



June Newsletter

June 2009

This Father's Day – Give Dad the Gift of Longevity.

Click photos for details

Proud Sponsors



Father's Day Gift Packages

Wellness Package for Dad

Package Price \$140

This father's day, give dad a 60 minute massage therapy session, one acupuncture treatment that focuses on relaxation, and a chiropractic evaluation. This package also includes an Infrared Sauna Session and diet/herbal consultation to ensure that balance and longevity become your gift that keeps on giving.

Dad's Tai Chi or Yoga Package: 5 class card \$50 10 class card \$90

Health. Balance. Wellness.

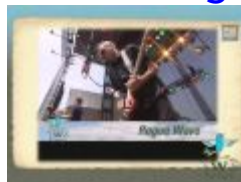
Acupuncture



Tai Chi *New Class Hours 9am - 10:00am*

Join us on Monday and Wednesdays at 9am to experience our beautiful Lake Tahoe mornings doing Tai Chi outside. Anyone, regardless of age or physical ability, can practice tai chi. It doesn't take physical prowess. Rather, tai chi emphasizes technique over strength. Reduce stress and increase flexibility while improving muscle strength and definition.

The Lake Tahoe Wellness Center is proud to sponsor The Wanderlust Yoga Festival



[Click To Play Video](#)

Chiropractic



July 24 - 26, 2009 at Squaw Valley USA in Lake Tahoe, CA

Wanderlust is a new kind of festival. The three-day event will bring together the world's leading yoga teachers and the best performers in rock & roll, all in a setting of breathtaking natural beauty. It's a feast for both the body and the senses.

- Sixteen musical artists -three days, from Michael Franti & Spearhead to Andrew Bird.
 - Yoga taught by John Friend, Shiva Rea and more than 10 other world-class instructors.
 - Main stage on top of Squaw at Gold Coast, plus two village stages.
 - Local & organic foods, farmer's market, burlesque, arts, fashion, and much more.
- Visit <http://www.wanderlustfestival.com> for more information.

June Classes

How Effective is Chiropractic Care?



A Proven Method of



Weight Loss Stress Relief and Detoxification

Herbal Supplements



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Keep Tahoe Well

In an outcome study of nearly 3,000 chiropractic patients looking for what chiropractic can do – the following was concluded: "Patients report significant positive changes in physical health, mental/emotional state, stress and life enjoyment..." [Blanks RHI, Schuster TL. A retrospective assessment of network care using a survey of self-rated health, wellness and quality of life. JVSR. 1997;1(4).]

A new study finds that chiropractic and medical care have comparable costs for treating chronic low-back pain, with chiropractic care producing significantly better outcomes. A group of chronic low-back patients who underwent chiropractic treatment showed higher pain relief and satisfaction with the care and lower disability scores than a group that underwent medical care, according to an October 2005 study in the Journal of Manipulative and Physiological Therapeutics (JMPT).

The History of the Swine Flu Pandemic

In 1976 it was predicted that thousands would die from a horrible swine flu epidemic. People panicked. President Ford, advised by scores of top medical doctors, said it was going to happen and everyone should get their vaccine. Then the dust settled. There was no epidemic. However, 25 Americans were killed and over 500 were paralyzed from the vaccine. Those numbers are certainly low since drug reactions are greatly underreported.

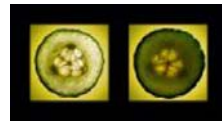
In this 2009 swine flu "pandemic," we were first told that over 150 died in Mexico City with the number to reach many thousands there alone. Then the numbers were revised to *16 deaths*, and as media reports raged, the number of deaths dropped to *7*. Seven out of twenty million people living in Mexico City, one of the most polluted cities on the planet. Many of those reported deaths have never been confirmed. After all, a culture can be taken that has lots of microorganisms – that is no proof they caused the death. Also, as of this writing, a few people died in the US – all had severe health problems before they got the flu.

