

•*The Healing Way*•

Client Appreciation Day!

Saturday, October 6th, 2018

9:00 am—3:00 pm

Please accept our thank you for your patronage!

To our NAET clients past & present...

FREE TREATMENTS

This day only for:

2018 Flu Virus or Vaccine or

Immune Deficiency

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

PLUS

1/2 price foot ionizers & select Rife treatments

Free Lyme Disease Awareness Information

Free Chair Massages

Free Mini Acupuncture Sessions

Free Biomechanical Chiropractic Assessment

Free Mini Access Bars Sessions

AND

10% off all supplements while supplies last

No appointment necessary

Call our office at 219-510-5623

for more information



September 2018
Volume 9, Issue 3

Hello! My name is Jasmine Cervik, and for the past 5 months I have been the administrative director at Healing Arts. We already made some major changes in our operation here! For one, our newsletter has a new look. Do you like it? My goal is to deliver informative, concise content to our clients.



Another huge step we've made is introducing a computerized scheduling and inventory system. The system went into effect at the end of July and has given us many tools to help service our clients more efficiently. Our clients have complimented the streamlined look of the receipts and text message appointment reminders.

My plans for the future include an entirely revamped website and more focused community outreach. We will continue to add more services as well to best meet the needs of our clients.

I hope to see current clients continuing their journey to good health and new faces beginning theirs. Next time you're in, be sure to say hello!



Smita Shah, LAc

BREAST THERMOGRAPHY

Breast thermography effectively screens for breast cancer without the harmful effects of radiation, and it causes no breast pain or trauma. It can reveal pre-cancerous or cancerous lesions often more thoroughly than traditional mammograms, and it is fully approved by the FDA.

The demand for this service at our clinic is increasing, so we have added another date for this year:

Thursday, September 20th
Wednesday, October 17th

The cost for breast thermography is \$250 and full body is \$400.

Call our office to schedule your appointment for either day.



Welcome Smita Shah, LAc, CNC!

Smita Shah has been practicing Holistic Medicine for 17 years with great success. She offers traditional AND needleless acupuncture, quantum biofeedback, customized bioenergetic therapies including PEMF, Micropulse, Meridian Balancing, Photon Geni, Eastern Reflexology, and many others!

These therapies are effective for chronic conditions such as pain caused by injuries, cold hands and feet, headaches, migraines, cravings and addictions, emotional and psychological issues, hormonal imbalance, circulatory problems, low energy, insomnia, and countless others.

During a client's first appointment, Smita finds the root causes of conditions through biofeedback, which pinpoints the stressors on the body. These stress-

ors can be emotions, toxins, pathogens, leaky gut, heavy metals, and a variety of other things. During biofeedback, the body not only receives energy information but also delivers it by transmitting subtle electromagnetic pulses.

After the initial biofeedback appointment, subsequent 1 hour or 90-minute sessions are spent by Smita choosing the appropriate bioenergetic therapies, ensuring that each client has a customized care plan that best fits his or her needs.

Smita is also beginning to work with Dr. Renee to learn the NAET process so we can better accommodate clients' needs. She will be available soon for allergy elimination appointments.

Call our office today to schedule your free consultation with Smita!

Increasing Your Food Intake Renee Kimberling, ND

For most of us, we need to focus our attention on losing weight rather than gaining it. For some, however, gaining weight can often be the priority. In some health conditions, such as Lyme disease or cancer, our appetites suffer, and we begin to lose weight. Keeping pounds on can be one of the biggest challenges for healing. Problems with nausea, vomiting, constipation, and bloating are just some of the reasons for this problem. Striving to maintain your weight can be important to rebuild your immune system, lessen fatigue, and help you recover faster.

Let's go through some of the most helpful ways we can gain or at least maintain our weight during those difficult times. First, focus on eating small meals at least 5 times a day rather than 3 large ones. Aim to eat or drink something every hour or two during the day. You can also eat your favorite foods at any time of the day. If breakfast foods are most appetizing to you, try eating them for dinner.

Take advantage of when you feel hungriest. For example, if you are hungriest in the morning, make breakfast your biggest meal. Eat a snack or have a shake for dinner instead of a big meal.

Drinks can often be very nutritious, especially if you add powdered milk or a protein supplement. Some commercially prepared health drinks can also be helpful in adding calories—if you are not allergic to them. Cold drinks are usually tolerated well. Try serving drinks over ice or blending them to enhance their flavor. Also, drink fluids between meals instead of with them. Drinking during meals can make you feel too full, too soon.

