

## Reduce Stress: It only takes a minute & should be fun!

by Jennifer Nagy-Cordray

When it comes to stress management, every little bit of exercise counts. Don't think if you can't commit to a stringent fitness routine that it's useless. It's not. What motivates people to do more of something is to do little of something. Any heart pumping activity (aerobic exercise) will get endorphins flowing and relieve stress. Try Dancing in your living room to a song, do it with your family and everyone will be laughing! Though you should check with your doctor before embarking on any exercise program, walking is usually safe for anyone.

### Quick Stretching for Peace & Health

The most productive stress-reduction activity has got to be stretching exercises. Stretching stimulates receptors in the nervous system that decrease the production of stress hormones. Stretching exercises also relax tense muscles and increase blood flow to the muscles. Stretching will increase your flexibility, and this is the most important way you can avoid an injury.

### My Quick Program: 8 to Feeling Great

If you perform a set of these 8 stretches each day, you will be on your way to a healthier and happier stress-free you!



### Self-Care Activities for Stress-Reduction is Essential

On the days you don't exercise, do something else you find relaxing – whether getting some massage therapy, soaking away stress in a soothing aromatherapy bath, etc.

Your health is important. It is not indulgent to spend time on yourself! How can you have the energy to take care of others unless you take care of your self? Taking proper care of your body, soul and mind can keep you in optimum shape for handling stress. The following are some important basic self care strategies that can keep you functioning well and ready for life's challenges.

### 1. Get Enough Sleep

Sleep is very important for your emotional and physical wellbeing. Lack of sleep can negatively impact your ability to handle stress, be healthy, be productive, and function properly. Unfortunately, busy schedules and

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stress can make sleep more elusive. Here are some important ways you can make sleep come more easily. And if you really aren't able to get enough sleep at night, don't underestimate the value of a power nap!

## 2. Maintain Proper Nutrition

Many people aren't aware of this, but a poor diet can actually make you more vulnerable to stress! While hectic schedules can make it harder to get proper nutrition, a poor diet is not inevitable! Here are some important tips for maintaining a healthy diet when stressed. Follow them, and you may be surprised by how much stress you can handle!

## 3. Exercise Regularly

Exercise can be great for you physically and mentally. It provides a stress release and keeps your body healthy. It also helps your body release endorphins, which increase your feelings of overall wellbeing. Read more on the positive effects of exercise, and find resources for getting started with an activity that suits you. (Hint: Pets make great workout buddies!)

## 4. Maintain Social Support

Social support can keep you healthier and happier, creating a buffer against stress. Friends can pick you up when you're sad, provide insights when you're confused, and help you have fun when you need to blow off steam. Learn how to cultivate supportive friendships and expand your social circle so you'll have someone to lean on when stressed. (Don't forget, it's important to provide a supportive ear when your friends need it, too! Find out how to develop effective listening skills.)

## 5. Find Hobbies

Having some "down time" is important, and hobbies can provide a nice distraction from stress and help you stay 'in the moment', which is also a great way to relieve tension. I recommend drawing and gardening as great stress relievers, but just about anything you enjoy can work. Here are some other unconventional stress relievers that can provide some fun and distraction from stress.

## 6. Self-Care

Taking care of your body from the outside-in with a Spa Therapy treatment, which can work wonders for your internal state. Don't overlook the importance of indulging your wellness and peace of mind on a regular basis, to feel great about you and feel ready to take on the world.

## 7. Keep Your Mind Sharp

If you maintain the attitude that stress is a challenge—rather than a threat, you are better able to handle it. And by keeping your mind sharp, you are more equipped to solve the problems and take on

the "challenges" that life presents. Fortunately, games like The Stress Relief Memory Game, Affirmations Hangman and The Inspirational Quote Daily Cryptogram can be fun to play, and also provide you the tools to manage stress in your life!

## 8. Have the Right Attitude

Much of what you experience in life can feel more stressful or less so depending of your point of view. Looking at things from an optimistic frame of mind can not only decrease your stress level, but bring you more success in life and more. You can become more of an optimist by following these tips. You can even change ingrained negative thought patterns to more positive ones by using positive affirmations.

