



Carp Ridge Natural Health Clinic

Naturopathic Doctors | Osteopathy
Massage Therapy | Orthotherapy | Reiki | Yoga
Life Coaching | NLP | Hypnotherapy
Journeywork | Nutritional Counseling
German New Medicine
Workshops

May

www.ecowellness.ca

Carp Ridge Natural Health Clinic
2386 Thomas Dolan Parkway
Carp, Ontario K0A 1L0

613-839-1198
info@ecowellness.com
www.ecowellness.com

Dear Patients and Friends,

As we prepare for the next snowstorm and our thoughts turn to winter boots, hats and snowshovels....Ok, all jokes aside, spring really has arrived & we have begun planting our beautiful new garden which was fenced last fall with the help of two woofers, Sebastian and Bonita. Kaia Nightingale has spent many hours planting seedlings and preparing the garden for a bountiful organic harvest. In the spirit of community, we invite you to consider 'adopting a plant family'. This means that you could become responsible for caring for that plant family and learning about best ways to care for that plant.

We are looking forward to the next *AcuDetox* program which will begin May 5th. Inside you will find testimonials describing personal experiences and breakthroughs from our last *AcuDetox* program.



Our most exciting news is our *Healing House Canada* program which we are launching next month. Our team has been busily preparing the *Healing House Canada* training manuals and curriculum which we will begin sharing with you next month.

We welcome Freya Struthers who has joined our team as the Learning Centre coordinator. Inside Freya introduces herself. At the same time, we say a fond farewell to Kate Glynn, with thanks for the kind, gentle energy she has shared while here and wish her well in her future endeavors. Katherine and Deb have been expanding their expertise in JourneyWork which will help to round out our team to effectively handle the emotional and mental aspects of healing. In addition to the physical healing modalities offered at the clinic, you will now have access to JourneyWork, life coaching, NLP, hypnosis and German New Medicine to help you resolve illnesses.

In health,

Katherine Willow, N.D.



Our Services at a Glance

Here is a snapshot of what we can offer you at the clinic:

- Naturopathic Doctors who coordinate individual healing programs
- Osteopathic assessment and treatment
- Nutritional counseling
- Massage therapy & Orthotherapy
- CranioSacral therapy
- German New Medicine
- Life coaching
- NLP
- Hypnosis
- Journeywork/Emotional Healing
- Psychotherapy
- Reiki & Quantum-Touch
- Cleansing programs
- Healing group

Testing

Metabolic Analysis

This test analyzes urine and saliva to determine how well your metabolism is working. This helps us identify and correct metabolic imbalances, resulting in improved digestion and healing.

Biotron Sensitivity Testing

Sensitivity testing for 84 different food and environmental substances that may cause intolerance and/or irritation. This will assist your health care team in providing guidance on foods which optimally support your health.

Regulation Thermography

Thermography means measuring heat. This simple and risk-free diagnostic approach helps your health care team determine and treat functional disturbances years before they become obvious clinically. It is a proven screen for breast cancer.

Clinic Hours

We are open from 8am-5pm daily and until 8pm on Thursdays.

Still not sure how we can help you? Please call Collette at 613-839-1198 or email us at ecowellness@sympatico.ca with any questions you may have about our services or our staff.

Sneak Preview...

HEALING HOUSE CANADA

Over the next few months we will be sharing details of a unique program that our *Healing House Canada* team has been working on. Created to address the demands of our busy and often draining modern world, the Healing House philosophy focuses on healing the entire being including body, mind, spirit and environment. You will learn how each of these parts are interdependent and how true healing requires an approach that helps individuals to find congruence at all levels of their being.



AcuDetox - The Results

We recently completed a three week AcuDetox (ear acupuncture) program with 20 participants and are in the midst of the individual follow-up sessions.

What is AcuDetox?

AcuDetox has been successfully used for 30 years to treat substance addiction. In recent years, it has been used for general detoxification with excellent results in helping people to achieve significant behavioural improvements in addition to resolving the substance addictions. The definition of an addiction is the inability to control a specific tendency or desire -- this desire can be for a substance as well as a behavioural pattern.

When we 'create' an addiction, we soon lose our spontaneity, flexibility and resilience in favour of the 'pattern'. The AcuDetox program -- a combination of ear acupuncture, during a daily hour long reflection/sharing/meditation coupled with a follow-up to help the participants keep moving forward with changes -- can result in significant steps forward for participants. This was verified during our recent trial. The majority of people reported significant improvements in self-awareness, clarity and calmness.



