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Weight Watchers More Effective - Study

Patients who are referred by their doctors to Weight Watchers were found to lose about twice as much weight as those on standard weight loss care over a 12-month period, researchers from the UK, Germany and Australia reported in *The Lancet*. The randomized control trial provided compelling evidence that Weight Watchers was twice as effective as a commercial weight-loss program.

Patients in the Weight Watchers group stayed on the diet in larger numbers, lost more fat mass, lost more weight, and had greater reductions of their waist measurements compared to the those on standard care. Approximately 1.5 billion adults worldwide are overweight. In North America, obesity has overtaken tobacco as the leading preventable cause of disease.

Coping with Insomnia

Insomnia affects over one third of the adult population. Some of us thrive on less than 5 hours of sleep a night, while others need over ten hours. Most of us find that 8 – 9 hours of sleep about right.

How to Cope

Establish a bed time routine, maybe a relaxing bath, or milk drink, putting on night clothes. Within a month you will have established a new routine and will start to feel drowsy.

Relax before going to bed. Read, meditate. Like many if you are on the computer until bed time you might not sleep that well, same for watching films or gaming. *Have time out.* If you don't like reading or meditating isn't for you watch your breath. How does your body feel on the inhale compared to exhale.

Use the bedroom for sleep and sex only. Reduce Stress. Try Yoga which has a lot of benefits.

Exercise daily but leave 4 hours before going to sleep. Abstain from stimulants; soda (sugar drinks/sports drinks) caffeine, alcohol, tobacco.

Go to bed and wake up at fixed times. --Internet

Aerobic Exercise May Cut Dementia Risk

Aerobic exercise, defined as any physical activity that raises heart rate and increases the body's need for oxygen, may cut the risk of dementia and slow its progress once it starts. Mayo clinic researchers who examined the role of aerobic exercise found it helped in preserving cognitive abilities and found it should be regarded as an important therapy against dementia.

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the Source

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Naturally Nosey

Halifax based **Noviden Technologies** has launched an online meal-planning and management site, **MealEasy**, will provide a library of more than 750 gluten-free meals that consumers can try for

30 days absolutely free. Rather than aggregating recipes from other sources, Halifax Chef **Paul Routhier** created and tested all of MealEasy's gluten-free recipes himself. (There are also heart

healthy, vegetarian and diabetic meal plans). With the easy-to-use MealEasy site, consumers can plan menus, print an automatically generated shopping list, get preparation instructions and tips, approximate costs, pair meals with wine, and more. The special 30-day free (to mid-October) offer is available now at www.MealEasy.com

Changes at **The Source**. This will be **Penny Ormsbee's** final *Food For Thought* column. Penny will continue with her consulting practice along with other projects. Registered Holistic Nutritional Consultant and Natural Foods Chef **Lyz Sutcliffe** will be taking over the column starting with the December/January issue. Welcome aboard!

Sarita Earp, a long time contributor to *The Source* Recipe Page is moving on to new challenges. After operating Halifax's oldest vegetarian restaurant for over 30 years, she has sold the business.

Thank you **Penny** and **Sarita** for your contribution and support of the publication over the years.

Folic Acid Helps Decrease Risk of Alzheimers

Eat plenty of folic acid to help cut in half the risk of Alzheimer's disease according to a recent study conducted by the U.S. National Institute on Aging. Folic acid is found in:

- Oranges
- Lemons
- Green vegetables

The U.S. National Institute on Aging experts studied adults over a period of seven years and found that those who ate the daily recommended allowance of folates (B vitamin nutrients) had a reduced risk of Alzheimer's disease.



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From the Editor

FALL

This time of year I always get a passing tinge of melancholy. It can be from seeing the first turning leaves, watching as they float to the ground. The quality of light is different. That first early morning when the temperature drops to a single digit. Even on a bright, warm, fall day we sense that it is not for long. How often do you hear around Halifax, 'we get some nice weather in the fall...yes, but it's not summer.' The layers of clothing go on. This time of year we are forced back inside more and more as we lose the evening light.

The sight of young people going off to school. Not really wishing I was joining them but it just brings back memories about the mixed feelings of anticipation and being anxious about what a new school year would bring. I wasn't as enthusiastic as one young couple I overheard at a coffee shop recently. A few weeks before school started they both remarked how they were really

looking forward to the start of their second year at university. Excited and school are not two words you usually hear in the same sentence from young people.

The fall eases us gently into that inevitable season that follows. It's a time of year I am grateful to live in a place that has very distinct seasons. The adjustment is a little easier to the Maritime winter. It's also the season when, the harvest is at its peak and the tables are overflowing down at the Seaport Farmer's Market. If you haven't been, it is worth a visit. Even if I don't buy anything, I feel healthier just being amongst the *live*, colourful, unprocessed food.

This issue marks the 16th anniversary of publishing *The Source*. Thank you to all the readers and advertisers who have supported the publication over the years.

Alan Parks

Tips On Coping With Setbacks to Achieving Your Goal

1) **Accepting Setbacks:** Life is often a very bumpy ride full of ups and downs along the way. A lot of people have this idea that things should always be perfect and fault-free. If you share this point of view then the message is: stop being unrealistic. It is important to always take the long-term view in life; accept that there are going to be setbacks and that change comes from learning.

2) **Make Changes:** Shaping the life you want is worth the investment so think about the resources, especially the time that you are putting into your change programme.

3) **Avoid Pitfalls:** Temptation is another key ingredient in causing a setback, and even the best of us can succumb to it. So avoid actions, no matter how small, that may jeopardise your goals, such

as keeping tempting foods in the house when you are trying to lose weight!

4) **Keep Your Emotions In Check:** Keeping your emotional state in check is very important because of the role emotions play in our mental health. Sometimes we need to retreat and recuperate from a bad series of events. Perhaps the struggle has got to us, or maybe an upsetting life experience has thrown you off balance a little. Whatever the reason, you must anticipate that you need to let yourself off the hook from time to time. We all need time to recharge and gather strength for the next stage of our journey. - *Internet*

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Herbal Musings

by Danette Steele, M.A., R.H.
& Savayda Jarone, MNIMH



ROSEHIPS

At this time of year we are saddened by the shortening of the days and the disappearance of the wild roses for another year. Yet, the rose extends its glory into the fall by producing one of our best wild fruits – the rosehip. By late August the fruit is changing from green to red or orange and beginning to soften. By mid September they are ripe and ready, and best eaten directly from the bush. The fruit has many small seeds in the middle, surrounded by a thin flesh and covered in a light outer skin, so it is best nibbled to avoid getting a mouth full of the seeds.

Rosehips are renowned for their high vitamin C content – there is 500 mg to 800 mg per 100 g of fruit. Powdered rosehips are a common additive to vitamin C supplements. There are several methods for preparing rosehips to preserve the heat sensitive vitamin C.

Preparation

The fruit can be seeded and dried or dehydrated then ground in a coffee grinder and added to smoothies, desserts, yogurt etc.

Apple cidre vinegar will extract some of the vitamin C, along with the other minerals and vitamins

Danette is a wise woman herbalist with a clinical herbal practice in Halifax and Toronto. For information about consultations, weed walks and classes with Danette, please contact at: 416-725-HERB(4372) or dandelion_danette@rogers.com

Savayda is a medical herbalist with a practice and herbal dispensary in Halifax. She leads herb walks and teaches workshops on herbal medicine. For information: 902-454-8481 or www.mayflowers.ca

it contains. Half fill a sterile glass jar with chopped rosehips. Cover with vinegar to the top then add a layer of wax paper between it and the lid so not to corrode the metal. Let sit for 1 week, shake daily, then strain. It produces a beautifully coloured vinegar, similar to balsamic, that is great for making salad dressings. The same process can be used for alcohol extracts using brandy or vodka, let steep 2 weeks.

In addition to their high nutritive value, the vinegar and alcohol extracts help to loosen phlegm and clear respiratory congestion, and are an astringent bowel tonic. The fresh or dried fruit can also be boiled as a tea for these purposes.

Rosehip syrup is a yummy treat; made with sugar, it is best used in small amounts. Layer a sterile glass jar with the rosehips and organic granulated sugar. Remove the top and bottom ends of the fruit to allow its juices to seep out. Start and end with a layer of sugar. Cover and let sit for 1-2 weeks, or until it becomes liquid, it helps to shake it gently every day. When ready, remove the fruit and store the syrup in a cool place. Add it to teas, smoothies, ice cream or other desserts.

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Healthy Choices

By Dr. Erin Kempt-Sutherland



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Conservative Management Approaches

Many people suffer from knee pain and never mention it to their healthcare provider, thinking it is just something they have to “live with” or as part of “getting old”. Those that do mention it will often be sent for x-rays. From this, many are diagnosed with Osteoarthritis, the most common form of arthritis. Medical doctors will usually prescribe anti-inflammatory medication and if the problem is thought to be severe enough, will refer for surgical consultation. Most of us are aware of the side effects and risks of drugs and surgery. What so many do not realize is that there are many conservative, non-invasive (non-surgical, non-pharmacological) treatment options that are very safe and bear no negative side effects or risks. These treatments decrease pain and disability associated with osteoarthritis, allowing people to live a fully functional life without the use of drugs or surgery.

