



# April Newsletter

April 2009

*Give the gift of wellness – gift certificates available.*



**Health. Balance. Wellness.**



## Acupuncture



## GIVE YOURSELF A SPRING CLEANING!

Spring corresponds to the "Wood" element, which in Chinese medicine, is related to the liver and gallbladder organs. The liver is responsible for the smooth flowing of Qi (energy) throughout the body. When the liver functions smoothly, physical and emotional activity throughout the body also runs smoothly. Symptoms of liver impairment include headaches and visual disturbances.

**So, for optimum health this spring, move your Qi!**

**Stretch** - The liver controls the tendons and stores blood during periods of rest. It then releases it to the tendons in times of activity. To maintain tendon health and flexibility, incorporate a morning stretch into your routine. Try [yoga or tai chi](#).

**Eye Exercises** - The liver opens into the eyes. Although all the organs have some connection to the health of the eyes, the liver is connected to proper eye function. Remember to take breaks when looking at a computer monitor for extended periods of time and do eye exercises.

**Eat Green** - Green is the color of the liver and of springtime. Eating young plants - fresh, leafy greens, sprouts, and immature cereal grasses - can improve the liver's overall functions and aid in the movement of qi.

**Taste Sour** - Foods and drinks with sour tastes stimulate the liver's qi. Put lemon slices in your drinking water, use vinegar and olive oil for your salad dressing. Garnish your sandwich with a slice of dill pickle.

**Do more outdoor activities** - Outside air helps liver qi flow. If you have been feeling irritable, find an outdoor activity to smooth out that liver qi stagnation. Try hiking, walking or golf.

### Enjoy milk thistle tea

Milk thistle helps protect liver cells from incoming toxins and encourages the liver to cleanse itself of damaging substances, such as alcohol, medications, pesticides, environmental toxins, and even heavy metals such as mercury.

**Get Acupuncture treatments**- Acupuncture and Oriental medicine can help improve the overall health of your liver as well as treat stress, anger and frustration, which are often associated with liver qi disharmony.

Seasonal acupuncture treatments just four times a year can serve to tonify the inner organ systems and can correct minor annoyances before they become serious problems. Call today to see how acupuncture can help you stay healthy this spring!

## Chiropractic



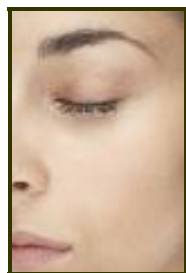
## Spring Classes



## Herbal

**Healthier Than Botox**

## Supplements



Skin rejuvenating treatments are available in both needling and non-needling electro stimulation techniques. This facial rejuvenation service promotes multi layer circulation to keep your skin youthful and to stimulate collagen production. Long-term effects promote anti-wrinkle and anti-aging processes. Come in today for an introductory treatment. During the month of April, we are offering a 20-minute treatment for \$40.

**Call (530) 546-8201 for an appointment.**

## April Events



**April Events:** [click titles for additional details](#)

**"Getting Unstuck-Getting Results"** Life Coach Fanny Muller 4/14 7:15-9:15pm \$60  
**"Vinyasa Flow for Beginners"** with Nancy Crowell 4/18 1-3pm \$25  
**"Creating Your Personal Powerfield"** with Mark Hiscox 4/26 3pm to 6pm \$35  
**"Tai Massage and Partner Yoga Workshop"** Nancy Crowell 4/30 7:15-9pm \$30

## The Answer to Solving Spring Allergies

Allergies come from an abnormal tissue reaction to allergens. Symptoms often include headaches migraines, stuffy or runny nose, diarrhea, asthma-like symptoms, facial swelling and itchy or watery eyes. While western medicine dispenses symptom-relieving medications with side effects, the Wellness model focuses on getting rid of the *source* of the symptoms.

### **Eliminate Dust Collectors**

Replace old pillows, rugs or stuffed toys and wash blankets and quilts twice a month.

### **Avoid White Sugar**

Instead of refined sugar, which has no nutritional value and taxes the body during digestion, try unprocessed sugars or honey.

### **Avoid Dairy Products**

Dairy products increase the production of mucus and can mimic an allergic reaction.

### **Eat Whole Foods**

Prepare meals from scratch and establish regular eating schedules. Healthier foods build up the immune system, which will actually help to alleviate allergic reactions.

### **Alternatives to Over the Counter Drugs**

Vitamin C, taken daily, blocks the histamine that causes allergy symptoms. Apple Cider Vinegar is another popular home remedy: use 2 tbsp with 4 oz of water and 1 tbsp of honey taken up to 3 times a day. Raw Honey in its organic form alleviates symptoms when 2 tbsp are taken up to 3 times a day. (Not for infants and use cautiously with small children.) Bromelain is a pineapple extract that decreases the inflammation associated with allergies. Zinc helps control inflammation in the respiratory tract and supports proper immune function.

### **Other Considerations**

An impaired immune system due to an overload in toxins is one of the primary causes of allergies. The Doctor of Chiropractic and a Traditional Chinese Medicine Practitioner both, understand the importance of a healthy nervous system and the free flowing vital energy that sustains health. Most, if not all over the counter allergy medicines adversely affect the nervous system, which means that your overall health is impacted. The Lake Tahoe Wellness Center can provide a natural drug-free approach that can remove any interference to your nervous system, alleviate symptomatic irritation, flush toxins, while boosting your immune system.

## What You May Not Know About Artificial Sweeteners

## A Healthy Alternative



## To Healing



In 1977, the U.S. Food and The Drug Administration tried to ban saccharine (Sweet N Low) as animal studies showed that it caused cancer of the bladder, uterus, ovaries, skin, and other organs. The food industry intervened, urging Congress to keep it on the market with a warning label. Michael F. Jacobson, PhD is quoted in Medicine.net: “many people develop headaches after consuming foods sweetened with aspartame (Nutrasweet or Equal).”

Adults and children drink Propel water, which has the trademark ‘Fit Water.’ It is sweetened with Sucralose (Splenda) and sounds natural. If you research how Sucralose was made, you will discover that is a synthetic compound stumbled upon in 1976 by scientists in Britain seeking a new pesticide formulation.

The Lake Tahoe Wellness Center offers the documentary, Sweet Misery for free viewing. It shows interviews with doctors, lawyers and people who have had health problems, which they associate with artificial sweeteners. [Click here for trailer](#). If you or a loved one suffers from neurological or auto-immune disorders, you must see this movie.

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