Testimonials



"During the process I resolved many prior physical pains by becoming aware of what was truly behind them at the emotional level. Once they were resolved I felt an inner calmness and peace that I had not felt in years. This helped me as well as my immediate family." Deb

"In general I feel better connected within myself and into the universe. (My colleague) has also noticed."

"It was a wonderful experience that I would recommend to anyone. It cleared the cobwebs from my brain and showed me not only the light at the end of the tunnel but that there is light all around us at all times. You just need to open your eyes to see it." Rowena

"I feel I achieved 3 years worth of counseling and therapy in 3 weeks in a relaxing, supporting and gentle environment! Amazing roller-coaster ride of intense learning and insights. Stunning for me!" Chris

May AcuDetox Program

**Mon May 5th to Fri May 23rd
(except Monday May 19th)
8-9 am daily, Monday to Friday**

**\$300 per person (covered by
ND insurance)**

**plus one group follow-up
appointment
8-10 am June 4th**



Staff Profile - Barb Pierce, B.Eng, MBA, CD

Master Certified NLP Practitioner | Certified Hypnotherapist
Trained Life Coach | Certified Yoga Teacher

Barb has recently joined our team to provide German New Medicine introductions, as well as one-on-one coaching, NLP and hypnosis services.



Just as there are many forms of yoga, there are also many ways to practice coaching, NLP and hypnosis. Barb's approach is to first help you to find a practical solution to your issue and, in the process, teach you tools to resolve future issues more quickly and effortlessly. This will be coupled with deep emotional releases to let go of patterns which have been imprinted at the unconscious level. Instead of holding on to issues for an extended period, you will learn to resolve them in a constructive way that works for you and for those around you. Typical reasons to work with Barb include:

General Stress and Anxiety • Preoccupation With an Unresolved Issue • Insomnia • Feeling Unbalanced or Overextended • Low Energy • Joint Pain/Arthritis/Back Pain • Digestive Issues • Unexplained Sore Body Parts • Dealing With and Healing From Life Threatening Illnesses

Please check out www.coachinghorizons.ca to learn more about Barb or coaching, NLP and hypnosis.

Breathe!

Diaphragmatic breathing is one of the single most important things we can do to improve our physical and emotional health. It is also very natural once you learn the technique. Most people do not take full breaths (chest breathing) or breathe so quickly that they do not fully oxygenate their bodies.

Part 1 - Focus on the Breath

Try this breathing exercise each time you sit down, and notice how your concentration improves and how much calmer you will feel.

- Sit cross legged or in a chair with your feet firmly on the ground.
- Sit up tall, with your back neutral.
- Place one hand on your upper chest and one hand over your navel.

- Begin breathing through your nose without altering your breath in any way.
- Notice what you notice.
- As you focus on your breath, your breath will naturally begin to slow - don't force it.
- Practice this for a few breaths.

Part 2 - Deep Abdominal Breathing

Inhale deeply through your nose so that the hand over navel pushes out like a balloon before the hand on your chest is pushed outward.

Exhale deeply through your nose and notice how your navel comes back in towards your spine before your chest comes in.

Repeat this sequence as long as you want and notice how your breathing continues to slow, your concentration improves and your heart rate slows down.



May 2008

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				1	2	3
4 ** Authentic Movement	5 AcuDetox begins 8-9am daily	6	7	8	9	10
11	12	13	14	15	16	17 volunteer work party 9:30 am - 12:30 pm
18	19	20	21	22	23 AcuDetox ends 8-9am	24
25 ** German New Medicine Intro 2-4 pm	26	27	28	29	30	31
			** call for location	4 June AcuDetox follow-up 8-9:30 am		

Please check out the web site for more details

The Journey

A bigger potential exists inside every one of us. That joy and freedom you see in little children...it's really inside each one of us. Unfortunately for many, that potential has been covered over by layers and layers of protective masks, defensive strategies, limiting beliefs and painful memories.

If you find yourself trapped or limited -- whether emotionally, physically or behaviourally, The Journey can get you to the root of the issue and allow you to clear it out, leaving you more peaceful and able to feel joy and love.

The Journey is a simple yet profound process that guides you into your soul. It opens you into your own knowing and into the intelligence of the body. It's that same wisdom that can create healing in the body from emotional and physical conditions.