Focus on quality of food—not quantity. When you don't feel hungry to begin with, eating more can be a daunting task. An easy way to increase the calories and protein in your diet is to fortify the foods you are already eating. For example, bananas, pineapple, and dried fruit are higher in calories than grapes, melons, or peaches. Dried fruit is a calorie-dense snack. You can also make frozen juice with half the water or use it in smoothies.

Use only full-fat dairy products. You can also add powdered milk to fresh milk and cheeses to sandwiches or casseroles. If you eat granola, add nuts and dried fruit to it. If you like oatmeal or cream of wheat, make it with whole milk instead of water and add real butter or dried fruit. Nut butters are also calorie dense and should be part of your diet as well. Try consuming at least a half cup of nuts per day.

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Carpal Tunnel

Brian Hold, DC

What exactly is carpal tunnel and how do you get it? The anatomy of the wrist has eight bones in two rows of four that form a “c” shape. Passing through the tunnel formed by the bones we have tendons, arteries, veins, and the median nerve. A fibrous band of fascia, called the retinaculum, surrounds the area and holds it all in place. When the space in the tunnel becomes diminished for any reason, the blood supply and nerve information will become compromised. One of the most common reasons for the development of carpal tunnel is overuse of the wrist joint, such as many hours spent typing throughout the day. Another common cause is fluid retention in the body, as often happens with pregnancy for example.

Surgery for carpal tunnel involves the cutting of the retinaculum to create more space for the tendons, blood vessels, and nerves that pass through the region. Although the surgery provides immediate relief, long term relief is not always achieved. Recovering from the surgery can also take anywhere from several weeks to several months. This can really hit the family budget hard!

It is not unusual for surgeons to get upwards of \$20,000 for a carpal tunnel surgery. Even if insurance is picking up 100% there is still the time off work to consider. It is not unusual for the out of pocket expense to be 10%, which is still \$2000 plus the recovery time. There must be a better way! The good news is that there is!

Low Level Laser Therapy (LLLT) is one very effective way to regenerate the wrist area. A standard carpal tunnel protocol is 12 office visits spread over 6 weeks. LLLT is painless, quick and very inexpensive, and oftentimes individuals find relief after the first few treatments.

Instrument Assisted Soft Tissue Manipulation is another effective form of carpal tunnel therapy. There are several chiropractic techniques that can be performed. The root of all these techniques goes back thousands of years. This therapy can feel a bit uncomfortable but is quick to perform and quick to show positive results – often overnight!

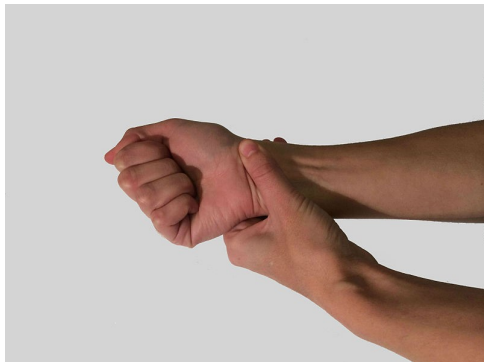
Carpal Adjustments can also be quick and effective in helping the bones get back into proper alignment. Adjustments relieve the pressure on the tendons, blood vessels, and nerves that pass through the tunnel.

Acupuncture is also a very effective way to reduce inflammation and help relieve energy blockages that may be present. Acupuncture has been practiced for over 5000 years – they must be doing something right! Traditional acupuncture with needles as well as needleless acupuncture can be performed here at Healing Arts.

Rife therapy can also be highly effective. The Rife machine sends frequencies into the wrist area that help reduce pain and localized swelling and inflammation. Rife treatments are quick and painless.

Clinical massage therapy can also be a highly effective treatment modality for carpal tunnel. Just as with Rife therapy, a skilled massage therapist can help reduce swelling and inflammation and stimulate the lymphatic and drainage systems of the body, thereby enhancing healing.

At Healing Arts Center, we offer all the above techniques to help eliminate the need for surgical intervention. These techniques can offer permanent solutions vs. the short-term relief often experienced with surgical solutions. Each of the above techniques can be tried alone, and combined they can offer even greater and faster relief. We can help get you back to work in less time and less cost! Call today for a free consult!