## 9. Process Your Emotions

Keeping your emotions bottled up usually leads to an emotional explosion later on. It's generally healthier to listen to your feelings, process them and try to understand them. Consider them 'messengers' that tell you when something is not right with your world. A great way to process emotions is the act of journaling. When you write about your feelings and potential solutions to your problems, you can reduce stress in your life and even see some health benefits!

## 10. Maintain a Spiritual Practice

Research shows that a lifestyle including religion or spirituality is generally a healthier lifestyle. You can use prayer to enhance your spiritual side, or use meditation. Spiritual practice is deeply personal, and whatever your practice, it should nurture your soul.  
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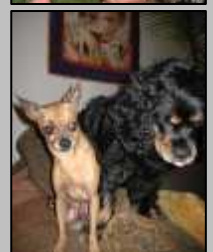
## Feeling good with your Furry Companion

Jeff Weber, C.M.T.

*Did you know that there are key health benefits that can result from owning a pet? Having one can enhance your physical, mental and social wellbeing.*

### 1. How can a pet help your physical health?

Owning a dog, for instance, will encourage you to get more exercise. With your faithful friend at your side, you're much more likely to go for a walk. Walking is one of the best health activities you can do. While walking you're also more likely to socially interact with your



neighbors because your special pal often acts as an ice-breaker.

Research led by Dr. Karen Allen at the State University of New York at Buffalo shows that pets can help lower blood pressure. Stockbrokers with high blood pressure were studied to see what happened when they adopted a pet dog or cat. Researchers concluded that having a pet nearby helps control increases in blood pressure due to stress.

In his studies Alan Beck, ScD (Professor of Animal Ecology, Purdue University) found that the simple act of petting your dog slows your heart rate and causes your blood pressure to drop.

An added health advantage from pet ownership is that patients may live longer after heart attacks. Some doctors recommend that a heart attack survivor adopt a dog because research has shown that a faithful canine companion can help prolong an owner's life.

## 2. How Can A Pet Improve Your Mental Health?

Sharing your life with a cat may help your mental health. A study conducted at Australia's University of New England found that people who own feline friends may experience fewer psychiatric disturbances than those without cats.

Pets can help their owners overcome depression through their companionship and unconditional love. They seem to possess the natural ability to help you relax and enjoy life more.

Pets can also help when you experience times of loneliness. English poet, Alexander Pope, has stated that histories are more full of examples of the fidelity of dogs than of friends. According to a Chinese proverb, dogs have so many friends because they wag their tails, not their tongues.

When you take care of a pet you have to develop a routine of getting out, buying food and providing exercise. This can help fight off depression and loneliness. The simple responsibility of pet care can help you get your mind off yourself and your problems.

## 3. How can a pet enhance your wellbeing in the area of relationships?

American Animal Hospital Association President, Link Wellborn, believes that pets are more than just a member of the family - they're central to a healthy lifestyle.

Pets help lessen tension between family members and add a lot of fun and unconditional love to the homes where they live. When pets do cute and funny things - which they often do - family members react by laughing and being more relaxed.

If you don't have a pet yet, consider making one part of your family, but make sure you have the time and resources necessary to provide a stable loving home for

your new friend.

If you choose a dog as your new pal, remember this wise old saying. "A dog is man's best friend." That's true in more ways than one. You'll get unconditional love, companionship, loyalty and relaxation in return for your investment of time and material resources.

***What a bargain!***



## M'lis 'Vital'

*by Jennifer Nagy-Cordray,  
Medical Massage Therapist*

M'lis VITAL contains Astaxanthin, a super anti-oxidant carotenoid, arguably the most valuable anti-oxidant, which offers protection to cells and has functional effects on muscle and nerve physiology.

