



New Health Screenings Now Available

What if your body could *tell* you what was wrong with it and what it *needs*? What if you could analyze the factors that were *causing* “dis-ease”? Healing Arts Center has recently added some new health screening services that can help you do just that, including **Computerized Biofeedback Screening and Blood Cell Analysis**.

Computerized Biofeedback Screening offers the latest in health technology, utilizing totally non-invasive biofeedback scanning equipment capable of measuring weaknesses, or “stressors,” in body organs and systems. It is also capable of detecting sensitivities to various food, chemical, and envi-

ronmental allergies. Clients simply place their hand on a biofeedback “cradle.” Data is collected using Galvanic Skin Response (GSR) which accurately reveals the body’s current stressors. It can also effectively measure a

person’s specific physiological responses to medications and supplements, as well as many other factors that may be throwing the body’s energies out of balance and resulting in “dis-ease.”

This biotechnology enables a thorough and better-informed approach to care for both the client and practitioner as well as

tracking progress that’s being made throughout the treatment process. It is a fast, painless, and easily affordable bio-communication tool that delivers valuable feedback in prioritizing conditions and achieving optimal health and

well-being.

A basic scan identifies specific sensitivities and areas of weakness and costs \$35.00. An advanced scan goes even further by assessing safety and effectiveness of a client’s medications and/or supplements and costs \$65.00.

(Continued - Page 2)

If you could eliminate the factors that are causing “dis-ease,” you could help your body regain natural health and vigor.

Reflexology Growing in Popularity

You might be surprised to know that reflexology has become one of the most popular (and effective) forms of alternative health practices worldwide. While reflexology cannot diagnose or cure health disorders, millions of people around the world use it to complement other treatments when addressing conditions like anxiety, asthma, cancer, heart disease, diabetes, headaches, PMS, and sinusitis.

In Europe and Asia, reflexology is often used as a preventive health measure. In Denmark, for example, various govern-

ment agencies have employed reflexologists since the early ‘90s. This has resulted in reduced sick leave and relief of chronic health maladies and stress. Employees reported greater satisfaction with their jobs after completing six sessions with a reflexologist. Reflexologists apply gentle pressure to specific points on the feet or hands. These reflex points correspond to different body organs and systems, and stimulation of these points enhances the overall function of the body. This in turn improves health and well-

being and aids in ridding the body of harmful toxins. The left foot corresponds to the left side of the body, and the right foot reflects the right side.

Some people confuse reflexology with massage, but the approaches are very different. Massage is the manipulation of soft tissue, aimed at relaxing the muscles and “working from the outside in.” Reflexology works “from the inside out,” targeting specific points to stimulate the nervous system and release tension. Reflexology has been practiced for about 5000

(Continued - Page 2)

New Health Screenings

(continued from Page 1)

Healing Arts Center is now offering **Blood Cell Analysis** as well. The blood can reveal amazing things about our bodies and our health, and it shows evidence of problems long before they become major issues. Many disorders that cannot be detected by standard blood tests can be discovered and corrected through **Live** and **Dried Blood Cell Analysis**.

In **Live Blood Cell Analysis**, one drop of blood will be taken and analyzed microscopically. Clients are able to view their own live blood cells on a computer monitor as the practitioner explains the findings in detail. Major health risks such as enzyme deficiency, free radical damage, nutritional deficiencies, blood clots, candida, anemia, and blood cell disorders can all be identified.

Dried Blood Cell Analysis is the

fascinating study of the drying patterns of blood to help determine the body's areas of needs and nutritional deficiencies. Organs and body systems under stress are readily identified, including the heart, glands, colon, joints, liver, and kidneys. Effects of yeast, nutritional deficiencies, viruses, parasites, acidosis, heavy metal toxicity, and system-wide stress can also be evidenced. The practitioner displays results on the computer screen and carefully reviews them in detail with the client.

Live blood cell and dried blood cell analysis are a perfect complement to each other. Live blood cell analysis will reveal what is currently stressing or attacking the body. Dried blood cell analysis will reveal how well the body is responding to the attack. Based on information gathered from the analysis of either technique, a plan can be estab-

lished to correct deficiencies and assist the body in fighting the stressors identified.

The cost for live and dried blood cell analysis is \$65.00 each, or both for \$120.00. Consider taking advantage of these new offerings at Healing Arts Center. They will help make positive changes in your life, health, and well-being. Call today for your appointment, and see our introductory coupon on page 3 of this issue!



Reflexology (continued from Page 1)

years and it's effectiveness has been proven many times over. It improves circulation, reduces pain, soothes tired feet, and encourages overall healing. It is also used for post-operative care, and the American Cancer Society found that over a third of cancer patients used reflexology as a complementary therapy.

At Healing Arts Center, we pride ourselves on excellent professional reflexology services. Our clients say it best – “I didn't want it to end.” Or “I feel like I'm walking on air!” Reflexology sessions are \$35 or \$60, depending on the type of reflexology preferred. Call our office now for more information – then sit back and enjoy!



Effects of Acid Reflux Medications

Acid reflux medications are becoming more and more popular, mainly because they are now offered over-the-counter, and many clients who visit clinic are currently on these drugs. Some, in fact, have been taking them for years even though they are not recommended for long-term use. In the U.S. today, they are the third most popular class of drugs and include brands such as Nexium, Prilosec, Protonix, and Prevacid.

Like any medication, these drugs are not without side effects, and those can be quite severe, particularly if taken long-term. Side effects include recurrent headaches, nausea, diarrhea, abdominal pain, bloating, back and/or chest pain, anemia, tinnitus, hypertension, cystitis, insomnia, depression, and arthritis, to name just a handful. Researchers are also noting an increased risk of spine and wrist fractures with prolonged use (one year or more), especially in cases of middle-aged adults. Increased risk of bacterial infections,

including *C.difficile* which causes severe diarrhea, have also been noted, mainly because these medications decrease stomach acid production, and our stomach acid helps kill bacteria that can enter through our GI tract.

