

•The Healing Way•

Client Appreciation Days!

Friday, April 5th from 4 pm-8 pm

Saturday, April 6th from 9 am-3 pm

Please accept our thank you for your patronage!

To our NAET clients past and present we will be offering **FREE TREATMENTS** these days only for Pollen, Virus Mix, Vaccine Mix, or Immune System.

FREE allergy scans for food or seasonal allergies for clients, friends and family!

Plus:

- **1/2 price** Foot Ionizers & select Rife Treatments
- **Free** Chair Massages
- **Free** Mini Acupuncture Sessions
- **Free** Biomechanical Chiropractic Assessment
- **Free** Mini Physical Therapy Assessments
- **Free** Access Bars and Yoga Demos
- Lyme Disease/General Medical Information
- Hypnotherapy Information

10% OFF of ALL supplements while supplies last!

Plus **FREE** Gift Drawings.

No appointments necessary!

All are welcome



April 2019

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Breast Thermography

Breast Thermography is invaluable in alerting to changes that can indicate early stage breast disease. It is a 15-minute test that is totally painless, effective, and approved by the FDA. The technique uses no radiation. The cost is \$260 for breast and \$425 for full body scans. Dates for 2019 are as follows:

**April 23, May 22, September 19,
October 23, November 19**

Schedule well in advance as time slots do fill up!

Ribbon Cutting Scheduled

In celebration of our recent expansion, the Valpo Chamber of Commerce has scheduled a Ribbon Cutting Ceremony for us on Tuesday, May 21st, from 4:30—6:30 pm.

The Ribbon Cutting will take place at 4:30, followed by refreshments, tours, free drawings, exciting giveaways, and a chance to meet all our practitioners.

The public is invited! Please plan on joining us!

Innovative Physical Therapy at Healing Arts Center!



Help us welcome our newest department! **Innovative Physical Therapy** provides one-on-one, hands-on treatment with a personalized rehabilitation plan tailored to each individual. Physical Therapists spend all the time necessary with their patients to successfully meet the objectives for that day. Their mission is to provide the highest quality therapy through individualized care - not only including major complaints but any other areas of the body that may be contributing to current health issues. Patients experience continuity of care as well as an upgraded home exercise plan until their therapy goals have been met. All assessments are performed by a Doctor of Physical Therapy.

Types of issues addressed include:

Low back pain & sciatica, disc herniation, neck pain & headaches, concussions, sports injuries, Workman's Comp, knee pain, elbow pain, balance retraining, pediatrics, post-surgical, TMJ, and many more!

Come in for a consult and benefit from collaborative therapy with licensed therapists in a friendly, caring environment with state-of-the-art equipment. We offer treatment for all age groups!

Most Insurances Accepted!
Schedule your consult today!





About Our Support Group...

By Renee Kimberling, ND

LYME DISEASE SUPPORT GROUP

The mission for this group is to create a space for you to share your stories of challenges and successes, gain more information on Lyme disease, and discover the best journey to healing for you.

UPCOMING DATES

April 13th, May 11th, June 8th
10 - 11:30 AM

DISCUSSION TOPICS MAY INCLUDE:

Nutrition · Bee Venom Therapy · Build Your Body Back with Exercise/Yoga
Stress Relief Techniques · Supporting Family with Lyme
Mindset & How Your Thoughts Matter · Hypnotherapy · Homeopathy
Grants & Financial Support

ALL ARE WELCOME!

The Lyme disease support group has met twice now at Healing Arts Center, and I have been so pleased with the results. When we were thinking about forming this group, I was concerned that it would just be used as a forum for complaints and shared misery. Nothing could have been further from the truth! From the first meeting, we had twice as many people show up than we anticipated – people in all stages of healing, as well as some of their friends and family members. The group was able to set goals and plans for future meetings, identifying educational topics they would like to learn more about as well as devoting ample time to listening to other's stories of *success* versus failures. The amount of support and positive energy this group of strangers was able to share in just ninety minutes astonished me. Adults of all ages as well as

teens have attended – each a ray of hope to each other, sharing patience and compassion. I was *proud* to be a part of this wonderful group of people, and proud that Healing Arts could play a role in the support they gave each other. The group also identified a need to provide further community education in our region, as mis-information is still prevalent, particularly in the medical field. Each participant in the group showed sincere willingness to spread the facts about Lyme disease to others in our area, and they are making strategic plans to do so.