My treatment for osteoarthritic knees begins with patient education regarding osteoarthritis. Osteoarthritis (OA) is also known as joint “wear and tear”. Our bodies are in a constant state of cellular breakdown and regeneration. OA occurs when the breakdown of cartilage cells exceeds the rate of rebuilding new cells, resulting in an overall loss of cartilage cells, which line the joints of the body. The knee is often targeted because it takes a lot of abuse as a weight bearing joint.

Laser Therapy

The primary modality I recommend to an osteoarthritic patient is Low Intensity Laser Therapy. This form of laser speeds the healing process, by providing light energy to damaged cells. The cells convert the light energy into chemical energy, which is then used by the body to heal damaged cells and create new ones. The first phase of cellular healing is Inflammation, which is responsible for the pain associated with arthritis. Because cells are constantly being destroyed in an osteoarthritic joint, there are always cells that are in that first, inflammatory stage, which is why there is often constant pain with OA. If damaged cartilage is exposed to laser light, healing is accelerated and patients are pushed through that painful inflammatory stage at a faster rate, leading to resolution of pain. Even more exciting is that with proper dosage, new cell growth and repair of damaged cells will exceed cellular breakdown, leading to an overall less arthritic joint. Although the arthritis is an ongoing process, and cell breakdown will continue to happen, continued laser therapy, once initial dosage has been given, will keep cells renewing at an increased rate, to keep symptoms of OA at bay. This treatment is painless and carries virtually no side-effects or risks.

Acupuncture

Acupuncture may also be useful treatments for knee OA. Acupuncture is an anti-inflammatory, pain-blocking modality that has been used for thousands of years. The difference between laser and acupuncture is that acupuncture only blocks pain through decreasing inflammation. It does



Continued on Page 12

ADDICTIONS - Working with the Underlying Causes

by Philippe Isler MA, Reg. Psychologist



“Throughout my years of working with people, it has always been clear to me that every addiction – like every other ‘dysfunctional’ behaviour – serves a purpose.”

I have long had an interest in working with people with addictions – whether to alcohol, drugs, sex, eating, gambling, or other – but my particular interest has been in working on the underlying causes of the problem of addiction, rather than only on modifying the addictive behaviour itself.

Regardless of the specific focus or “substance” of addiction, I have tended to see the addictive patterns of behaviour as a means of managing or “medicating” some internal stress response, some internal pattern of reaction or feeling that existed before the person developed an addiction to the substance or habit, a feeling or reaction that was experienced as unmanageable or intolerable. Throughout my years of working with people, it has always been clear to me that every addiction – like every other “dysfunctional” behaviour – serves a purpose.

The book by Ronald Ruden

M.D. entitled *The Craving Brain* examines the neurobiology of the addictive craving response that stimulates an overwhelmingly intense need to have their substance of choice, and drives them to experience a single-minded motivation to obtain it, often overriding all conscious, rational thought and intention. He believes that the neurobiological processes involved are the same as the survival-driven processes that motivates/drive us to find food when we are hungry, to flee when we are in danger, and to procreate. They are processes that respond to specific perceptions of stress – specifically, of a subjective experience of inescapable stress – and they are biochemical reactions that drive us to some form of action that will diminish the experience of this stress.

Hardwired

Being hardwired as survival mechanisms, these processes precede and overpower rational thought. The stress responses they

are reacting to can be feelings of craving just as they can be feelings of shame related to the addiction itself; patterns of avoidance and denial may be attempts to reduce the experience of what otherwise would be an inescapable stress of shame. Ultimately, though, these felt experiences of inescapable stress are usually echoes/reminders of, and resonate with, a life experience that predates the addiction and involves a similar feeling of inescapable stress. An environment of poverty could be an example of the life experience triggering a feeling of inescapable stress, as could experiences of abuse, childhood neglect, or of an alcoholic parent in the home or, as Dr. Ruden notes, so can certain military experiences.

This correlates entirely with my other recent reading, the *Adverse Childhood Experiences Study* (ACE Study). This study was conducted by one of the largest health management organizations in the United States, Kaiser Permanente. This study now involves about 17,000 people. Information was gathered with regards to types of “adverse childhood experiences” people had experienced. (Experiences such as divorce of parents, abuse, neglect, having an alcoholic parent, etc.) The number of types (as opposed to number of incidents) of different adverse childhood experiences each person experienced was correlated with mental and physical health issues later in life, including addictions.

The results clearly showed that there was a consistent correlation between the number of types of adverse childhood experiences, and the probability that a person would have any of a number of physical or mental health issues later in life – including the different types of addictions that were tracked.

Holistic Approach

In my own practice I engage in a holistic approach that includes modifying behaviours, addressing patterns of thinking, encouraging people to follow a recovery program such as a 12-step program, while also focusing on helping the person become more aware of their internal responses and feelings that are associated with their addictions. This sometimes involves learning where these responses originated and then addressing, healing or correcting those earlier life experiences. Addictions are sometimes a “mask” for depression, or “self-medication” for anxiety. In these cases the underlying depression or anxiety must be addressed. I also help people to learn new skills to regulate their emotions and reactions, as well as to develop a new sense of self that is based in wholeness, in self-awareness and in engagement in life, rather than in shame.

Philippe Isler MA is a Registered Psychologist with a private practice in HRM (Dartmouth) as well as in Kings County (Coldbrook). Phone (902) 463-0552.

There is a “consistent correlation between the number of types of adverse childhood experiences, and the probability that a person would have any of a number of physical or mental health issues later in life.”



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Health Beat

A Naturopathic Perspective

by Dr. Bryan Rade, ND

Integrative Oncology for Optimal Cancer Management



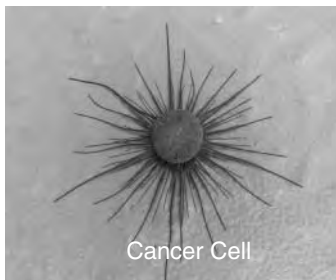
Cancer is one of the greatest medical challenges of our time, both for the individuals afflicted with it and their treating physicians. While conventional medical approaches like surgery, chemotherapy, and radiotherapy can have a fantastic impact on certain cancers, their use does not fully guarantee remission or the prevention of a recurrence. Similarly, while many natural therapies have been shown to exert potent anti-cancer effects they alone cannot be relied upon to deliver absolute results. Integrative oncology is the combination of both fields, taking the best tools the medical community has to offer. Indeed, when conventional and natural therapies are combined, both research and clinical experience show the greatest benefits for the patient.

The Scope of Integrative Oncology

Integrative oncology can and should be applied to any type of cancer diagnosis. Working with a medical oncologist will bring into place the necessary conventional treatment options and requisite blood work and diagnostic imaging. Concomitantly the patient consults with a naturopathic doctor (ND) with a specific focus on cancer management. The ND will discuss the diagnosis and conventional therapy options to determine the best course of naturopathic treatment. Many nutritional supplements and intravenous therapies have strong anti-cancer effects, either by directly killing cancer cells, enhancing chemotherapy and radiotherapy, stimulating the immune system to remove cancer, and/or stimulating cancer-suppressing genes. However, if certain supplements are taken at the wrong time or with the wrong chemotherapeutic agents they can have an opposite effect. As such, a detailed treatment protocol needs to be outlined by the ND to ensure safety and maximal efficacy.

Naturopathic Cancer Interventions

Diet is of great importance in fighting cancer, reducing risk of recurrence, and working to prevent it from arising initially. Cancer feeds on inflammation and high levels of sugar, thus a non-processed foods diet with a low glycemic index is ideal. Protein intake is important, and most should come from non-animal sources like nuts, beans, lentils, and seeds. Any food sensitivities should be identified and avoided to further reduce inflammation. Nutritional supplements are crucial as well for many of the benefits mentioned above. Generally, supplements should support chemotherapy effects, work to reduce side effects, boost energy, and destroy cancer cells. Certain supplements are of prime importance during procedures that can damage the system such as biopsy (necessary for diagnosis but



can also facilitate cancer spreading) and radiotherapy (reduces cancer spread but can lead to depressed immune function, skin irritation, and anemia).

Parenteral Cancer Therapies

Parenteral therapies are amongst the most potent natural anti-cancer treatments available. In my practice I strongly advocate the use of mistletoe extract (known as Helixor or Iscador) for its potential profound benefits of killing cancer cells, activating the immune system against cancer, reducing pain, improving energy and mood, and enhancing the benefits of chemotherapy and radiotherapy. Mistletoe is administered subcutaneously (like insulin) and can be done by patients at home. Intravenous high-dose vitamin C also has a great impact on the health of cancer patients. It does so by elevating the level of hydrogen peroxide in all of the cells of the body, which kills cancer cells as they are deficient in the enzyme catalase. Without catalase hydrogen

peroxide accumulates in the cancer cell, leading to their demise. Benefits of high-dose vitamin C can include improved energy, less fatigue, and improved cancer status.

