

•The Healing Way•

New for 2020!

Cosmetic Acupuncture

We are pleased to introduce a natural, holistic, and comprehensive program with the Mei Zen Acupuncture system! It is designed to create a more youthful appearance while at the same time address overall health concerns to restore balance and energy to your entire body. Your state of health is reflected on your face, and cosmetic acupuncture is a highly effective alternative to plastic surgery!

Look your very best!

Cosmetic acupuncture reduces fine lines, improves muscle tone, firms jawlines, and reduces jowls. Your skin will be softer and more vibrant, and puffiness will be reduced. The majority of people see improvement in just 5 treatments, and for optimal results 10 treatments are recommended.

Also Available...

Acupuncture for Weight Loss

Managing weight can be a very difficult prospect, but combining acupuncture with diet and exercise can greatly add to your success! In our weight loss acupuncture program, we focus on your total health, not just one facet. You will note improvements in digestion, energy level, and quality of sleep.

It's a great way to rejuvenate your whole body!

**Call today to schedule your free consult with
Acupuncturist Smita Shah!**

**Let her expertise help create
a whole new you for 2020!**



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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 2020 are as follows:

January 23rd · April 14th

July 16th · October 13th

Schedule well in advance as time slots do fill up!

Saturday Appointments

Available

We are open select Saturdays from 9 am-1 pm during the school year.

Dates for 2020 are as follows:

January 11th & 25th

February 8th & 22nd

March 14th & 28th

April 18th

May 2nd & 16th

Please note that not all services are available during these hours.

Call now to schedule, as these appointment times are limited.

Can You Trick Yourself Into Losing Weight?



Take this fun quiz from AARP
and test your knowledge on weight loss!

1. Trying not to overeat at an all-you-can-eat buffet is a big challenge if you're trying to lose weight. What's the single worst thing you can do when eating at a restaurant with a buffet?
A. Keep your napkin on your plate
B. Eat from a small plate
C. Sit facing the buffet
D. Survey the offerings before filling your plate
2. What amount of chocolate will really satisfy?
A. The whole bar
B. Half the bar
C. One-quarter of the bar
D. Just one bite
3. If you see it, you'll eat it. When left on the kitchen counter, which one of the following tempting snacks can lead to the most weight gain?
A. Crackers or chips
B. Breakfast cereal
C. Fresh fruit
D. Cookies
4. To help rein in your appetite, how should you start a meal?
A. With soup
B. With salad
C. With fresh bread
D. With a glass of red wine
5. Can't stop reaching for another handful of popcorn or potato chips? Pick the easiest way to curb your desire to snack.
A. Portion your snacks
B. Eat a healthy snack
C. Down a glass of water before digging in
D. Eat with your nondominant hand
6. Grocery shopping on an empty stomach often leads to healthier food purchases. What should you do before you grab a cart?
A. Eat a full meal
B. Pledge that you won't stray from your shopping list
C. Pop some gum in your mouth
D. Drink a bottle of water
7. Unable to resist the candy dish in your office? Where should you place it to avoid temptation?
A. In your desk
B. 6 feet away
C. Next to your computer monitor
D. At your elbow
8. Restaurants can be hazardous to your waistline. Where should you sit to make them safer havens for your smart eating?
A. At a dark table or booth
B. Away from the television
C. Far from the front door
D. Close to the bar
9. True or false: All it takes to lose some weight is making one small change to your current eating habits.
10. You're at a party eyeing the bountiful spread your host has set out. How do you avoid overstuffing yourself?
A. Stand at least 6 feet from the table
B. Focus on your friends
C. Have a seat
D. All of the above

Feeling the onset of winter blues? Looking for relief?

Discover & Practice: A Mindful Way Through Depression

If you experience depression, anxiety, SAD (Seasonal Affective Disorder), developmental or other traumas—or if you are a human being—you will wholeheartedly benefit from a new group we are initiating, called **Mindfulness-Based Cognitive Therapy**, or **MBCT**. Join Stacey Garcelon, mental health counselor, on an intimate journey exploring what mindfulness can do for your emotional, physical, and spiritual wellness. Each person who attends will bring different gifts to this private group; thoughts, feelings, emotions expressed and shared by group members will be kept between those present. Members will create a safe space for everyone to share and support each other as they delve into the powerful, healing concept of mindfulness. This mindfulness group is for people who want to live with more intention and joy in their life.