Acid reflux is almost always due to food allergies, so one of our main goals at Healing Arts Center is to eliminate allergies to common food culprits such as fats, spices, and dairy. The goal is to provide permanent relief to acid reflux as quickly as possible. Once a person is on acid-reducers, however, they should wean down from them gradually. Stopping the medication abruptly can result in acid rebound, and the discomfort they experience can become much worse.

We also try to educate people on natural methods to help solve acid reflux. Smoking can severely aggravate acid reflux, as well as wearing tight belts or clothing. Refrain from heavy exercising, lifting, bending over, or

(continued from Page 3)

Acid Reflux Meds

laying down for a couple of hours after eating. Make your noon meal your heaviest of the day, and avoid fried or fatty foods, because this stimulates even more acid production. Caffeine, chocolate, and mint also play a role in acid reflux, as they relax the sphincter muscle between the stomach and esophagus. Alcohol is also not recommended, as well as highly acidic foods such as cooked tomatoes and orange juice.

Remember that acid reflux medications are not recommended for simple heartburn – only more serious conditions, and they are generally not recommended for over 8 weeks of continuous use. For more information about acid reflux and associated food allergies, please call our clinic. We're here to help!



Open House Feedback

Our open house at the end of February was a resounding success! We were visited by approximately 60 new faces who were able to experience the services of our clinic for the first time. Mini-sessions were offered free of charge for reflexology, acupuncture, massage, reiki, and computerized biofeedback scans, as well as demonstrations in both dried and live blood cell analysis and the frequency generator. Many free gifts were awarded as door prizes. We extend a special thank you to all of our clients who brought friends and family to visit, and a hearty welcome to all those who simply came to see what we're all about.

Stress Busters

Stress is not all bad. It helps us get out of bed in the morning and keeps us going all day. Just like anything else, however, too much of a "good" thing can turn bad, and stress generally has a negative connotation. So what can we do about it? Well, help may be as close as your kitchen cabinets. Oranges, apricots, turkey, salmon, and walnuts may all help lower your stress levels naturally, and you'll look and feel better because of it.

Research shows that eating an orange can help return blood pressure and stress hormone levels to normal. Oranges are also an excellent source of vitamin C, an important anti-oxidant.

Dried apricots contain a natural muscle relaxant, which may in turn ease the physical symptoms of stress. Apricots also contain magnesium, which is a known stress reducer.

Turkey contains tryptophan, the chemical that induces afternoon naps after a large holiday meal. It can also help you feel more relaxed if you keep your portions reasonable.

Cortisol and adrenaline are two hormones that tend to spike when we're stressed. Omega-3 fatty acids, which are found in salmon and other fish, help keep these hormones in check.

Kidz Korner

Why do we paint Easter eggs?

-Because it's easier than trying to wallpaper them.

What happened to the egg when he was tickled too much?

-He cracked up

What day does an egg hate the most?

-Fry-days



Finally, walnuts have been shown to lower blood pressure, which tends to spike during periods of high stress. Pistachios also help regulate blood pressure while providing vitamins B and E.

Besides incorporating these stress-busting foods in your diet, make sure to include adequate exercise and take cleansing breaths for optimal renewal. Try taking five slow, deep breaths and empty your mind of worrisome thoughts. Stand up and give yourself a good stretch, too!

Take a look at your environment as well. Start by de-cluttering to create calm in your busy life. Make sure your bedroom is cool and quiet, and change your bed sheets to enjoy the clean, fresh feeling. Rest is imperative to reducing stress.

Try turning off the TV (which often has negative programs that bring you down) and try reading a book instead. Or better yet, sit in silence. With all the noise in today's world, silence is a luxury. You can also connect with nature, as in walking barefoot, listening to the birds, or watching a sunset.

Most importantly, be kind to yourself. The way you talk to yourself has tremendous power. Treat yourself with the patience and respect you give to others, count your blessings, and smile!

Healing Arts Center

Health Screening Coupon

10% OFF

**Computerized Biofeedback Scan
Dried Blood Analysis
Live Blood Analysis**

630 North Main Street
Hebron, IN 46341
219-996-5858

www.healingartshebron.com

Offer good on ONE service only

Expires: June 30, 2012



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We wish you health and joy!

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Homemade Honey Facial Masks

Try these luxurious homemade spa recipes!

This egg and honey beauty mask is a great facial treatment for acne sufferers and is also great for dry or aging skin. And with a slight alteration, it can also be used for those with oily skin.

Ingredients:

- 1 Raw egg yolk
- 2 Tablespoons honey
- Splash of milk

1 Tablespoon Vitamin E oil or olive or vegetable oil

Mix all together, slightly whip. Apply in an even layer over clean face and neck, avoiding eye area. Let dry for 10-20 minutes. Rinse off with warm water, follow with cool water to close pores. Can be used every couple of days. Note: for oily skin, substitute egg white for the yolk. Can be stored up to 1 week in the refrigerator.

Relaxing Honey Mask

Ingredients:

- 1 Tablespoon honey
- 2 Tablespoons sour cream
- Oatmeal or wheat

Combine honey and sour cream. Add oatmeal or wheat until the mass thickens. Apply on face and leave on 15 minutes. Rinse off with warm water.



Coming Soon

Hebron Health Fair

Sponsored By

Porter Health Care System
& Hebron Chamber of Commerce

May 10, 2012

3:00 pm - 6:00 pm

The Gathering Place
131 North Main Street
Hebron, IN 46341

Free health screenings and
health information
will be offered
Health-related Hebron businesses,
including

Healing Arts Center
will be participating!