Comprehensive studies find Astaxanthin to be ten times as effective as beta-carotene and many times more effective than Vitamin E, making VITAL a powerful tool in the maintenance of health and prevention of disease. Significant research on the possible roles of antioxidants for our health, aging process, and specific diseases, have been made in the recent years and published in peer-reviewed scientific journals. As Astaxanthin is one of the most potent and bio-active biological antioxidants found in nature, this abundance of research on antioxidants suggests a number of potential roles of Astaxanthin for human health. Additional benefits, such as the repair of free radical cells, could result from Astaxanthin properties. Free radicals (damaged cells) are formed by exposure to radiation, toxic chemicals, and overexposure to the sun, various metabolic processes, inadequate nutrition, pollution, tobacco smoke and stress. Free radicals react with other molecules resulting in a chain reaction that damage cells and organs of the body. Free radical damage has been linked to cancer, aging, inflammatory-immune injuries, and diseases of the brain, lungs, cardiovascular system, kidneys, gastrointestinal tract, skin and eyes. Anti-oxidants, most important Astaxanthin, help protect the body from this process of free radical damage and oxidation. ***Ask me about it!***



## **SURVEY CONFIRMS: MASSAGE INCREASINGLY SOUGHT FOR HEALTH AND MEDICAL REASONS, AND HEALTHCARE PROVIDERS ARE REFERRING MORE PATIENTS**

People today look to massage therapy for more than pampering. A consumer survey released 2009 by the American Massage Therapy Association (AMTA) shows that consumers seek massage for health and medical reasons (60 percent) more than for sheer indulgence (6 percent). Consumers aren't alone – healthcare providers are increasingly referring their patients to massage therapists. And, seniors said they got their last massage for medical reasons (56 percent).

"The data collected this year indicates a significant ongoing shift in consumers' understanding of massage therapy. Healthcare providers and consumers alike realize that massage has great health benefits and use it for many health conditions – stress relief, relaxation, injury recovery, chronic pain," said Steve Olson, president of AMTA. "I'm glad to see this perception emerge, especially among seniors, who tend to have greater health and medical needs. So the percentage of people who get massage probably will continue to grow as the 'baby boomer generation' ages."

The number of American adults who report getting a massage over the last 12 months continued to steadily increase – more than twice as many had one or more massages from a massage therapist in the past year (17 percent) than did in 1997 (8 percent), the first year AMTA began tracking consumer data. The rate at which consumers today are getting massage annually (17 percent) is the same rate at which consumers reported getting a massage over a five-year period when they were surveyed in 1997. This data suggests that consumers are increasingly seeking massage because they realize that massage has many health benefits.

Consumers increasingly report having favorable conversations about massage with their health care providers (79 percent of those who discussed massage with them), which indicates that this important sector validates massage therapy for patients. Of those who spoke with a medical professional about massage, 31 percent were referred to a massage therapist by their chiropractor and 26 percent were referred by their physician.

## **SURVEY CONFIRMS : INSURANCE PAYING FOR ALTERNATIVE CARE**

DESPITE THE ABSENCE of a governmental stamp of approval — and, consequently, less insurance coverage — people are shelling out big bucks for alternative care. In 1997, Americans made 629 million visits to naturopaths, chiropractors, massage therapists and other unconventional practitioners. And they spent \$21.2 billion on those services, roughly \$12 billion of which was their own hard-earned cash. That yearly out-of-pocket amount climbs to \$27 billion if you throw in herbs, megavitamins and other over-the-counter products.

In recent years, that kind of public demand has led many insurance companies to include alternative care in their plans as a way of attracting and holding on to customers. A 1997 survey by Landmark Healthcare Inc. found that half of the 80 HMOs they surveyed either covered unconventional care or were planning to add it to their coverage within two years.

That same survey found that 67 percent of people said availability of alternative care was an important factor in choosing a health plan, and 45 percent were willing to pay more for plans that cover alternative care.

Among the major plans currently offering coverage are Oxford Health Plan, Blue Shield of California, Kaiser Permanente of California and Group Health Co-op of Puget Sound in Washington state. Under the Oxford plan, you don't even need to ask your primary care doctor for permission first.

### **Yes to Chiropractic, No to Yoga**

The U.S. Supreme Court recently upheld a 1996 Washington state law requiring insurance companies to provide coverage of all licensed and certified alternative practitioners, the first law of its kind in the country, certified medical massage practitioners qualify.

Generally, certain types of care are more likely to be paid for than others. Chiropractic is the most common, covered by roughly 75 percent of insurance companies and Medicare, although plans may restrict it to certain conditions, like low-back pain. Acupuncture and Medical Massage Therapy are also more likely than other therapies to get insurance subsidies.