MBCT is an 8-week course which will be held here at Healing Arts Center. It begins January 6th at 4:30 pm and consists of 8 weekly 1.5 hour classes. Sessions consist of guided mindfulness meditation, in-class exercises, gentle yoga, and discussion. There are also practices and homework assignments that you'll complete during the days between sessions. The structure of MBCT requires strong commitment to doing the homework, but the rewards can be lasting.

MBCT is based on a program developed by Jon Kabat-Zinn. It was designed specifically for people who suffer from depressed mood and was created to help prevent relapse into depression. In this program, you'll learn how to use different skills: cognitive therapy can teach you how to be aware of distortions in thinking, and mindfulness can teach you how to ground into the present moment and see your thoughts and feelings as simply mental events in the mind that come and go. Rather than trying to change or eliminate difficult mental experiences, MBCT teaches you how to develop a whole different understanding of and relationship to your thoughts, feelings, and bodily sensations.

The latest research proves that MBCT can be as effective as prescription drugs in preventing relapse, and more effective in enhancing your quality of life. The study also shows MBCT to help people with a history of depression stay well in the longer term. The goal of this group is to build emotional resilience around the destructive thinking that triggers depressive episodes.

By participating in this 8-week series, you will learn to:

- Identify distorted thoughts that lead to depression and anxiety
- Understand the connection between thoughts, emotions and physical sensation
- Counter “automatic thoughts” that cause a depressive spiral
- Apply a number of mindfulness and cognitive techniques to relieve depression and anxiety
- Create a plan for reducing the likelihood of a depressive relapse

Investment: (Courses throughout the nation are normally priced between \$375-\$500)

One-time payment of \$199 OR \$30 for each session

Space is limited; reserve your seat today by visiting our Facebook page or using this QR code.



Improving Your Eating Habits

When it comes to eating, we have strong habits. Some are good, and some are not-so-good. Although many of our eating habits were established during childhood, it doesn't mean it's too late to change them.

Many people make sudden, radical changes to their diet in the hopes of "getting healthy" or "losing weight" quickly. These radical changes often fail because they don't take into account our life-long habits. Improving your eating habits requires a thoughtful approach, making small changes as you go and re-defining older, unhealthy habits.

First of all, **reflect** on all your current eating habits, both good and bad. What are your personal triggers for unhealthy eating? Keep a food diary for a few days, writing down everything you eat and the time of day you ate it. Also note how you were feeling when you decided to eat. Tired? Hungry? Stressed?

Highlight the habits on your diary that may lead you to overeat. Common eating habits that can lead to weight gain include eating too fast, always cleaning your plate, eating when you are not hungry, eating while standing up, always eating dessert, or skipping breakfast or other meals.

Once you've identified your unhealthy triggers, identify and **replace** just a few you'd like to work on improving first. Pat yourself on the back for the things you're doing right. Recognizing your successes will help encourage you to make more changes. For long-term success, slow changes always work better than fast turnabouts.

Slowly replace unhealthy habits with new, healthy ones. One change that can really help is to learn to eat more slowly. Put your fork down between bites. Minimize distractions such as watching TV during dinner. Distractions keep you from paying attention to how much or how quickly you're eating. Eat only when you are truly hungry instead of when you are tired, anxious, or bored. Plan meals ahead of time to ensure healthier choices.

Finally, **reinforce** your new, healthy habits and be patient with yourself. Habits take time to develop, and they don't happen overnight. When and if you do find yourself engaging in an unhealthy habit, stop as quickly as possible and ask yourself **why** you chose to go that way. Don't berate yourself or think that one mistake "blows" the whole day! Take it one day at a time and remember to *celebrate* your successes!

Reflect

Replace

Reinforce

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Hours of operation:

Monday-Thursday
9 am-6 pm

Friday
9 am-8 pm

Select Saturdays
9 am-1 pm



January Specials

- 10% off Detox Pro Wave Footbaths
- 10% off Thyroid Support Supplements
- 10% off Hormone Support Supplements
- 10% off Reams pH testing

Gift Certificates Available

They are perfect for Valentine's Day—or any occasion! Stop by and pick one up for someone you love for a massage, reflexology, or any other service.