

# •The Healing Way•

## Client Appreciation Days!

Friday, October 2nd from 4 pm-8 pm

Saturday, October 3rd from 9 am-3 pm

Please accept our thank you for your patronage!

We will modify Client Appreciation Days by requesting you schedule your treatment times in advance by Thursday, October 1st. This will help keep you safe and maintain social distancing.

To our NAET clients past and present we will be offering **FREE TREATMENTS** these days only for 2020 Flu Vaccine or 2020 Flu Virus.

### Plus:

- **1/2 price** Foot Ionizers & select Rife Treatments
- **Free** Chair Massages
- **Free** Biomechanical Chiropractic Assessment
- **Free** Mental Health Consults
- **Free** Mini Bioenergetic Therapy Sessions
- **Free** Mini Acupuncture
- **Learning Arts Center** program information & activities
- **Lyme Disease/General Medical Information**

**10% OFF** ALL supplements while supplies last!

Plus **FREE** Gift Drawings.

All are welcome based on availability.

Schedule your appointments now!



September 2020  
Volume 11, Issue 4

### What is the Root of My Ailment?

**Lyme disease** is called the Great Imitator because it mimics about 350 different diseases. Many times, doctors miss a Lyme diagnosis simply because they don't understand the gravity and widespread occurrence of Lyme, or because they don't understand testing methods and result interpretations.

The average person sees about 8 to 12 doctors over several years before receiving an accurate diagnosis. There are many challenges with both diagnosing Lyme and finding appropriate treatment. If you or someone you know is having a hard time discovering the "root" of their health concerns, please visit the health professionals at Healing Arts Center. We have many ways of discovering underlying causes and initiating appropriate treatments.

Call today for your free consult!

## Welcome Stephen Sedita, L.Ac.!

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Healing Arts is proud to have Stephen Sedita, accomplished acupuncturist and holistic health practitioner, join our staff! Stephen will be working at Healing Arts full time and offers both personal and group acupuncture sessions.

Stephen says, “I have always known I’ve wanted to help people from my early school years. In college I received a bachelor’s in Cognitive Science, which is a cross between neuroscience and psychology. In my junior year of study I took a Tai Chi and Chinese Culture course. This was my first introduction to the philosophy of Daoism and Oriental Medicine. It just so happened one of my fellow grad students was also an acupuncturist. I began to pepper him with questions and finally one day he had me visit his practice. He walked me through a typical day and it all clicked! Acupuncture was my calling! I applied to Oriental Medicine school the very next day. I was awarded my master’s in Oriental Medicine in 2011 and have been practicing ever since.



“I also specialized in Tui Na, which is a combination of massage, chiropractic, and physical therapy all rolled into one. It is based on the same theories and principles as acupuncture, and I incorporate this in most of my acupuncture sessions. People can also schedule this as an independent session.

“In Oriental Medicine, the most basic premise of health is the free and clear flow of the qi (life force energy), the blood, and the bodily fluids. These are the three pillars. Qi is the vital energy that drives the optimal function of the body. Any type of health condition, whether mental, emotional, or physical, is a pollutant and/or stagnation of one or more pillars. Acupuncture is most effective at the qi level, and Tui Na is most effective on the blood and fluid levels. Thus, when you combine acupuncture with Tui Na, you create the strongest influence for all three pillars. Tui Na is not a massage on bare skin and no massage oils are used.”

Stephen also offers Community Acupuncture sessions at Healing Arts. With this, the person sits in a comfortable chair usually arranged in a circle. For the first visit, the client is interviewed in a private room, and for follow-ups they are assessed in the group setting. Community acupuncture does not cost as much as private sessions and fees are based on a sliding scale, but the actual needle time is the same as for private sessions.

Stephen specializes in acupuncture for neurological disorders such as stroke, Parkinson’s, dementia, ADD/ADHD, and depression and anxiety disorders. Acupuncture can also be very effective for asthma, back pain, bladder issues, circulatory issues, constipation, drug addictions, ear/hearing problems, fibromyalgia, gastrointestinal distress, heart problems, jaw pain, kidney health, liver function, nerve pain, paralysis, prostate conditions, reproductive health issues, sinus problems, skin complaints, stroke recovery, throat problems, and women’s health issues.

Stephen offers free consults for his services. To schedule a consult or session, please call Healing Arts at 219-510-5623 today.

## The Body Is Like a Musical Instrument by Tracey Curtis, DC

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Imagine your body is an instrument in an orchestra or band. If you are “out of tune” the whole group is affected, and your playing is not the quality you would like it to be. Your instrument needs to be tuned, balanced and maintained regularly to play at its best. The body is like a finely tuned instrument able to function as desired with efficiency and accuracy. Like the strings of an instrument, our nerves determine how we function. One of the most important aspects of staying healthy is maintaining a strong nervous system which can withstand the challenges of life. Physical restrictions and imbalances can cause us to “play out-of-tune,” making life more challenging than it needs to be.

How do you know if your system is balanced and “in tune?” There are a number of methods for determining if and where imbalance is present. For example, the process called **Healthy Movement**© helps individuals learn how their bodies move best and what occurs internally with certain movement patterns. People are often surprised to find that they are tense and holding their breath with normal everyday activities. Once aware, and with practice, they

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begin to move differently and breathe well when doing those activities. The result is that pain is often reduced, and movement becomes much easier. Healthy Movement© starts with awareness and results in positive physical change.