Less frequently covered are things like naturopathy, homeopathy, hypnotherapy, meditation, aromatherapy and yoga, according to the U.S. Society for Human Resource Management.

If the practitioner is a licensed M.D., as is the case with some homeopaths and acupuncturists, patients may be able to get coverage for their care.

## Double Dipping?

The big question is whether alternative health care ends up saving money, either for consumers or their insurance plans. While alternative therapies are generally less expensive than drugs and surgery, surveys tend to show that most people don't give up their primary care doctor when they use alternatives, they use both.

Eventually, however, that doubling up seems to pay off. Employers whose plans include natural health care report that patients reduce their dependence on traditional care like drugs and surgery because the addition of alternative care places more emphasis on prevention of health problems.  
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## SPA THERAPY SUPPORTS *Pink in February* with *GNO event*



As a way of keeping the breast cancer awareness active in our minds and hearts, our communities 'Pink October' team has developed '*Girls Night Out*' for Yuba-Sutter support in February. We were truly honored to be asked to contribute with the use of our new facility.

The event will be a night to remember and we will pull out all the stops and go over the top to support it! All of our 8 therapist team will be featuring a treatment as a donation to the event. Not just any spa treatment...all our unique treatments that made Spa Therapy the gold standard in the community, as well as our new exclusive treatments. We will be join by Head's Together Hairstyling, Pooles Jewelers, Peach Tree Healthcare, Geweke, and Ruthy's Restaurant, to name a few. Fifty women will be the guests for the evening of food, fun, entertainment, education, spa experience, and of course, cancer awareness!

All proceeds from February's '*Girls Night Out*' event are used to fund Geweke's Caring For Women Foundation. Local breast cancer patients are able to apply for financial assistance through their social worker. There is a \$2,000 max grant per woman.

This allows us to help more women in our local community that are struggling with bills or other financial needs.



For more information on the foundation & 2010 February date, please contact Deb Coulter at 530-822-7505

**Spa Therapy VIP Open House** Nov 16<sup>th</sup> 2007 raised \$500 for Geweke's Caring for Women Foundation

**Girls Night Out 2008** event raised \$5,000.00 for Geweke's Caring for Women Foundation

**Girls Night Out 2009** event raised \$8,000.00 for Geweke's Caring for Women Foundation

## Pumpkin pancakes with cinnamon syrup and whipped cream

by Chef Jeff Weber



1 cup pastry flour  
1/4 cup sugar  
1/2 teaspoon cinnamon  
1/16 teaspoon cloves  
1/16 teaspoon nutmeg  
1/16 teaspoon allspice  
1/4 teaspoon salt  
1/2 teaspoon baking powder  
1 cup pumpkin puree  
2 eggs  
1 cup half-and-half  
1-ounce melted butter  
4 egg whites, whipped to soft peak  
2 tablespoon vegetable oil

### Cinnamon Maple Syrup:

2 cups pure maple syrup  
2 to 3 cinnamon sticks

Heat syrup and cinnamon sticks over low heat for 10 minutes. Remove and let steep for 1 hour. Remove sticks and pour into a small pitcher.

### Cinnamon Whipped Cream:

4 ounces whipping cream  
Cinnamon  
1 tablespoon sugar

### Directions

To make pancakes, sift together all of the dry ingredients. In a bowl, combine the puree, whole eggs, and the half-and-half. Add the flour mixture and stir, being careful not to over mix the batter. Finish with the melted butter. Gently fold in 1/2 the egg whites to loosen the batter and when the whites are nearly incorporated, fold in the remaining egg whites.

Heat the griddle to medium heat. Drizzle enough vegetable oil to prevent sticking and spoon batter onto griddle, spreading them with the back of the spoon. When pancakes are golden brown, flip to finish cooking.

To make the root beer syrup, reduce root beer until it becomes a thick glaze. Whisk in the butter and spoon over pancakes.

Cut the bananas in 1/2 lengthwise. Heat a sauté pan to medium and melt the butter and sugar. Stir until sugar dissolves and begins to caramelize. Add the bananas and toss to coat.

To prepare the whipped cream, whisk the cream, cinnamon, and sugar in a bowl until it holds a stiff peak.

