



# July Newsletter

July 2009

*Health. Balance. Wellness*

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## Celebrate *Natural* Wellness



### The Benefits of Tai Chi and Yoga

Our lives are full of gadgets and convenient equipment meant to organize our lives. We walk, bike and run wearing specialized shoes, pulse monitors, or on computerized machinery that keeps track of our progress.

Many people are returning to the more ancient practices of Tai Chi and Yoga that remain low-tech, yet offer enormous benefits. Both forms of exercise are meant to return us to *ourselves*.

Where yoga strengthens the core and connects us to what the body is feeling, Tai Chi provides a method of exploring balance and coordination. Both practices focus on the body, while also cultivating the mind.

It is no wonder that Tai Chi and Yoga have become the most widely practiced exercises in the world today. Both offer participation in a range of benefits for the mind, body and soul that include:

- Back or knee problems
- Weight management
- Hypertension and other stress related issues
- Circulatory system disorders
- Nervous system disorders
- Addictions
- Arthritis

The Indian tradition of Yoga, just like the Chinese practice of Tai Chi, offers a range of exercises that transcend a normal physical workout. Both popular forms of these practices offer gentle variations that make them accessible to just about anyone.

In Yoga—most commonly practiced in this country as hatha yoga—one incorporates breathing techniques while moving and holding a series of poses, or *asanas*.

Tai Chi incorporates choreographed sequences of slow, dance-like motions. Rooted in a philosophy of harmonizing opposites, Tai Chi was developed originally in the martial art tradition. Now, it is commonly used to promote balance, mental clarity and general well-being. [Click here](#) for class schedule.

### Acupuncture



### Chiropractic



## July Classes



### A Proven Method of



### Weight Loss Stress Relief and Detoxification

### Herbal Supplements

# Peace & Play Yoga

Yoga for Moms, Dads and Kids!  
*Coming in August*

A more centered and compassionate parent creates an environment to raise a more balanced and peaceful child. Yoga can help balance the physical and emotional energy of parenting. Some benefits of combining yoga and parenting are: conscious breathing techniques to reduce frustration, an increase of energy and mobility, and the development of patience and compassion for both yourself and your child. Through the practice of yoga play, we give children the opportunity to explore movement, recognize and communicate their feelings effectively, and cultivate respect for self and others. As stated in the Yogi Times, "a child's sense of self influences his or her behavior, attitude, emotional state, and ultimate level of success." As toddlers explore their newfound sense of self, they look to us for encouragement, love and support. [Click here](#) for more information.

We also have a special outdoor yoga series during the month of July designed by The Divine Playground. See July events section at the bottom.

## Painkillers

### America's #1 Drug Problem

If there is a silver lining emerging from the sad death of Michael Jackson, Heath Ledger and Anna Nicole Smith, it is our collective awakening to the danger and abuses of painkillers.

Too often, we reach for painkillers when natural remedies abound to relieve discomfort. 2.6 million people nationwide now regularly use prescription pain pills. They can trigger heart palpitations, slow your breathing, and sometimes cause coma and death. "They're also extremely addictive," says Waismann. Detox isn't easy; it's marked by severe headaches, vomiting, and diarrhea.

Aspirin and ibuprofen are not drugs of addiction, but regular abuse of either can also become a prevalent bad habit. People suffering from pain causing illnesses, injuries or diseases often take toxic doses of aspirin and ibuprofen regularly over long periods. Although the suggested dose is 4 times a day, many people use it a lot more. This relieves their pain almost automatically, but eventually can bring on dizziness, mental confusions and bleeding.

Prolonged use of small amounts of aspirin may also interfere with blood clotting. Long term use of over the counter pain medication can be toxic to the liver. See below for healthy alternatives to pain medication.

**What are you doing to be healthier?**

from improper medications to errors on the operating table. [ABC News](#). That's as low as 109 people a day, to as high as 274 people a day die each day from medical errors!

[Dr. Robert Wachter](#), author of "Understanding Patient Safety," said, "That would be the equivalent of a **large jet crashing every single day in the United States.**"

Don't want side effects from medication and surgeries? Then ensure you are seeking and focusing on ways to improve your health. Create an extremely full 'health account' with yourself. Simple things like drinking lots of water, eating fruits and vegetables (ideally 7-10 servings a day), exercise and getting regular Chiropractic adjustments can all have amazing, long standing benefits. Great health is not a passive event, so congrats on taking action and doing something each day to improve your health.