What should we do regarding the flu? More powerful than any drug, vaccine or medical procedure is your own natural immune system. For most people the flu is an annoying, rarely dangerous, temporary inconvenience that leaves a cleaner, healthier, detoxified person in its wake. Research shows that those who get flu have a lowered risk of cancer.

Taking fever reducers, antibiotics or vaccines can actually make the flu worse and prolong the illness by suppressing symptoms. My experience is that the people who get very sick from the flu are under medical (suppressive) care. People who are ill need to be comforted and supported to help their immune system work to its full potential. That is the goal of natural healthcare: chiropractic, homeopathy, acupuncture, and naturopathy. In addition, eat nutrient dense foods and broths and avoid sugar, high fructose corn syrup, sugar substitutes and refined and pasteurized foods; take Vitamin D and fish oils; avoid canola, margarine, corn and other rancid oils; and eat organic foods.

Don't even consider the flu shot. The flu vaccine simply doesn't work. For example, during the last two decades flu vaccination among the elderly has increased from 15% to 65% but there hasn't been a corresponding decrease in hospital admissions or mortality. Chief researcher Sumit Majumdar, MD revealed poor design in earlier studies that touted the vaccine's effectiveness.

Apparently selection bias made the vaccine appear effective even when it wasn't so. From: *Am J Respir Crit Care Med.* 2008;178:527-533.



Let Nature Set Your Table

Eat Seasonal Foods

Just because you see a mango in your local supermarket during the fall or winter, doesn't mean that it's "in season" in your area. In the United States, shoppers have gotten used to having almost every fruit and vegetable available for purchase year-round. Produce is typically imported from other countries during times of the year when these fruits and veggies cannot be grown domestically. Despite the obvious convenience of consistently having a large array of foods available in your grocery store, imported produce may be smaller, more expensive, and simply taste below par.

As a healthy and environmental friendly means of supporting your local farmer and agricultural system, try eating with the seasons. By purchasing produce that is grown locally and at a seasonally appropriate time, you'll benefit from more fresh, delicious, and affordable food. Whether it's winter, spring, summer, or fall, there is always a wide variety of fruits and vegetables to choose from.

What's In Season?

Summer: Apricots, Beet Greens, Beets, Blackberries, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Chard, Cherries, Collard Greens, Cucumbers, Currants, Eggplant, Elderberries, Endive, Fennel, Garlic, Green Beans, Gooseberries, Kale, Kohlrabi, Leeks, Lettuce, Melons, Mesclun, Nectarines, New Potatoes, Okra, Onions (red and yellow), Parsnips, Peaches, Peppers, Plums, Radicchio, Radishes, Rhubarb, Scallions, Shallots, Spinach, Sprouts, Squash, Strawberries, Sweet Corn, Tomatoes, Turnip Greens, Turnips

How to Be a Better Seasonal Eater: Join a local community supported farm (CSA). By putting in a few hours of labor at a local community farm project, you can receive monthly shares of fresh, seasonal produce.

Step on the brakes. Buy produce from roadside stands and farmers markets during the summer and fall. You'll be supporting local farms and have the pleasure of indulging in seasonally delicious fruits and veggies.

Think Farm to Plate. At restaurants, order foods that can be grown within close geographical distance. Chances are if you're eating regionally, you're also eating seasonally.

Visit a "Pick-Your-Own" farm. Stop in during the summer and stock up on anything from peaches to tomatoes. Come autumn, visit these farms for apples and pumpkins. For help locating a "Pick-Your-Own" farm in your area, click on >> PickYourOwn.org.

Satisfy your sweet tooth seasonally. Try to purchase seasonal juices, ciders, honey, jams, and maple syrup made from regional sources.



June Events:

"Living a Created & Successful Life" w/ Fanny Muller Tues 6/16 7:15-9:15pm \$60

RESERVE YOUR SPACE TODAY (530) 546-8201

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