A diagnosis of cancer almost always marks the beginning of a battle for survival, a battle in which cancer cells do not hold back. An integrative approach to oncology affords cancer patients the greatest levels of anti-cancer activity and personal comfort during their treatment. It is my belief that with so many tools available we would do well to use them to their full extent.

Dr. Bryan Rade is a licensed, registered naturopathic doctor with a general family practice in Lower Sackville, NS (546 Sackville Dr). He is a member of the Oncology Association of Naturopathic Physicians (ONCAMP). He also has a satellite practice in downtown Halifax and in Musquodoboit Harbour. For more information please visit his website at www.bryanradend.com or phone 830-4615.

A Choyce View

by Terry Paul Choyce



If you go by the Spring Garden Road library any Saturday at noon, you will see people on the grass moving slowly, doing a form of qigong called Falun Gong or Falun Dafa. This is a Chinese practise which is used to improve the body and the mind. It consists of gentle exercises, meditations,

and teachings which follow the universal principles of truthfulness, compassion, and forbearance.

I was asked to write about this form of qigong by my friend Susan, because she and her son both experienced healing and inner transformation by practicing it. As a result they both lead it (when the weather permits) in the northend of Halifax on Gottigen St. on the George Dixon basketball court. She says "the energy movement and the beautiful philosophy contribute to holistic wellness, and a better appreciation of life for everyone." They would be thrilled if you joined them between 9:30 and 10:45 AM.

Falun Gong

Falun Gong is an ancient practise which was revitalized in China in 1992. The man who recreated it, Master Li Hongzhi, was nominated for the Nobel Peace Prize. He wrote "humankind must fundamentally change its conventional thinking. Otherwise, the truth of the universe will forever remain a mystery to humankind." He believes that if people put more value in living with honesty, love, and understanding, the whole world will become better. Dedicated practitioners of Falun Dafa achieve purposeful living, morality, health, and inner peace. This is a practise and a philosophy, not a religion. It can be embraced by anyone.

One of the aspects I admire is that Falun Gong is free. The local instructors don't charge. To find out where they are practising in HRM please call Chian at 902-449-8907. By going to www.falundafa.org you can watch training videos, read the literature, and even download the music they use with their exercises.

Qigong

Wikipedia says "Qigong is the philosophy and practise of aligning breath, movement, and awareness for health of mind, body, and spirit. It is based in traditional Chinese med-

Movement For Health And Happiness: Qigong

icine, martial arts, and philosophy. It is said to develop human potential and helps to awaken one spiritually to one's true nature." Qi (chi) is an energy which flows through our bodies. It can become blocked, thus creating illness and pain. Modalities like qigong and reiki help to release the blocked qi, to allow it to flow smoothly to energize us and keep us healthy.

The exercise component of qigong consists of gentle movements that are synchronized with the breath. This is similar to yoga and tai chi. In qigong the movement magnifies the qi. Even though the movements seem simple, they are quite powerful. You can do some of the exercises sitting, but most are done standing. This form of exercise is very helpful to people with arthritis and other mobility problems. It is also very calming and meditative.

I have experienced several forms of qigong. In Mahone Bay, Rose Johnson and Muriel Agnes lead a beautiful type called Sheng Zhen. You can contact them at muriellvpi@gmail.com. And they are offering a workshop on Nov. 12 at Bedford United through Inspired Learning. Kelly Beale teaches qigong which was developed by Master Yap. You can email him at info@kellybeale.com. At www.cfqatlantic.ca you can find many people who teach this form of qigong all over Nova Scotia. There is a fee for these classes. Their website says "Healing means to unload the burden of diseases from the mind, body and spirit. Wellness comes from a reduced burden. It also means freeing the consciousness from a diseased state of mind and making it more alive." It is through the mental and physical training that healing and peace happen.

The folks who practise Falun Gong at the library will welcome you any Saturday at 12. Please join them, or another qigong group, to learn this valuable way of coming into balance, health, and wholeness.

Terry Choyce co-creates www.spiritualseekers.ca, your online connection to spiritual events in Atlantic Canada. She also coordinates the meditation-inspiration gathering, Going Deeper at Bedford United, Thursdays at 7. And she coordinates INSPIRED LEARNING, a spirit-based education program at BUC. Listen to her Mondays at 4 on 88.1fm (www.ckdu.ca for live and archived show).

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Mystics have used humming for thousands of years to induce states of meditation and oneness. The incessant inner conflicts that drain our vital life-force vanish as we immerse ourselves in the vibration of sound. Humming helps to realign the mind-body-spirit and restore a healthy resonance in our being. To hum is to make whole. Humming regulates our breath and makes us aware of it. Humming grounds us. It invigorates our bodily fluids. It brings about trust, integration and graceful adaption to life circumstances. It reduces physical and emotional pain, and helps us tap into the inexhaustible well of energy that is lodged deep in our core.



Humming Practice

Choose a quiet space. Sit cross-legged on the floor, or on a chair. With your eyes closed, start to observe your breath while mentally

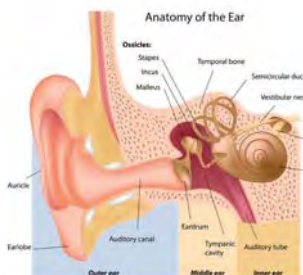
chanting Aum with each inhalation and exhalation. Every time you catch yourself wandering away, just kindly bring your mind back to focused attention. After a few minutes, introduce the sound of Aum. Let the humming last as long as your exhalation, and with each inhalation, mentally repeat the silent Aum. Relax your jaw and do not strain your vocal chords. Practice from 3 to 30 minutes and then meditate in silence. Silence creates space for the sound to enter our physical being at the cellular level. It encourages a positive shift in our subtle bodies. Practice humming daily, while integrating silence into your practice. The more you chant, the more vibrant, alive and connected you will feel.

Maryse is part of the spiritual music ensemble SuryaChandra, and is a member of the Sound Healers Association. She has been studying with sound healing pioneers Jonathan Goldman and Vickie Dodd. For information on her sound healing circles, visit her web site at: www.yogictransformation.net

“Go out into the wild lush garden of the Earth, away from the electrical noises of technology ... Listen attentively to the sounds of nature: the waves of the ocean...”

by Maryse Thuot

In the fertile womb of the mother, the sperm has fertilized the egg. Within a few days of conception, the newly formed embryo starts to develop what is for him, the most important device for connecting to his environment; the ears. While he nests and matures within a warm, dark and fluid cradle, the nucleus listens and absorbs internal and external vibrations. At 4 1/2 months, the organ of hearing, the cochlea, has reached its ultimate size. Alfred A. Tomatis, a pioneer otolaryngologist, says “the most important thing for the embryonic creature is to be able to hear for itself— to be all ears”. Hearing is the first sense to be created, and the last sense to leave the body when we die.



It is written: “In the beginning was the Word”. Sound is said to have created the world. Vibration energizes, and it brings the whole Universe into motion and form. Our thoughts and our speech, as well as what we hear from our surroundings, impact our being and our environment in a myriad of ways, consciously or unconsciously, inducing a state of balance or discord. It is imperative that we use the power of sound with the intention to create harmony within ourselves and our surroundings.

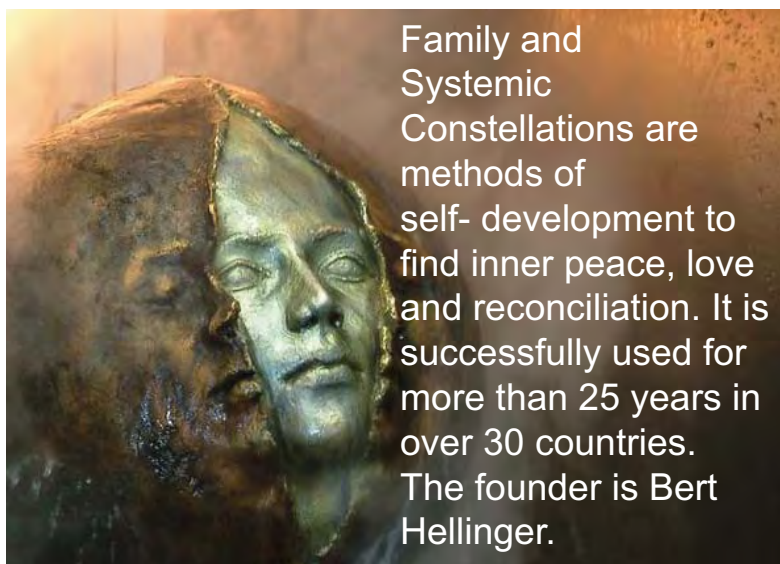
Sound healing helps to bring our living organism back into harmonious resonance. It uses vibration to promote health, reduce stress, alter consciousness and calm the agitation of the mind, while creating a deep sense of peace and well being. Intentional toning helps to mend the dissonance that is created by the constant wear and tear of human life. As we tone, pray and sing, we start to reverberate in tune with the cosmic pulse, re-harmonizing mental, emotional and physical imbalances.