To serve, stack the pancakes on each plate. Spoon the syrup over the pancakes, top with the caramelized bananas and a dollop of cinnamon whipped cream.

## Wellness Corner: *What Your Feet Tell About You*

Jeff Weber, C.M.T.



Many people enjoy having their feet rubbed, but did you know that by being a little more direct you could stimulate your major body systems (skin, musculoskeletal, secretory, nervous, and circulatory)? It is quite amazing, and true. The technique that could do all that is called Reflexology. Reflexology is the study of neuroreflexes found in your eyes, ears, hands and feet. I will be discussing reflexology on the feet, because they are the most responsive areas for working the zones due to them being extremely sensitive. I will tell you a little more of where it came from, how it is done, and the many benefits from it.

Reflexology is a method for activating the healing powers of the body. It is both old and new. Whilst the art of reflexology dates back to Ancient Egypt, China, and India it wasn't until 1913 that Dr. William Fitzgerald introduced this therapy to the West as "Zone Therapy". He noted that the reflex areas were linked to other areas and organs of the body within the same zone. In 1930's Eunice Ingham further developed this zone theory into what is now known as reflexology. She observed that the congestion in any part of the foot mirrored in the corresponding part of the body. Modern Reflexology is both a science and an art. As a science it requires careful study, faithful practice, and skill. As of the healing arts, reflexology yields the best results when the reflexologist works with patience, and dedication. Before we look at how it works, let's discuss its many benefits.

Reflexology has many benefits. For example: reflexology reduces stress and induces deep relaxation. As we all know stress can not be avoided, we live with it and in it. Stress becomes a problem when one fails to manage it, because the body's defense breaks down and we become more susceptible to illness and disease. Reflexology reduces stress by generating deep, tranquil relaxation. Reflexology also improves circulation. By improving the circulation you increase the amount of oxygen and nutrients to your muscles and organs. Another benefit is it cleanses the body of toxins and impurities. The body has its own mechanisms or cleansing itself, but these some times become blocked or function incorrectly. When this occurs there is a build up of toxins. Reflexology causes all systems of the body to function more efficiently. Lastly it can balance the whole system, and revitalizes energy to name a few more.

Reflexology has so many great benefits, but how does it work? In reflexology there are ten energy zones that run the length of the body from head to toe- five on each

side of the body ending in each foot and running down the arms into the tips of the fingers. Not only do they run lengthwise. All the organs and parts of the body lie along one or more of these zones. Each one of these zones can be considered a channel for intangible life energy. By stimulating any of the zones in the foot by applying pressure affects the entire zone throughout the body. The actual physical mechanism that controls the zones in the body is not fully understood.

From an anatomical viewpoint, in each foot thirty-three joints can be found all innervated by thousands on nerves. By using specific reflexology techniques one directly affects the nervous system in a positive relaxing way. When the body is relaxed and the nervous system stimulated, healing has a perfect opportunity to take place. Results have been truly startling in overcoming or easing a broad range of problems, from chronic ailments and weight and stress disorders. So, while you're out this seasons dealing with any stress you may have from buying any holiday gifts, dealing with the crowds...come in for reflexology. Get off your feet, help yourself de-stress, and revitalize your energy!

*If you would like to know more about Reflexology and its amazing benefits, please call Spa Therapy Wellness Center today and book your appointment with Jeff.*



## JANUARY SPA SPECIAL

*Your Time to Relax after the Holidays....*

- ★ 90 minute Rain Massage
  - ★ Steam Therapy
  - ★ Extremely Buff Foot Therap
- Only \$170**

## FEBUARY SPA SPECIAL



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  - Walnut or Rice Exfoliation
  - Chocolate Cocoa Butter & Butte Mineral Massage
  - Cocoa Butter Hydrotherapy
  - Spa Pedicure & Foot Detox Therapy
- Only \$190**

## Survey Confirms: Many Hospitals Using Massage Therapy Mostly for Stress Relief and Pain Management

As an increasing number of people realize that the benefits of massage extend beyond reducing stress and promoting relaxation, a new study released this week by the American Hospital Association (AHA), with support from the American Massage Therapy Association (AMTA), shows that many hospitals are incorporating massage therapists into their pain management programs.