Another technique is called Koren Specific Technique (KST). This protocol allows the practitioner to identify and prioritize problems and then address them in order of importance for maximum benefit. KST offers a simple and effective way to find imbalance through physically challenging an area in the body and then checking for imbalance in another area that responds to the challenge (like the muscles in the back of the head, or at the ankles.) Corrections are often made with an instrument that gently corrects the imbalance at the location identified. Since the body is a system of interconnected parts, stress in one area will physically connect to another and can create change. Although this process seems complex, the nervous system is aware of every part of the body and can easily sense a problem when we call attention to it. It also knows what “normal” feels like and can participate in correcting a problem once identified.

Healthy Movement and KST are two of the powerful healing systems offered at Healing Arts Center. Each offers a unique and specific way of identifying and correcting imbalance patterns in the body. Once a problem is identified and corrected the nerves will send and receive better quality information and overall function will improve. This is even true of chronic conditions, though problems that have been present for a long time can also take more time to heal. When imbalance is corrected, your body will be “in-tune” so you can do more of what you want with better function and greater wellness.

## Welcome Katie! Hypnotherapy and Clinical Nutrition

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Healing Arts Center welcomes Katie Wandasiewicz, BS, CH, DTR, to our team!

Katie received her Bachelor of Science in Clinical Dietetics from Purdue University in 2014. While at Purdue she became interested in hypnotherapy and saw a great need to help people tap into their most powerful sources of motivation and empowerment. Katie became a certified hypnotist and member of the International Hypnosis Federation in 2017. Since then, she has expanded her knowledge and skills by receiving additional training with hypnotherapists all over the world.

As a nutritionist, Katie’s style goes beyond treating specific disease conditions. It encourages eating for creating optimal health. It also encompasses performance nutrition - giving the body what it needs to function at its best so that we feel our best. She specializes in coaching clients on weight loss and weight management. This has become her passion over the last 4 years.

Katie believes that eating a nutrient-rich diet is the key to having excellent internal health and stability and a healthy body weight. Katie tells her clients that good nutrition is how we receive the greatest return on the investment of what we put in our bodies. She knows what foods, the timing, and the combination of these foods will get you the most “bang for your buck.”

In hypnotherapy, Katie helps people step into new habits or into a desired target state. This could be a relaxed and confident state, a creative flow state or a peak performance zone. This mindset therapy ensures you to produce outcomes you are excited about. Her study and understanding of the subconscious mind has made her an expert in the art of change and stepping into the next chapters of life.

Hypnosis provides a state to receive suggestions on a deeper, more transformative level. It also helps to let go of stored negative emotion in the body, heal inner wounds, and install new beliefs to take you and your life to the next level. Katie specializes in hypnosis for weight loss, alleviation of anxiety and depression, and timeline and regression therapies.

Both clinical nutrition and hypnotherapy sessions can be geared toward acute or chronic health concerns. For a free consult to learn more about Katie and the services she offers, call Healing Arts Center today at 219-510-5623.



# Dealing with Uncertain Times

by Stacey Garcelon, M.Ed.

Coping with stress in a healthy way will make you, the people you care about, and your community stronger. It is natural to feel stress, anxiety, grief, and worry during these times. Everyone reacts differently, and your own feelings will change over time. Here are some tips to help cope with uncertainty:

- Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing negative information repeatedly can be upsetting.
- Relax your body often by doing things that work for you: Take deep breaths, stretch, or meditate.
- Make time to unwind. Try to do some other activities you enjoy.
- Pace yourself between stressful activities and do a fun thing after a hard task.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Give a gift to your five senses: eat a good meal, read, listen to music, take a bath, get a massage.
- Go for a walk outside in nature.
- Get plenty of sleep.

Notice and accept how you feel. Feelings are neither good nor bad; they just are. Some feelings we enjoy, others not so much, but all give us information. Take the time to acknowledge them. This helps to allow them to pass. Find positive ways to express uncomfortable emotions: journaling, art, talking with a trusted friend, etc.

Taking care of your friends and family can be a stress reliever, especially when balanced with care for yourself.

Helping others cope with their stress, such as by providing social support, can also make your community stronger. During times of increased social distancing, people can still maintain social connections and care for their mental health. Phone calls or video chats can help you and your loved ones feel socially connected, less lonely, or isolated.

Finally, practice empathy, for others and for yourself. It's okay to feel however you're feeling. It's okay to take a break. We at Healing Arts Center are here for you. Call today for your free consult!

## Healing Arts Center

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Valparaiso



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## TEMPORARY Hours of operation:

### Monday-Wednesday

9 am-6 pm

### Select Thursdays

9 am-6 pm

### Friday

11 am-7 pm

### Select Saturdays

9 am-1 pm



## September Specials

- 10% off Resveratrol & Co-Q 10 for healthy aging
- 10% off all children's supplements
- 10% off first-time acupuncture session
- 10% off first time Healthy Movement Therapy

Last 2020

### Breast Thermography Date

Tuesday, October 13th

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.