Sounds of nature

Go out into the wild lush garden of the Earth, away from the electrical noises of technology and the relentless mental dialogues that keep you from being fully present. Listen attentively to the sounds of nature: the waves of the ocean, the whispering winds, the gurgling of a river, and the joyful songs of the winged ones. Rest your mind. Breathe deeply, slowly, effortlessly, until the story and the drama of your existence fades away into the background. Expand beyond the confinement of your individual self, merging with the realm of stillness and silence. Natural sounds nourish and relax the entire nervous system. They fine-tune the brain, boost the immune system and soothe the heart. They promote physical stamina, mental clarity, unity and optimism.

FAMILY CONSTELLATION

Self-Development to Find Inner Peace



Family and Systemic Constellations are methods of self-development to find inner peace, love and reconciliation. It is successfully used for more than 25 years in over 30 countries. The founder is Bert Hellinger.

By Ursula Bayer-Klum



I like to show the picture of Maria-Luise Bedirsky's sculpture “Metamorphoses in my workshop posters, because it expresses in a lovely way the transformation a person undergoes during the set up of a Family Constellation.

The best way to learn about Family Constellations is to witness it by participating as a client or as a representative in a workshop. Individual sessions are possible and lead to good results also. The alternate tools of representation I use are little figures in a sandbox.

At a group workshop participants will learn about Bert Hellinger and his method of setting up family and systemic constellations to answer individual questions. You don't need to bring your family. Systemic constellations look into dynamics and challenges in organizations like workplaces, offices and so on.

Continued on Page 12

FOOD FACTS

- An ounce of chocolate contains about 20 mg of caffeine.
- Coffee is the seed of a cherry from the tree genus Coffea.
- Three quarters of fish caught are eaten – the rest is used to make things such as glue, soap, margarine and fertilizer.

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TOFU VEGETABLE STEW

Here's a recipe you can use the slow cooker with lots of fall veggies!

1 (450 g) block of extra firm tofu cut into 1/2 inch cubes	2 tablespoons soy sauce
2 cups broth or water	1 teaspoon dark sesame oil
4 large carrots, thinly sliced	2 cups thinly sliced Napa cabbage
1 large red onion, chopped	1/2 cup water
1 cup cremini mushrooms, quartered	3 tablespoons miso
	2 scallions, thinly sliced

Combine tofu, broth, carrots, onions, mushrooms, soy sauce and sesame oil in a 5-6 quart slow cooker. Cover and cook until vegetables are fork tender, 3-4 hours on low or 6-8 hours on high.

About 35 minutes before cooking time is up, stir cabbage into slow cooker. Cover and cook on high until cabbage is crisp-tender, about 30 minutes.

At end of cooking time, whisk water and miso together in a small bowl until smooth. Add to slow cooker. Serve with brown rice.

Add a sprinkling of chopped scallions on top.

Compliments of Acadiana Soy, Seaport Farmers Market and the Heritage (Brewery) Farmers Market, Halifax.

DAVE'S CURRIED SQUASH POCKETS

This recipe is courtesy of Dave Ewenson, an accomplished chef at Heartwood. It is the perfect fall dish, full of yummy local squash, savoury, spicy and sweet all at once. Try doubling the recipe to have enough for several days. This one is worth the effort!

Filling

- 8 – 10 cups diced butternut squash
- 2 onions, diced
- 1 carrot, diced
- 2 cups sweet potato, peeled and diced
- 1/2 cup raisins (opt)
- 3 tbsp garam masala
- 1 tbsp ground coriander
- 1 cinnamon stick
- 1-2 bay leaves
- 1-2 cloves garlic minced
- 1/2 cup water
- sea salt to taste

3-4 tbsp olive oil
Heat olive oil gently in a large pot. Add spices and sauté lightly. Add veggies and water and cook on a medium heat. Stir frequently and continue cooking until veggies are soft. Add raisins and stir well. Remove cinnamon stick and bay leaf (if you can find it) and using a large potato masher, mash mixture until it a fairly smooth consistency. Season with salt and let cool.

Pastry

- 2 1/2 cups light spelt flour
- 1 tsp turmeric
- 1/2 tsp sea salt
- 2/3 cup safflower or sunflower oil
- 1/2 cup water

Place dry ingredients in a mixing bowl. Add the oil and water and mix gently with a fork until a soft ball forms. Divide dough into 4-6 balls. On a floured surface roll each ball individually into an 8"-9" circle. Fill with curried filling on half the circle. Fold the other half circle of dough over the filling and seal tightly with your fingers or a fork. Once all the pockets are filled, place them on a baking sheet and bake 20-25 minutes at 350 or until the pastry feels dry and firm. Serve and enjoy. This should make 4 regular sized servings or 6 smaller ones.
Compliments of Heartwood Cafe, 6250 Quinpool Rd., Halifax

GREEN PEPPERS

1 medium bell pepper equals 1 cup chopped. Peppers last longer in paper bags in the crisper compartment of the refrigerator. Green, sweet bell pepper have 2 times as much vitamin C as oranges; red and yellow bell peppers have 4 times as much. Carve out peppers and stuff them with rice or use them as colorful containers for dips or other edible items.
-foodreference.com

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See article on p.7

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FOOD FOR THOUGHT

WEIGHT GAIN

It's Not Just About What You're Eating

by Penny Ormsbee, RHN, RNCP

When it comes to weight gain, it's not just about what you're eating. It could be what's eating you, that's causing your jelly belly.

We all have two adrenal glands - one sitting on top of each kidney. These glands are responsible for pumping out stress hormones to help us cope when faced with stressful situations. Let me explain.

The Cave Woman vs. Modern Day Super Woman

Back in the cave-woman days, when the cave woman spotted the sabre-tooth tiger, the adrenal glands would release stress hormones such as adrenalin and cortisol. The release of these hormones causes the blood sugars to rise, providing quick energy for her to run away. So the cave-woman runs and runs and runs until she reaches a safe place. She looks back and the tiger is no longer chasing her, so she settles in for the night, cooks herself a hearty meal, has a good sleep and wakes up in the morning refreshed and ready to face another challenging day.

Trying to be Super Woman in the 21st century has its own challenges. Although we're not being chased by sabre-tooth tigers, we are faced with a variety of other stressors on a daily basis. You might be stuck in traffic, on the phone with an irate client, rushing to get your kids to soccer practice, or having an argument with your partner. Although the stress is different, it still causes the same physical response. The adrenal glands start pumping out adrenalin and cortisol, our blood sugar rises --- but we're not running anywhere. So the blood sugar that was meant to provide the energy to run away, goes back to the liver and is stored as fat - resulting in that nice little jelly belly.

Adrenal Fatigue

Adrenal fatigue happens when we use up stress hormones faster than they can be replenished. There are a variety of factors contributing to adrenal fatigue - it's not only about the stress you're feeling right now. Major stressful events that have happened in our lifetime have a major impact on our adrenal health. I'm talking about things like the death of a loved one, the end of a relationship, having a baby, changing jobs, moving, or dealing with a long term illness. When you are faced with financial stress, stress at work, or being in an unhappy relationship, and then add to the mix - not eating well, smoking, not getting restful sleep, drinking too much coffee, or being exposed to toxins - it doesn't take long before the adrenal glands become exhausted.

It's also important to understanding the adrenal glands don't know the difference between physical and emotional stress. Athletes suffer from adrenal fatigue quite often. It's also important to know that in females, the adrenals provide a secondary source of estrogen and progesterone, and are the nearly exclusive suppliers of testosterone. Women who suffer from PMS and difficult menopause tend to have low adrenal function. This would also explain why our sex drive is the first to go when our lives are full of stress.

If you've ever felt like you had so much stress in your life that you were ready to crash, it's because you are depleting your adrenal hormones faster than your body can regenerate them.

There's Still Hope

Diagnostic tests, such as blood analysis will only detect low adrenal function when it is in the advanced stages, so it's important to pay attention to symptoms, which are your early warning signs of more serious things to come.

You can make a full recovery from adrenal fatigue by adopting a

Common Symptoms of Adrenal Fatigue

- Difficulty getting up in the morning
- Continuing fatigue not relieved by sleep
- Craving salt or salty foods
- Lack of energy
- Increased effort to do everyday tasks
- Decreased sex drive
- Decreased ability to handle stress
- Increased time to recover from illness, injury or trauma
- Light headed when standing up quickly
- Premenstrual syndrome
- Less enjoyment or happiness in life
- Increased fears, anxiety, and depression
- Poor concentration and memory recall
- Symptoms increase if meals are skipped
- Brain fog/thoughts less focused
- Decreased tolerance for people or noise
- Weight gain - especially around the middle
- Afternoon lows between 3:00 and 4:00pm
- Feel best after evening meal
- Decreased productivity
- Muscle and joint pain

If you have more than half of these symptoms, it's very likely you have adrenal fatigue.

nutrient rich diet, getting restful sleep, managing your stress through things like moderate exercise, meditation, taking time for yourself, and learning to balance work and home life. Avoid stimulants such as alcohol, caffeine, and drugs, and add nutritional supplements to aid recovery through the advice of someone like myself or a Naturopathic Doctor.