Of the 1,007 hospitals responding to the AHA survey, massage therapy was the most prevalent CAM (complementary and alternative medicine) offering, with 82 percent of the hospitals reporting CAM use saying they include massage therapy. Of the hospitals with massage therapy programs, more than 70 percent utilize massage therapy for pain management and pain relief.

Seventy-four percent of hospitals using massage say it is offered for stress management in patients, and 69 percent provide it for staff stress management. A total of 59 percent say they provide massage for cancer patients, while 55 percent offer pregnancy massage.

This survey has significant implications for the management and treatment of pain, which the National Institutes of Health (NIH) has identified as a significant national health issue. According to NIH, pain is the most common reason people seek medical care and that more than one-third of all Americans will suffer from chronic pain at some point in their lives. Chronic pain accounts for more than \$100 billion in annual losses to American businesses (through healthcare expenses and lost productivity) and approximately 14 percent of all employees take time off from work due to pain each year.

The AHA survey and the growing use of massage therapy as revealed in annual consumer surveys suggests that hospitals and healthcare organizations are positively responding to the consensus of research and evidence highlighting the benefits of massage. Recent clinical research on the efficacy of massage for pain management has demonstrated that:

- Massage therapy is more effective for chronic back pain than other complementary therapies.
- Massage therapy promotes relaxation and alleviates the perception of pain and anxiety in cancer patients.
- Massage therapy reduces post-traumatic headaches better than cold pack treatments.
- A pilot study conducted at Cedars-Sinai Medical Center in Los Angeles found that

massage, as part of hospital-based surgery treatment, reduces pain and muscle spasms in patients who have undergone heart bypass surgery.

- Massage stimulates the brain to produce endorphins.

### *Coaching People in Relationships: Focus on Prevention & Self-healing* by Horacio Roa, Life Coach & Health Coach



Self-healing is a technique I was myself pushed to develop because the regular medicine didn't work for my asthma many years ago. I was hooked with codeine, so I needed to look for some alternative.

Many people have the same situation with antibiotics they use it too much and they are concerned about the use of those medicines.

I want to remind you I am not a doctor and you need to ask your questions to your doctor and talk about my ideas to him. I only want to share my ideas with you but I can't prove that is right or wrong. I want to discharge any responsibility -please- and you should listen to me just as one more opinion: about infections.

The precise situation about the abuse of antibiotics is that the immunity system can get weak and lose its intelligence. It happens with some medicines like laxatives or other medicines they were actually developed to fix the momentum but you need to work on hygiene, lifestyle and prevention; and for sure your doctor is going to talk to you about food, and exercise, and resting, and natural ways to prevent or get a more strong immunity system.

This is my point: the immunity system needs to get strong from good food and good air. The lymphatic system is the system that heals the body from viruses. The immunity system is a system that moves or works from the movement of the body. It is really important you do exercise. I'm also a Yoga teacher, I teach yoga for the last 20 years and my experience with my students and people practicing yoga is that in a short time the immunity system starts to work highly because the movement produces elimination, produces

cleaning and the lymphatic system can deal with these viruses. Now the acidity of the blood and the balance between basic and alkaline is a very important issue. We need to remember the viruses, bacteria, germs, parasites, grow in an acidic environment. Many things make the blood more acidic and many make it more alkaline. The eastern medical language, we are talking about yin and yang, we are talking about a third factor coming from the balance of the opposites, and this third factor is health is coming from the balance between acidic and alkaline. This is a really old technique coming from Japan, from macrobiotic school, where you balance yin and yang using food. I'm food specialist and I'm a cook or chef for healthy food and I dedicated my life on the last 25 years to heal myself through food and use ingredients to power the immunity system like seaweed, garlic, vegetable proteins coming from beans, and nutrition in combination with oxygen raises the quality of your blood, feed the cells that gets more strong and these strength is actually the one killing the viruses.

There are simple ways to resolve viruses, bacteria, germs and parasites.

The children are one of the most vulnerable groups in relationship with these micro-organisms. They have a lot of sugar, maybe not too much attention, not too much affection. Too much easy food, too much fast food, not homemade food, can increase the weakness of the Immunity System. In the case of children we know illness is designed for the growing process.