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## Herbs that Heal

Since our early beginnings, we have used herbs to treat illnesses and digestive issues. Some of the herbs used regularly for cooking also have beneficial healing properties. Herbal plants can be purchased at the Farmer's Market or you can grow your own in a garden or window box. Bottled herbs are processed and preserved and lose many of their healthful benefits in the process.

### Oregano

Oregano, when steeped in a pot of water where its vapors can be inhaled, offers relief from cold or flu and contains antibacterial, antiviral and decongesting properties. Known for its ability to enhance the immune system, Oregano also soothes digestion and alleviates gas.

### Rosemary

In Traditional Chinese Medicine, Rosemary is used for mental clarity and as a brain tonic. Its stimulating oils help enhance brain activity to increase alertness. One of its oils is Cineole, which has been documented to reduce inflammation and demonstrates vascular and intestinal smooth muscle relaxant activity. Rosemary is another digestive aid, and is also known to stimulate the immune system. Rosemary can be prepared as tea, or used to enhance the flavors of foods and soups. Its aroma as a plant also offers an energizing scent.

### Mint

Herbs from the mint family have well-documented healing properties, whether inhaled as vapors for congestion relief or ingested as a digestive aid to settle the stomach. Peppermint increases healthy gastric secretions, soothes the stomach and relaxes the intestines. Before you reach for your heartburn pills, try using Peppermint instead. Rich in antioxidants, Peppermint cleanses the liver to support good vision as it aids in flushing harmful toxins from your body. Peppermint can be used as tea, to flavor juices or chewed as necessary for digestive relief.

### Onions



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*Keep Tahoe Well*

Like Garlic and Chives, Onions belong to the Lily family and are known for their healing abilities and nutritional content. Used throughout history for healing remedies, they contain large amounts of vitamin C as well as essential minerals such as folic acid, potassium, iron and calcium. Onions promote circulation, and are also used to clear congestion and to improve digestion. Early American settlers used wild onions to treat colds, coughs, and asthma, and to repel insects. In Traditional Chinese Medicine, onions have been used to treat angina, coughs, bacterial infections, and breathing problems. The World Health Organization (WHO) supports the use of onions for the treatment of poor appetite and to prevent atherosclerosis.

### **Sage**

Sage is used in Traditional Chinese Medicine to reverse the loss of mental function brought upon by aging. Sage increases oxygen to the brain cortex and improves concentration. Boil one teaspoon of sage in a cup of water for 25 minutes to prepare a compress that can be applied to the forehead to relieve tension headaches, or to the stomach as a digestive aid that soothes cramping and eliminates gas.

### **Basil**

The many healing properties of basil cannot be celebrated enough. Added to casseroles, salads and to enhance the flavor of tomatoes, Basil is a pungent herb that is also delicious. 2 cups of fresh basil boiled in 2 liters of water can be used as a foot soak to relieve painful feet. As a sedative, Basil has calming properties and is used to alleviate anxiety. Basil alleviates spasms and relieves headaches, migraines and vertigo. It cleanses and helps to heal the kidney and urinary system. A boiled Basil solution allowed to cool can also be used to heal mouth infections.

### **Cilantro**

Cilantro leaves and Coriander seeds come from the same plant and are known to increase energy, enhance immunity and aid digestion. Pungent and peppery in taste, Cilantro is also a favorite that can be added to casseroles and salads. Cilantro is known as an antibiotic and can ward off Salmonella infection. As a detox, it eliminates toxins, heavy metal deposits like mercury, lead and aluminum, which hamper brain function, causing memory loss and the impaired cognitive function of Alzheimer's Disease.

### **Parsley**

Parsley is packed with luteolin and helps protect the eye from UV radiation damage and from glycation, a process in which sticky sugar molecules bind up protein, potentially damaging the retina. Parsley is also a source of the carotenoids lutein and zeaxanthin, which help to preserve vision. Zeaxanthin, along with its relative lutein, is essential for preventing macular degeneration.



## **July Events:** [click titles for more information](#)

**"Balance Your Being from Inside-Out"** w/Cari Bivona Mon 7/13 5:30-7:30pm \$25  
**"Yoga Inspired Mountain Biking"** w/Cari Bivona Mon 7/20 5:15-7:30pm \$35  
**"Wilder Yoga—Ground in Nature. Soar with Spirit."** Mon 7/27 6:00-7:30pm \$25

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