WEIRD ALLERGIES

Renee Kimberling, ND

Many people tell me they have no allergies, but *everyone* does! An allergy is anything in the body that causes an abnormal response. It can be food, something you are breathing, animals, chemicals, emotions—anything! The average person has 15-25 allergies. Some allergens can cause very significant reactions that can affect our health long-term. In fact, most chronic conditions people suffer with have allergies at their root. If the root of the problem is discovered, the symptoms or resulting disease conditions will dissipate.

There are some “weird allergies” that most people would not connect with common disease conditions. Take this test to see if you can determine the source of many these maladies:

1. One very common cause of low back pain in men is an allergy to their _____.
2. A common cause of neck pain is an allergy to _____.
3. A common cause of bedwetting in children is an allergy to their _____. The emotion of _____ can also be involved.
4. A common cause of brain fog is an allergy to _____.
5. A common cause of breast cancer is an allergy to _____.
6. A common cause of canker sores is an allergy to _____.
7. Common causes of recurrent yeast infections in women is an allergy to _____ and _____.
8. Carpal tunnel is often caused by an allergy to _____.
9. Chronic constipation is often due to an allergy to _____ and _____.
10. Depression can be caused by an allergy to _____.

Check the back page for answers! For more information about allergies, come in for your free consult and learn about NAET—the best way to *eliminate allergies permanently!*

Increasing Your Food Intake Continued

Soup can also be welcomed addition to helping add calories. Bean, split-pea or other cream-based soup are beneficial and can be made with heavy cream. Top it off with grated cheese or a big dollop of butter.

Cook your meats in olive, avocado, or even coconut oil. Eat a variety of meats including poultry, fish, and red meat. Keep hard-boiled eggs in the refrigerator and add them to salads, soups, and vegetables. Eat protein at every meal to help maintain muscle mass.

Many people are still under the impression that fats are bad for you. Some are—such as hydrogenated oils round in prepared or packaged foods. Do not limit the amount of good fat in your diet, however, such as olives and olive oil, avocados and avocado oil, and raw coconut oil. Mix these fats in your morning coffee for a healthy jumpstart to your day. Also, mix in heavy cream coconut milk, and almond milk. Use olive oil dressing on salads. Add in fats to every meal—liberally! The more the better, but please remember that margarine is not a healthy fat. Use real, organic butter.

Increasing the amount of beans and lentils in your diet can also be a healthy way to pack on pounds. Try adding chickpeas or kidney beans to salads, soups, and casseroles. Hummus can also be used as a vegetable dip. Also serve nuts and seeds on vegetables and salads. Blend nut butters in shakes, too.

Make the most of your potatoes if you like those as well. Blend in butter and whole milk, heavy cream, or sour cream.

For dessert, try freezing whole fat Greek yogurt. Blend it before freezing with dried fruit and nuts or even shaved dark chocolate. Try adding whipped cream to pancakes, fruit, and whole-milk hot chocolate.

Honey is one of the most nutritious sugars you can consume. Honey should be locally harvested and raw. Honey can help add calories and enhance the flavors of many foods. Try spreading it over baked chicken or ham or add to shakes—or eat it off the spoon!

Please keep in mind that all these suggestions may not be appropriate for everybody. Diabetics, for instance, cannot go overboard on honey or dried fruit. Chips, sodas, fast food, and white bread are not the healthiest choices for any diet—even for someone who needs to gain weight. These types of foods are inflammatory to the body and can prolong disease processes rather than help regain health. They offer little nutrition or benefit to your health.

When in doubt, consult your practitioner at Healing Arts Center for more help specific to your needs.

Treat seasonal allergies NOW!

The best time to treat seasonal allergies is in the winter months. Make this the *last year* you suffer from seasonal allergies. NAET effectively (and permanently!) removes season allergies—get started today and make Spring 2019 your *best spring ever!*

Healing Arts Center

2307 LaPorte Avenue
Suite 10
Valparaiso, IN 46383

Phone: 219-510-5623

Fax: 219-286-3965

healingartsvalpo.com

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Healing Arts Center Valparaiso



@healingartscentervalpo

HOURS OF OPERATION:

Monday-Thursday

9 am-6 pm

Friday

9 am-8 pm

OPEN SATURDAYS

Beginning Saturday, September 15th, we will be open from 9 am—1pm two Saturdays per month throughout the school year.

Schedule your appointments today, as they fill up fast!

WEIRD ALLERGIES

Answers:

1. Belts
2. Seasonal allergies
3. Mattress; helplessness
4. Grains
5. Deodorant
6. Vitamin C
7. Toilet paper; soap/detergent
8. Dairy
9. Minerals & grains
10. Hormones