FAREWELL

After contributing to The Source since 2006, I have decided to retire from writing Food For Thought. I'm very passionate about my growing practice, and a new research project, that are so deserving of my time these days. Leaving The Source does not mean retirement from my consulting practice. You can still find me at Therapeutic Approach Health Centre on Quinpool Rd.: 429-3303 or by email: pormsbee@ns.sympatico.ca **Food For Thought** has gained a new writer - my friend and colleague **Lyz Sutcliffe** - Registered Holistic Nutritional Consultant and Natural Foods Chef. Lyz specializes in the preparation of healing foods and is the owner of Life Savour Gourmet Meal Delivery: www.LifeSavour.ca Stay tuned for wonderful recipes and expert food advice. I'd like to thank you all for your readership and support. It's been a wonderful and enriching experience for me, and I welcome you to keep in touch. In good health, Penny.



HEALTH FOOD STORE

By Nemat Sobhani

DON'T LOSE WEIGHT - GET IN SHAPE INSTEAD!

Please don't say your goal is to lose weight. No matter how overweight you are, you should not put the focus on losing, rather your focus should be on winning. Just as darkness is the absence of light, in the same way being over-weight is the absence of being in shape. When you turn on a light, darkness disappears, you get in shape and your excess weight disappears. Getting in shape is a lot easier than losing weight.

I see people with weight loss as their goal and some of them have had it on their list for 30 years or more. Having tried every diet, fad, drug and supplement without any lasting results, some now suffer from low self esteem, and feel like failures.

What do our healthy customers do to stay in shape?

Over the years I have seen enough to make a few generalizations.

One - They are careful and smart label readers. They do not get fooled by words like 'light', 'diet', or 'low fat'. They know the difference between calories gained from an apple and those of a cookie. Although calories are the same yet the source makes a huge difference in the way it affects your body.

Two - They are just a little more active than the rest of us and stop eating before they are full. It's simple, calories in must equal calories out to maintain your weight, calories in must be about 10% less than calories out to lose weight in a sustainable way. Do muscle-forming exercises because muscles consume a lot of calories just by existing.

Three - They consume nutrient dense foods and smoothies like hemp seeds, spirulina, Salva Chia, Goji berries, Aca'i berries, fresh vegetables and fruits.

HEMP SEEDS - 3 Tablespoons = 11 grams of easy-to-digest vegan protein. The essential fatty acids in hemp seeds satisfy your body's hunger for fat, help you burn

Continued on Page 14



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Dance your way to Health and Happiness

by Michelle Maclean



Centre for Yoga and Health in 2009. Every day at lunch time they offer a movement class. Being open to new experiences and making the most of my time there, I eagerly attended and participated in a couple yoga dance classes. But it wasn't until day three during Toni Bergin's JourneyDance class when I really felt the transformational power of movement.

Lost Touch

As a young girl I was very active in many forms of movement including figure skating, gymnastics, tap and jazz dancing. But as I grew up and became interested in other activities I lost touch with these forms of expression. They became buried beneath the expectations of life, the social norms, the drive for a career, money, relationships. But I always felt that little girl deep inside of me bursting at the seams to be free to dance, sing, laugh, play and soar. And that day in

Toni's JourneyDance class she did. It was at that moment, with tears streaming down my face, I knew something had shifted inside of me. I had found my passion.

Two years later, I have completed the two JourneyDance teacher training modules. And as one of only two JourneyDance facilitators east of Montreal, I offer classes in the Halifax and surrounding areas.

In its 12th edition, Conscious Dancer magazine named JourneyDance as one of the 10 largest and most influential modalities with critical mass and included this description of a typical class, "High energy dance is always a good part of the journey, as well as exercises that foster interaction and creativity. The practice is relevant to the entire waveform of human experience and is in alignment with personal growth and development, relationship building and consciousness expansion."

Free Form

Rather than having steps to follow like some modalities, JourneyDance is completely free form. The idea is to take the dancer on a physical and emotional journey of the chakras. Starting on the floor, we let go and become present and grounded. From this solid foundation we move into our water body awakening the spine. Then we expand into the space, clear

our minds of any emotion that comes up. Next we get funky, finding our groove and tap into our creative potential through a fire ritual. We invite our inner warriors and goddesses into the dance, explore our sensual selves and then peak during a celebration of our authentic selves. The dance starts to wind down as we listen to our hearts, connect with the divine and end with bliss as we rest, rejuvenate and integrate the dance experience.

We practice barefoot to world music with each song representing a different aspect of the flow in which participants are free to use the guided movement suggestions to let go into the music and find their own expression and choreography.

There are many physical, emotional, spiritual, and mental benefits of conscious dance. I promise if you give it a try you will leave the dance floor feeling radiant, full of joy and gratitude – things we could all use a little more of.

Michelle holds regular JourneyDance classes on the second Sunday of the month at the Prospect Road Community Centre from 3:00-4:30 pm and at Tren's Studio in Bedford. Also watch for upcoming workshops at local yoga studios. You can reach her at 902-850-2016, mrmaclean68@hotmail.com or on Facebook at JourneyDance Maritimes. Also check out journeydance.com for more info.

BRAS - Improper Fitting and the Risks to Your Health

by Janice Webber

The issue of wearing an improper fitting bra and the risks to your health are not new. This issue has been around for over 15 years. There was a book written called *Dressed to Kill*, 1995 Sydney Ross Singer and Soma Grismaier. I was intrigued by some of their information and since then have been monitoring what I have been learning about bras and pain and putting together some information which I have been passing along to my physiotherapy clients.

I have recently had quite a number of physiotherapy clients with this issue and wondered if there might be others in the HRM who might benefit from this information. The pain caused can be helped with wearing a proper band size for your bra.

Why? The tight bra causes a compression through the rib cage which causes the ribs to be jammed into the upper back at the level of a back closure. There are quite a number of nerves in this area and the muscles contract due to the compression and pain signal. When you start wearing a bra that fits you properly with the 5 inches added to your bra band measurement then you can have proper rib cage expansion and can breathe. The stress of breathing in the restriction is a big part of the problem as you breathe 20,000 times per day.

What can happen? I have had clients with neck issues, upper back issues, shoulder problems, and hip problems as well. I am always educating them about proper fit so they can breathe. I have had clients who have had their measurements taken and they are still wearing the wrong size bra. The band measurement around is not the same size you need to wear. They cannot breathe, have fluid movement around the tissues, and the nervous system starts to overfire.

One client got a new bra that fit the band size and the cup size and her headaches disappeared immediately. She needed no more treatment. Another client, who was fitted for a bra, developed neck and shoulder issues. She was wearing the same band size as her measurement around. Once this was corrected she found she was able to breathe, the pain between her shoulder blades significantly reduced, and her neck began to relax.

I have had several clients who have had hip pain of unknown origin. In the course of our assessment and treatment, the bra band was checked. In each case the band was too small. The compression was creating problems with the muscles that attach from the mid upper back and go the pelvic bones. After the bra was the correct size, they could have the area released, the muscle strengthened, and they could climb stairs with no problems.

How to measure the band. Take a measuring tape and place it around your rib cage at the level of where your bra band usually sits. If you measure 34 inches, for example, you will need to wear a bra with a band size of 5 more inches which places you at 39. You may find a 38 is a bit too tight and a 40 fits just right. Try on a few bras and get use to the support with the ability to breathe. The cup size is measured by placing the measuring tape around the chest at most prominent part of the breast. If you measure about 5 inches bigger than the band, then you are an "A" and each inch is approximately a cup size larger.

Janice Webber, is an holistic physiotherapist, who treats issues of pain, lymphedema, and women's health issues. She works out of A Body in Balance Therapy Centre at (902) 469-3214 in Dartmouth or check www.physiotherapyworks.ca



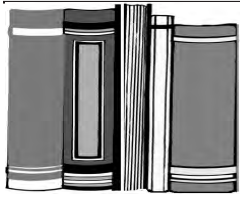
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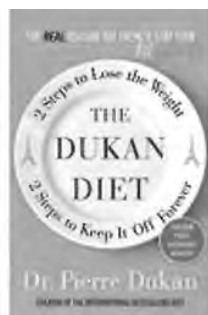
BETWEEN THE LINES

By Marjorie Frizzell and David Pitt



Marjorie Frizzell, B.Sc., is a Nutrition Consultant. She is a graduate in Human Nutrition from St. Francis Xavier University. David Pitt writes about books for several newspapers and magazines, including the Halifax Herald, the Winnipeg Free Press, and Booklist. They live in Halifax. They can be reached at bookman@eastlink.ca

If you pay attention to the best-seller lists, you've probably heard of The Dukan Diet (Random House Canada), by Dr. Pierre Dukan. A different version of the book was a big hit in Europe when it was published in 2000, but – and we have to give the author a lot of credit for this – Dukan waited a decade before publishing in North America.