In our second meeting, we talked a lot about how thoughts, feelings, and words can influence self-healing. Compassion and love for self is just as important as it is for others. Using positive affirmations and setting your mind on a path for healing is the first step in the recovery process. We can do this!

Most importantly, we ended each meeting with statements of gratitude. Some expressed gratitude for the bright sunshine we had that day, others expressed gratitude for the opportunity to listen and learn from others sharing the same types of situations they found themselves in. Many were inspirational in their stories of healing and dedicated themselves to helping others along the healing path.

I look forward to our next meeting on April 13, and we all extend a personal invitation for you to join us! We look forward to seeing you there!

Class Space Available!

With our recent expansion, we now have space available to host outside classes and workshops! So far, we've held our Healing With Energy class & an Access Bars® workshop.

Yoga classes will begin **April 8th!** Weekly schedule: **Monday 6:30-7:30 pm—Beginner Yoga;**

Thursday 7-8 am—Chair Yoga; Thursday 6:30-7:30 pm—Vinyasa Flow

Each class will be \$10. Please bring your own yoga mat.

Contact Lauren at lstegenga@healingartsvalpo.com for more details.

Are Hidden Ingredients in Your Meds Making You Sicker?

Excerpts from an article at lymedisease.org

Everyone knows that prescription drugs can have negative side effects, but many would be surprised to learn that common “inactive” ingredients used in the manufacturing of medications can exacerbate illness and even result in new health problems. Instead of helping people heal and regain their health, their symptoms actually worsen and health continues to decline.

Fillers, binders, dyes, and preservatives commonly used in medications are known as excipients. If someone is taking a new medication and begins to feel better, but in about 3 days symptoms begin to worsen, they may be reacting to the excipients.

Ideally, excipients have no pharmacological effect at all and in no way affect the intent of the drug. However, there have been increasing reports of negative reactions to these extra ingredients. Excipients can range from simple ingredients such as corn starch, sugar, or lactose to more complex substances that even have a potential for toxicity after prolonged usage, such as dextran, microcrystalline cellulose (MCC), or polyethylene glycol. Patients may notice that they start developing sensitivities to multiple chemicals or foods, and mild to severe allergic reactions may start to occur.

Pill capsules may be vegetarian or gel caps. Vegetarian capsules are made from cellulose, and gel caps are made from animal products. Common fillers may include ascorbic acid, baking soda, mango powder, rice powder, ginger root powder, acidophilus, annatto, aspartame, benzyl alcohol, casein, and sulfites. These excipients are not listed on prescription medications, but occasionally your pharmacist can help you determine which are being used in a particular med. In over-the-counter medications, these ingredients are required to be listed on the label. Excipients can vary between brand and even in generic forms, so once you find something that works for you try to stick with that brand. Generic manufacturers are allowed to change formulations whenever they want, whereas brand name formulas must remain consistent.

There are currently over 14,000 different excipients used and approved by the FDA. In general, medications that are formed into hard tablets have more excipients than capsules. It's important to note that up to 90% of the pill volume can be excipients.

If you have started to develop hypersensitivities to foods, chemicals, or your medications - it may be worthwhile to consider excipients as the root cause. For more information about allergies and sensitivities, contact the practitioners at Healing Arts Center.

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Hours of operation:

Monday-Thursday
9 am-6 pm

Friday
9 am-8 pm

Select Saturdays
9 am-1 pm



10% off Massage
10% off Reiki
10% off Reflexology

Also...
10% off all CBD
products!