Now we need to think about how to use illness and why illness is designed, and don't be afraid to put the system under the stress of the illness. Sometimes we use medicine for symptoms, and our internal system weakens because we don't challenge our system to fix the problem.

You need to have criteria and try to decide if you really want to avoid the fever of the children or you want to use the fever for reprogramming the immunity system, for try to make the children stronger. Now the strength coming from simple and basic things: we have element give to us more strength. In the west we have 4 elements: water, air, fire, earth. In the east we have one more element: Wood. Still we should add one more element and we get 6 elements: that is Love. Affection is one of the more important factors for the immunity system to work in a higher level. Affection is in relationship with the Thymus gland. The thymus gland and spleen work with the nodes of the lymphatic system to drainage the toxins and work with the viruses. We know is the lymphatic system actually kills viruses and cancer cells. We know cancer actually gets more prominent with the wrong work of the lymphatic system. We are talking about exercise, breathing, and

movement. Health in the east is movement. Energy is movement. Illness is Stagnation. The information coming from the east about health gives us more material to understand how we can deal with our modern illness. Modern illnesses they treat our community, one of the main reasons is Hygiene. The water is getting more contaminates. The food is not the same we ate 100years ago.

To be more intentional in the air you breathe, the water you drink, in the food you need, is basic standards for prevention. And I want to share with you my personal experience: when you are working on prevention you do healing at the same time. But, when you try to fix something is already broke, you are trying to do maintenance which is a sweet way to go down. Refinement is the way to improve your health, your environment, your home... The more important thing to refine is your health. Without your health, your ideas, you money, your position... nothing is useful if you don't have enough health for enjoy it!



ARE YOU LOOKING FOR A PRIVATE PARTY,  
TEAM BUILDING, OR EXECUTIVE VENUE?

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COMMUNITY BY SPONSORING FUND RAISERS, HEALTH  
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PUBLIC EDUCATION. IF YOU HAVE AN EVENT WHICH WOULD  
BENEFIT FROM OUR EXPERISE, PLEASE CALL WITH DETAILS,  
*WE WOULD LOVE TO HELP.*

## UP-COMING WORKSHOPS, CLASSES, & EVENTS

### ART EXHIBIT & WINTER SOCIAL

Friday, December 4<sup>th</sup>, 2009  
Featuring Unique Glass Artist, Paul Boemke

*Spa Service Gifts for the 1<sup>st</sup> 25 people!!*

*And*

*Enter to Win a Holiday Raffle Gift of 6 treatments!!*



*Photos from 2009 3<sup>rd</sup> Art & Wine  
Social Event  
Featured Artist; Richard C. Mills*



Horacio Roa- Life Coach Weekly Workshops  
Tuesday Evenings: 7pm-8pm  
November Topic: *Conflict Resolution*  
December Topic: *Conflict Resolution*  
January Topic: see [www.yubacityspa.net](http://www.yubacityspa.net) 'wellness class' page



Horacio Roa- Free Health Coach Weekly Workshops  
Wednesday Evenings: 6:30pm-7:30pm  
November Topic: *Regeneration of Nervous & Digestive System*  
December Topic: *Food Therapy*  
January Topic: see [www.yubacityspa.net](http://www.yubacityspa.net) 'wellness class' page



Agnes Carty- Hypnosis Workshops  
Thursday Evenings: 6:00pm-8:30pm  
On-going Class: *Hypnobirthing*  
Saturday 12:30pm-2:30pm  
Topics Include: Trust  
Fear  
Guided Imagery  
The Right Weight



### February is for GNO!

The 3<sup>rd</sup> Annual **Girls Night Out** for Local Breast Cancer Support!  
Check ahead at Spa Therapy Wellness Center, Heads Together Salon, Peach Tree HealthCare, or Geweke caring for Women Foundation to reserve your interest in attending and experiencing all the best and most advanced *spa* services as our guest of honor!

Call for information and reservations. **530-751-5166**

Check out the web site for more details and updates.

[www.yubacityspa.net](http://www.yubacityspa.net) *click on calendar page*

[www.holisticeye.com](http://www.holisticeye.com) *for direct link to Health & Life Coach Services*