The Dukan Diet isn't merely a rehash of the original book. It's been tailored for American and Canadian readers because, let's face it, we have some unique issues when it comes to losing weight. As the author points out, we are "at the forefront of technological progress" but, at the same time, we're also at the forefront of obesity. In other words: we're fat, but we really don't have a good excuse.

The author's diet plan is sensible, based on good science, and easy to follow. It has four phases: Attack, Cruise, Consolidation, and Permanent Stabilization. Dukan goes into a lot of detail about each phase, but for now look at it this way: on the Dukan Diet, you first attack your excess weight with a high-protein diet that will produce immediate results; in the Cruise phase you alternate protein with vegetables, which will give your body what it needs while you, um, cruise to your chosen weight; then, when you reach your goal, you consolidate your weight-loss with a "transition diet" that helps you avoid the most common problem with diet plans, the rebound; and then, finally, you stabilize your weight with a common-sense combination of diet and exercise.

The idea of a multi-stage diet plan isn't new, of course, and Dukan isn't breaking any serious new ground here. But the book benefits from two things: a clear, informative writing style and the author's own enthusiasm for teaching us everything he knows about losing weight and keeping it off. The book also includes recipes and suggested menus, a good index (you can look up Cornish hens, tilapia, and ketonic cells), and a brief but very helpful introductory chapter that's full of information you need to know about nutrition before embarking on the Dukan Diet.

After The Dukan Diet, Brad King's 99 Things You Wish You Knew Before Losing Fat 4 Life (published by the 99 Book Series)

might seem a little superficial. It lacks Dukan's detailed description and analysis, but, on the other hand, it's straightforward, varied, and user-friendly.

The 99 Series – previous books have tackled finding a job, internet dating, and managing debt – follows a strict format. There are ninety-nine numbered topics, most of them with about a page of text. They follow a logical sequence. Point 49, for example, explains how we might actually be thirsty when we think we're hungry, point 50 explores the detoxifying effects of water, and point 51 answers the question of whether tap water is sufficient (in King's opinion, no, it isn't).



The information is broken down into eleven chapters – on such things as sleep, protein, stress, exercise, and carbs – and that's useful. On the other hand there's no index, which means if you're looking for a specific topic you sort of have to scan the table of contents looking for a key word, or flip through the pages until you find it. Not a fatal flaw – the book's impressive range of subjects and its simply presented information make it highly recommendable – but something that could irk some readers.

These are two very different books on a similar subject, and each of them is useful in its own way. Check them out, and you'll see what we mean.

FAMILY CONSTELLATION

Continued from page 7

During a workshop group members are chosen to represent family members and are positioned intuitively by the participant, including a representative for him or herself. Hereby a "knowing energy field" is established and representatives then begin to feel actual feelings of those family members they are representing.



By looking at how people are positioned and asking how they feel the facilitator can begin to get some idea of where the family system may be out of order. This uncovers hidden dynamics, which have led to the disruption of the order (and the challenges the client is confronted with). The facilitator then experiments with moving people around and bringing in possible more people, until the heart opens. When the heart opens in this way, the whole group feels it as a very deep and moving experience. It is as if the soul finally comes home. Healing sentences are spoken to honor the missing members and allow love to flow freely once more.

You are encouraged, to look up further information on the web: www.curezone.com/ Hellinger. There are as well some YouTube clips available.

The next Family Constellation workshop will be in Halifax, on the long weekend, Oct 10th, at the Therapeutic Approach Yoga Studio (T.A.Y.S) on 6156 Quinpool Rd. Pre-registration is required. For information and registration contact Ursula Bayer-Klum at Ursula.klum@gmail.com. The website is www.halimacenter.com.

HEALTHY CHOICES

Osteoarthritis *Continued From Page 5*

not have the ability to accelerate cellular healing, therefore it provides only symptomatic and often short-lived relief. This being said, it is highly effective at diminishing the pain associated with OA.

Active Release Therapy (ART)[®] is a hands-on soft tissue therapy that can be applied to the muscles that move and stabilize the knee as well as to the fibrous joint capsule that surrounds the joint. The soft tissues that support an arthritic joint are often placed under abnormal biomechanical strains and stresses, leading to the deposition of scar tissue. Scar tissue will decrease the ability of the soft tissues to move freely past one another and can be a secondary source of pain and lack of mobility in an arthritic joint. ART[®] targets the scar tissue, restoring proper movement, and diminishing pain. ART[®] providers must be re-certified every year. Treatment provided by a certified provider carries no major risk or side effect.

No treatment plan is complete without the prescription of therapeutic exercise. Once any tissue has been damaged, it will be always be more prone to being re-damaged because the original structure of the tissue has been disrupted. Proper re-strengthening of weakened tissue diminishes the likelihood of symptoms returning. Each patient will require individualized exercises, based on their needs, so it is best to seek professional help from a chiropractor or related healthcare provider for a proper assessment first.

Dr. Erin Kempt-Sutherland is a chiropractor and owner of Choice Chiropractic Integrated Health Centre, Inc. Visit www.choicehealthcentre.com to discover more healthy choices for you.

Calendar of Events

Continued from Page 11

Ling Shambhala Meditation & Retreat Centre, 2280 Balmoral Road (Rte. 256) Tatamagouche: 1-902-657-9085 info@dorjedenmaling.com, www.dorjedenmaling.org

NOVEMBER 27
ALEXANDER TECHNIQUE ATLANTIC Workshop. Education for Living...Better Posture, Greater Poise, Improved Health. 3:00-6:00 pm. Cost \$122. The Studio, 219 Sambro Creek Road. Call 346-2065 or enquiries@alexandertechniqueatlantic.ca www.AlexanderTechniqueAtlantic.ca

UPCOMING EVENTS
DECEMBER 11
JOURNEY DANCE. 3:00-4:30. Prospect Road Community Centre. \$10 drop in. All welcome. No experience necessary. Article on p.10. mr-maclean68@hotmail.com or 850-2016

ONGOING EVENTS
EXPERIENCE HELP AND HEALING on the Spiritual Path through the teachings of Bruno Groening. Free Introduction. Community Room, Windsor Street Sobeys, 1:45 pm. Saturday: October 15, November 5, 26. December 17. Info 902-423-9419.

Circle.of.Friends.HRM@gmail.com
www.bruno-groening.org/english
LEARN TO MEDITATE. Learn to meditate. Raja Yoga meditation is known as the path of peace, a method of focusing the energy of consciousness at its highest level to re-create the inner experience of peace, stability and power. Free. Contact halifax@ca.bkwsu.org
FULL MOON SHAMANIC DRUMMING on closest Sunday. 6:30 - 8:30 PM. \$15-\$20. Check website. Also: Shamanic healing, core shamanic skills classes, FSS workshops, flower essences. Chester, NS. Contact: Beth Lenco. 275-3132 beth@starflower.ca, www.starflower.ca

MEDITATION OPEN HOUSE. All are welcome. 11:00 - 12:30 every Sunday morning, with group and individual meditation instruction and discussion, and healthy lunch included. Info: Dorje Denma Ling Shambhala Meditation & Retreat Centre, 2280 Balmoral Road (Rte. 256) Tatamagouche: 1-902-657-9085. info@dorjedenmaling.com, www.dorjedenmaling.com

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Nova Scotia's First INTEGRATIVE HEALTH PET EXPO October 8 & 9



“Our goal is to educate and inform animal caretakers about the options available to promote optimal health for our companion animals...”

by Maureen Tate

In September 2009 I had the good fortune to attend the first Integrative Health Pet Expo held in North America. It was presented by Dr. Margo Roman, founder of Main Street Animal Services of Hopkinton (MASH) Massachusetts one of the United States first full service holistic veterinary clinics.

I came away from that event thinking that we needed to have something like that in Nova Scotia, and if I could get Dr. Ronald Schultz lead researcher for the Rabies Challenge Study I would proceed with putting this event together. We have put together a wonderful roster of both US and Canadian veterinarians, most of who are in Atlantic Canada. The Expo will be October 8-9 at the Dartmouth Sportsplex and Holiday Inn Harbourview.

Our goal is to educate and inform animal caretakers about the options available to promote optimal health for our companion animals and to encourage a collaborative partnership with veterinarians to achieve this goal.

Integrative veterinary medicine is the integration of complementary and alternative therapies with conventional veterinary medicine utilizing an all inclusive holistic approach. Alternative therapies are most effective when integrated with traditional western medicines diagnostic techniques.

