, pain management, and trauma. Services are covered under most insurance companies.

Please visit Carolyn's website (above) for further details.

Counselling, Yoga Therapy,
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Nutrition Facts

Serving Size: 1 Medium Apple (182g / 6.4 oz)	
Amount Per Serving	
Calories 95	Calories from Fat 3
	% Daily Value*
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Protein 0g	0%
Total Crap 100g	100%
Sodium 1mg	0%
Total Crap 100g	100%
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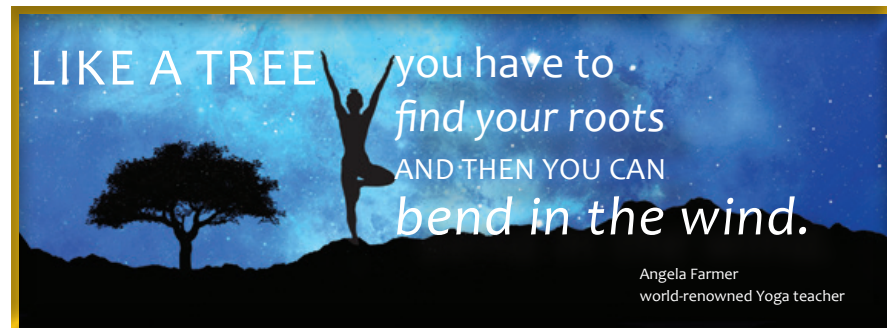
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Carolyn is a Registered Reiki Master with the Canadian Reiki Association (RP-CRA). Also a Canadian Certified Counsellor (C.C.C.) and an IAYT Certified Yoga Therapist, Carolyn combines Reiki with other therapy modalities.
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Reiki (cont'd)

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Special thanks to our contributing writers

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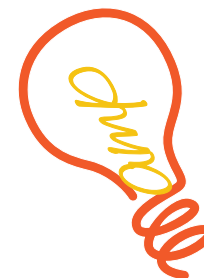
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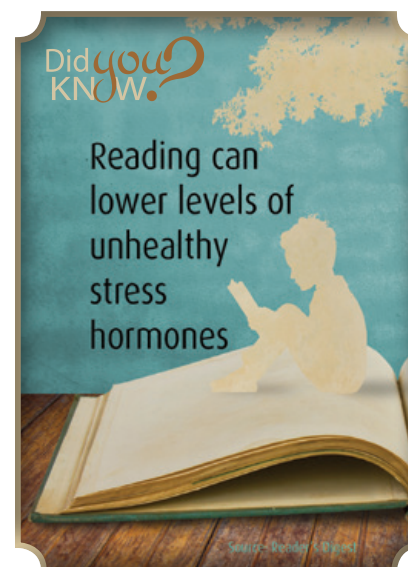
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Carolyn has worked in the counselling field since 1992, with adults and adolescents. Recognizing that stress and tension can also be stored in and therefore released from the body, she pursued training in Yoga Therapy in the United States and is an IAYT Certified Yoga Therapist. Yoga Therapy is a holistic approach involving the body, mind and spirit. Carolyn works with individuals with trauma, injuries, illnesses, or conditions (mental, emotional or physical).

Carolyn designs yoga specifically for each individual, their concerns and interests. Carolyn also uses Neurogenic Yoga and/or Tension & Trauma Releasing Exercises (TRE) to release tension and stress from the body and can assist those not interested in talk therapy.

Services are covered under most insurance companies. Please visit Carolyn's website (above) for further details. Yoga Therapy, Neurogenic Yoga, TRE (Tension & Trauma Releasing Exercises), Yoga Nidra, Hatha Yoga, Counselling, Reiki ☺

Love the Stuff you're With



A little while ago, my niece pointed out that I needed a new water bottle – my stainless steel bottle has half the paint scratched off and dings from more than a few drops. I could buy a shiny new water bottle...but mine still holds water; it serves its purpose. We live in a world of bigger, shinier, better. But does shiny and new really make us happier?

The truth is, it's all about your underlying motivation. I was happy when I upgraded my broom and dustpan to a cordless Dyson – it makes catching cat hair-tumbleweeds easier, and it's fun to zip around racing the battery life! But if I only upgraded to claim Dyson owner status, I'd soon experience buyer's remorse. Meeting my real needs – reduced dust and increased efficiency – made me happier.

When we buy things to heal our inner discontent, there's no magic amount of stuff that'll make us feel good. We can joke about retail therapy but therapy is meant to relieve or heal, not cause nausea and stress. Glossing over our issues and feeling good instantly isn't therapeutic – it's avoidance. The only way to address discontent is not by escaping it at the mall but by confronting it within ourselves.

*We live in a world of bigger, shinier, better.
But does shiny and new really make us happier?*

So let's get off the shopping hamster wheel. Instead of donating last season's trends and buying new, shop at home. The latest trend may be nice but is it nice for you? Most people wear 20% of their closet; instead of constantly buying, get real about who you are and what you like, and embrace the 20%!

Repurpose items you're not using. My grandmother's crystal vase found new life as storage for dishwasher tabs; using it everyday honours her way more than letting it collect dust in a cupboard. If repurposing isn't your thing, moving things around makes the old and familiar feel fresh and new. And no more saving items for special occasions - use the fancy dishes to make every day special!

Finally, extend the 'love the one you're with' philosophy beyond physical possessions. Do we really need to try the newest fitness craze or diet? Will the latest Japanese or Swedish organizing book be the one that fixes our messy basements? Looking for the one thing that will fix everything is stalling. Let's get real with ourselves and start looking at what we really need - usually the answer is something we already have.

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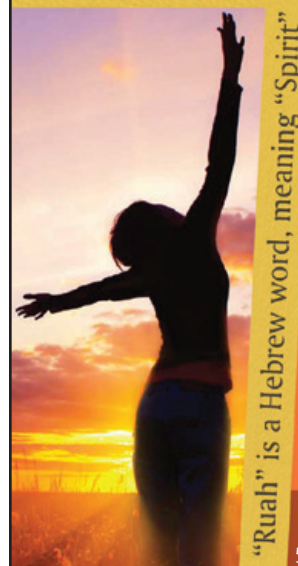
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