For more information contact Maureen at nsihpe@gmail.com or visit www.nsihpe.com

HOLISTIC VET by Dr. Fernando Moncayo

SPOILED OR HURTING? Animals feel the pain but cannot tell us about it.

It hurts! But only you know that it does, and how much. In other words, it is only you that knows your pain. This is because pain is subjective, which means that it cannot be measured by any instrument independent of the subject. It is a sensation that can only be described by the one who experiences it. Everybody feels the pain differently and to different degrees. If you say you are in pain, we just have to believe you.

Animal Pain

Not too long ago, it was assumed that animals did not suffer pain because they could not tell us that it hurts. This idea was based on the thinking of a French philosopher from the 1600s, René Descartes who famously declared "I think, therefore I am." He perpetuated that idea that "beasts" could not think, and that therefore they were not capable of self reflection, and hence unable to have subjective feelings such as love, sadness, happiness, or pain.

Thankfully, it will be hard to find anyone who still holds to that idea. Anyone who lives or work with animals (or at least, most of us) will say that their animals are fully capable of express-

ing a wide range of feelings, including pain. However, while we are generally capable of recognizing acute pain, determining chronic pain is challenging.

The expression of pain is very complex. The degree to which pain is expressed, in recognizable outward signs, depends on several factors: the type of lesion (damage generating the pain), time (the length of time over which the lesion has been present), and individual patient sensitivity.

Acute Pain

Acute pain is very easy to recognize. Acute pain is usually the result of intense tissue damage which has taken occurred within a short period of time. Examples of acute pain expression include yelping due to a bite and crying due to a fractured bone or broken ligament. Animals express acute pain in different manners, depending on their personality and the intensity of the pain. A mild pain may simply hurt if the area is touched. When it is moderate, the animal may lick the part or exhibit behavioural changes such as remaining longer than usual in one position, or by fre-



quent shifting of position. When the pain is severe, animals may become very restless, may yelp, protect the part, or try to run away from it.

Chronic Pain

Chronic pain is more difficult to detect. By nature, chronic pain is insidious. It may begin as an acute episode which gradually declines in intensity but never quite goes away. More commonly, chronic pain begins with mild tissue damage that progresses into something more. Progressive tissue damage leads to moderate pain. It is said (I have never tried it) that a frog will remain in a pot of water if the temperature is gradually increased, to the point that it boils. This is to say, an animal in chronic pain makes all sorts of adjustments to continue living. We may see gradual changes in the animal's behaviour, usually attributed to "getting old," "sleeping more," "slowing down," "becoming spoiled," etc — it may never occur to us that the animal is ac-

tually in pain, and that it may be treatable.

The most common source of chronic pain for animals is degeneration of the intervertebral disks. This is a natural process that may begin by six years of age, although in some breeds, such as German Shepherds or Boxers, there may be signs earlier in life.

The intervertebral disks act as cushions between the vertebrae to absorb shock. With age, they begin to dehydrate and therefore lose flexibility. In consequence, the disks develop fissures and cracks, and are replaced by non-flexible scar tissue. As more disks lose flexibility, more shock is absorbed by the muscles, tendons and the spinal cord itself, generating inflammation and pain. Spinal pain usually concentrates in sensitive points along the spine; sensitivity points can easily be detected by palpation during examination.

Treatment of pain requires that we determine its cause. Multiple treatment options are available including drugs and alternative therapies. My first choice for pain that is the result of degeneration of bones, joints, muscles and tendons is acupuncture and herbs which give animals a new lease on life without adverse side effects.

(For more information on pain and its treatment, see articles at www.cobequidanimalhospital.com, under "Services" as well as "Resources.")

Dr. Fernando Moncayo is a veterinarian practising in HRM at the Cobequid Animal Hospital (Formerly Richardson Animal Hospital) 865-8110.



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RADICAL SPIRITUALITY

RADICAL SIMPLICITY

“Radical spirituality says, just because I can have more than my share of the global pie, I’m not going to take it.”

by Jim Merkel



On April 4th 1964, the Beatles “Can’t Buy Me Love” hit number one and spent five weeks at the top of the charts. A spiritual truth clearly resonates.

After strings of burst bubbles -- high tech, dot-com, real estate, financial -- leaving many foreclosed, unemployed, leveraged out without a nest egg, leaving the planet degraded -- folks are questioning the ‘American Dream.’ A wake up call has been issued to those who shop as a pass time and our unsustainable culture has been hauled in for questioning.

When Paul McCartney was asked by American journalists in 1966 what his song was about, he said, “The idea behind it was that all these material possessions are all very well, but they won’t buy me what I really want.” I think we know this, you and I. Most spiritual traditions, from Hindu to Voodoo, Sufis to Christian, Native American to Pagan, all coach us earthlings toward being your brothers or sisters keeper and urge us to go light on desire for wealth, status and power.

There is a belief in society that higher incomes make happier people. However, Princeton University researchers have found that the link is greatly exaggerated and mostly an illusion. In his book, *The High Price of Materialism*, Tim Kasser writes, “Materialistic values are not just expressions of unhappiness, they lead people to organize their lives in ways that do a poor job of satisfying their needs, and thus contribute even more to people’s misery.”

Our best and brightest, business and government leaders have no better plan than to stimulate you and I to fork over our hard earned money (to them) to purchase things we don’t need, things that will drive us further into debt and make our family more vulnerable, all to ‘save’ the economy. In reality it is saving someone’s vacation home and six figure salary. If they can’t stimulate you to spend, their game is over.

You and I are powerful. Our dollars become our strongest votes for the world we want.

Radical spirituality says, just because I can have more than my share of the global pie, I’m not going to take it. Researchers have found that altruism and having a purpose greater than ‘little me’ actually enhances happiness. The ‘big me,’ who works for the good of all, thrives on authenticity. Our spirit is energized when living in accord with our values. When our focus shifts from spending considerable time engaged with ‘things’ time open for spiritual pursuits -- time with our children and loved ones, time to unwind, and time to volunteer in causes important to us.

Some say we need a disaster to change. Pick your disaster -- mine was the EXXON Valdez oil spill. I quit a job selling top-secret electronics for the American war machine in 1989. My experiment was to dedicate my life to peace, ending poverty and healing the planet, while living mostly from the interest of my savings. Twenty-two years later, my capital is still intact while my spending has fluctuated between \$5,000 and \$10,000 per-year.

A transition toward a sustainable planet could be the next bubble. The beautiful thing about this sustainability bubble is that there are no negative side effects -- it won’t be destined to burst. Life inside is nurturing, adventurous and wholesome. You grow stronger with less and become time-rich. Those aspects most important to your life are prioritized over superficiality. Spread the rumor, the sustainability bubble is here -- step inside!

Jim Merkel (jimimerkel@gmail.com) is an American author, volunteer, and engineer that moved from involvement in the military industry to pioneering in simplicity. His book, Radical Simplicity: Small Footprints on a Finite Earth offers a path to a deeply sustainable way of living respectful of all life. He homesteads, teaches, writes, lectures and consults with campuses and municipalities on sustainability initiatives. www.radicalsimplicity.org

Come to Radical Spirituality-Radical Simplicity: A weekend retreat with Jim Merkel, October 28-30 at the Tatamagouche Centre. www.tatamagouche.ca

HEALTH FOOD STORE Don’t Lose Weight...Cont. From Pg. 9

stored fat and reduce overall inflammation in the body. Hemp seeds are also rich in disease-fighting, phytonutrients and anti-aging antioxidants such as vitamin E. Hemp provides a healthy dose of minerals including zinc, phosphorous, magnesium and iron.

SPIRULINA - This Blue-Green super food is for longevity, energy, immune defense & natural antioxidant protection. Just one teaspoon (6 grams) is equivalent to six to eight servings of common vegetables a day in terms of antioxidant content (beta-carotene). More than 60% of it is easy-to-digest all-vegetable protein. It is rich in phytonutrients and a rare food source of the essential fatty acid ‘GLA’. It also gives you a good dose of easy-to-absorb iron.

CHIA SEEDS - Another amazing super food, this one from Peru which I wrote about in a previous article. The sprouted version is similar in many of the nutrients but with enzymes. Enzymes help digestion and metabolism. The list below is based on 3 ½ ounces of un-sprouted Salva Chia.

- The highest known whole food source of omega-3’s found in nature; as much Omega 3 as 28 ounces of Atlantic salmon
- More calcium than 3 cups of whole milk
- Higher and more bioavailable protein content than soy, and more vegetable protein content than 1½ cups of kidney beans
- Highest natural fiber content of any food — more fiber than 1 1/4 cups of All-Bran cereal
- The iron equivalent of 3 cups of raw spinach
- The Potassium content of 1 1/2 bananas
- As much Vitamin C as seven oranges
- Antioxidant capacity three times the strength of blueberries with Myrecetin counts 270 times the strength of red wine

Here is my favourite smoothie:

3 large strawberries ½ a banana
ice cubes to fill the glass (or use water if using frozen fruit)
2 TBSP shelled hemp seeds (Hemp Nuts)
1 TBSP Salva Chia
1 TBSP Protein Powder
1 – 2 tsp Spirulina
(options: 1 tsp Maca, 1 tsp Aca’i)
Honey to taste

Blend in a high speed blender and enjoy. You will have hours of energy without sugar fluctuations or food cravings.

You can catch me with a huge glass full of green goodness at Super Natural / Humani-T Café on the corner of Young and Agricola. www.HumaniTea.com

How to Calm Down

In both anxiety and panic we become jumpy and jittery, on-edge, charged with energy, ready for action. We feel ‘in a rush’, needing to do something. This can also be seen at times when we are not anxious or panicked, but actually in a rush, for example when we are late for something. In such situations we often feel

anxious and ‘panicky’.

Charge of Energy

This charge of energy within our body comes from two main things: our breathing and heart-beat - they both become considerably faster. We breathe faster to get more oxygen into the bloodstream to feed the main muscles for action (arms, chest, legs) and

the heart speeds up to get this oxygen around our body to these muscles more quickly.

No Real Danger

This ‘rush’, this charge of energy for action lies at the heart of anxiety attacks and panic. And when there is no real danger or threat (one we need the ‘rush’ to escape from) in order to calm

down, we need to slow down and slow our body down.

The one way that we can actually reverse this process is by slowing down our breathing. Here, we, ourselves, can positively influence our nervous system by the physical action we take. By learning to breathe more slowly and deeply we can calm down.

Try diaphragmatic breathing:

- Take a deep breath in through your nose for a slow count of four (imagine the air filling your stomach, not lungs, and feel it expand)
- Hold for a slow count of four Breathe out through your mouth for a slow count of four (imagine your stomach pushing the air out)

- Hold for a slow count of four
- Repeat 3 or 4 times, no more

How do you feel? With practice you can use this technique to calm down in those times you feel anxious or panicky where there is no real danger.

-Internet

Healing the Spirit: Flower Essences For People and Animals

By Amanda Dainow, Clinical Herbalist



Flower essence remedies are liquid homeopathic dilutions of infused flowers, leaves and even some non-plant elements. The flower essences bring to the surface the emotional/behavioral issues which need to be addressed so that the individual faces and defeats them head on. Their effects are immediate and long lasting.

All of the flower essences can be used for both people and animals.

I have had reported success from creating unique blends for a variety of clients, both human and animal. Because there is no physical substance in the essences, they cannot induce side effects and thus have no contraindications.

Dr. Bach said unhappiness stems from two sources:

1. Not following your own path
2. Harming others

The Bach flower remedies are grouped according to seven types of emotional imbalance. For example, one of the groups is 'Insufficient Interest in Present Circumstances' and two examples of remedies within this group are Clematis for worries about the future, and Honeysuckle for focusing too much/obsessing over the past, being overly nostalgic.

The Bach Rescue Remedy is a famous blend of 5 flower remedies used for acute trauma, anxiety and shock.

There are 38 Bach Flower Essence remedies. There are a number of different versions or kits, from other locations, e.g. Findhorn, Scotland. The inhabitants received messages of what to plant from listening to the land and the plant devas (spirits, fairies) and transformed barren rocks into lush gardens.

Flower essences, particularly the Bach Rescue Remedy, are wonderful for all animals who suffer from trauma, stress, travel difficulties, anxiety, shock and fear, such as the uncontrollable shaking terror which some animals have during thunderstorms. There is no fear of overdose. I have used this remedy with my dog for thunderstorms and he no longer shakes and pants—he calms down immediately.

Various unique blends can be created for animals with emotional needs, such as aggression/territoriality, intolerance of other animals, difficulty learning/training and separation anxiety, feline scratching, tearing out fur/obsessive overgrooming, etc.

Flower essence remedies are simple to make. One does so by making a homeopathic dilution of a cold infusion of the flowers, leaves, or whatever substance one wishes to use. This is soaked in pure water in sunlight for 24 hours, then alcohol is added as a preservative, and they are diluted again to the proper concentration. This creates a stock bottle, from which several drops are placed in distilled water in a treatment bottle. They can be taken orally several times a day, from a few weeks to several months, as long as needed.

Amanda Dainow is an accredited Clinical Herbalist. She is Certified in Holistic Care for Animals, and is the Founder and Director of North Mountain Animal Sanctuary. She offers Herbal Medicine consultations, Natural Animal Care consultations, Life Coaching and Reiki for animals and people. She offers public workshops on Herbal Medicine and Natural Care for Animals. She has a full dispensary. Distance consultations available.

Phone: 902-538-3662 facebook: Singing Nettles Herbal Medicine Clinic website: www.singingnettles.ca e-mail: amanda@singingnettles.ca blog: <http://singingnettles.blogspot.com>



Healing Through Art

by Fyre Jean Graveline

If you have been caring for and about others or social change too much, or for too long, you are likely experiencing vicarious trauma, compassion fatigue or burn out. Some symptoms can include: being grouchy; tiring easily; running out of patience in situations that normally you would cope with; feeling like judging and blaming the people you are trying to help; wanting to desperately withdraw and hide out; starting to get sick...Sound familiar? Revitalize yourself, empty your garbage, take care of yourself through healing art.

Past Traumas

For most of us, core issues can be lodged within from past traumas, and continually resurface in each intimate relationship or any source of conflict. Healing Art can assist individuals, couples and families to move quickly and safely to core issues, like abandonment, separation, trust. Healing Art can help you understand yourself better, release stress, become more balanced and change your life. Healing our life wounds does not have to be an exceedingly slow and painful process, it can be fun. Healing Art is a gentle, non-invasive, self-directed counseling method—together we make a space for creativity to reenter our lives and guide us towards healthier options.

Try Healing Art for a Change

Some people are worried or afraid to try healing art if they are not "an artist". We are all born with the urge to create. Take any group of children and some pots of paint or chunks of clay, and every one of them will begin to create. Our creative energies, like our life forces, have been blocked by discouragement, stress, and trauma. Creativity is contagious. Once we begin, we will often be drawn to continue. Healing art, once learned, can be used as a self-help strategy.

While artists learn to focus on particular techniques and look for specific products (like masterpieces or what can sell), Healing Art is about the process of personal growth and change. There are cer-

tain techniques that can be suggested to open individuals to the creative process, like Scribble Art, or Finding Your Safe Place. If you want to explore a specific problem or issue you can try a Storyboard. Learn to express your feelings through One Color Art. Release unshed tears through Paint Cries, or reduce stress through Work It Out. Revitalize relationships by exploring Real and Ideal Images. Improve health or body image by working in clay or mixed media to Create a BodyPart or Self Portrait.

People can grow to be more open and intuitive through IM-Printing techniques, by working large with lots of paint, going with a simple metaphor that represents the problem or concern they are facing. As illustrated here, from the first piece (competing demands), the second (inner debate) is imprinted, from the second the third (conflicting selves), and then the fourth (integration). IM-Printing continues until some conclusion has arrived, at least in the moment. Within an hour or so, you will find yourself in a different place than you began. Sometimes you will like the "product(s)" of your process, and hang them as an "art piece", other times they will be stored or discarded: it is your choice.

Healing through Art is not about interpretations or questions. People are not analyzed or problematized. You will be respected and engaged in a co-creative process.

Fyre Jean Graveline (RSW, PhD, DVATI) has 25 years experience helping people recover from stress, trauma and illness. She welcomes all ages, cultures, gender identities and sexual orientations. Multiple sites, sliding scale, reimbursement from most health plans, including FNIHB. Call 902-889-2905.

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Nova Scotia Integrative Health Pet Expo

A first for Nova Scotia!

October 8 and 9 Saturday 9 - 5, Sunday 9 - 4:30

Dartmouth Sportsplex and Holiday Inn Harbourview

Have you ever wondered how your pet can have access to the same treatments such as acupuncture and homeopathy that make you a healthier person? How about nutrition? What are the fresh organic options available for your dog, cat, horse, bird?

At the **Integrative Health Pet Expo**, you will learn answers to these questions and much more!

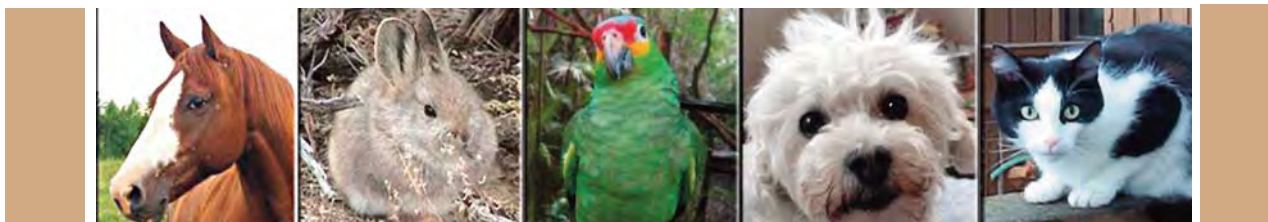
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