Deb Weedmark and Katherine Willow are now practicing Journeywork at the clinic. Please check out their biographies on-line to see who will be the most appropriate practitioner for you.

Spring Cleaning: Not Just For Your House

By Martha Ahmadi, ND

Just like our houses, our bodies can collect unnecessary clutter during the long winter months. Instead of dust, stagnant air and sand or salt tracked in from the outside - our bodies may retain their own metabolic by-products and unhealthy substances from the environment. This can result from decreased physical activity during the winter months - exercise ensures a good flow of blood and lymphatic fluids through the body. If the flow of these fluids is compromised, there will be reduced waste transportation out of the body and reduced nutrients into the body. Our environments can also be problematic during the winter months, as many buildings and homes are often kept closed to the outside due to cold temperatures. This means that daily use of chemicals for cleaning or other daily routines can have greater toxic effects on air quality and our bodies, versus warmer months when there is often increased air exchange between the outside and the inside.

During the spring months many of us will naturally begin to increase our activity levels and modify our food choices as a result of increased availability of fresh fruits and vegetables. At this point our bodies will typically begin their own cleaning process with unwanted substances being released from storage and sent into the bloodstream for proper elimination from the body. If your body is functioning optimally, it should be able to handle this increased workload by processing and

eliminating toxins.

For many of us, our bodies are under constant stress due to our lifestyles -- emotional stress, work stress, chronic health concerns, lack of sleep, lack of routine exercise, excessive caffeine intake, and the list goes on. This means that our main pathways of elimination (liver, kidneys, skin, lungs, bowels) are constantly working to keep up with daily stressors, and will ultimately have a decreased capacity to effectively deal with the annual spring cleanse. Some very basic measures can be taken to support our bodies, through the springtime as well as year round.

- Drink water throughout the day (it can be in the form of water or herbal teas);
- Move every day - even gentle movement such as walking can be highly beneficial. Aim for at least 20 consecutive minutes each day;
- Do deep breathing every day to support the lungs in their role of the cleansing process -- oxygen in and carbon dioxide out;
- Herbs and hydrotherapy can also be used effectively and gently to further support the body. Contact a qualified health care practitioner to help you find appropriate and safe herbs for your use, as well as appropriate hydrotherapy methods; and
- Keep a positive outlook - research continues to show the powerful connection between mind and body. Staying calm and upbeat will help mediate the effects of stress on the body and contribute to optimal functioning including cleansing.

Incorporating these supportive measures can lead to increased energy, mental alertness, improved moods and improved overall health.

Quick Tip - Lemon Water

Drink one glass of water with half of a fresh lemon 15 minutes before eating in the morning. It will help get digestion going for the day and supports your liver function. Add lemon water to all water that you drink during the day if possible. Rinse your teeth after each lemon drink.

Quick Tip - Alternating Temperature in Shower

Toward the end of your daily shower, alternate the water temperature. Start with one minute of hot water then 30 seconds of cold water. Repeat this procedure three times during each shower. Make sure to expose all of your body to both hot and cold water. Always end with cold water.

This will help improve your overall circulation, increase your energy and boost immunity.

Upcoming German New Medicine Workshops

What if diseases and illnesses are not a result of immune system dysfunction but simply predictable biological responses to emotional shocks? German New Medicine offers a completely new way of thinking about what we commonly call “diseases”. Come & learn more about these principles so you can create vibrant good health without fear of words like ‘cancer’ and other similar illnesses.

Sunday 25 May, 2-4pm

Introduction to German New Medicine with Barb Pierce (www.coachinghorizons.ca)

Cost: \$20

Location: Churchill Seniors Centre, 345 Richmond Road, Westboro, across from MEC & lululemon)

Thursday 19 June, 7-9pm

Introduction to German New Medicine with Barb Pierce (www.coachinghorizons.ca)

Cost:\$20

Location: Carp Ridge Ecowellness Centre, 2386 Thomas Dolan Pkwy, Carp (www.ecowellness.com)

Introduction to Our New Learning Centre Coordinator, Freya Struthers

A very warm hello to everyone! My name is Freya Struthers and as the new Program Director for the Learning Centre, I assure you that my energy is being channeled to an exciting and well-used centre.

For nearly the past ten years I have participated in building stronger communities, locally and internationally, and confidently describe it as my passion. I have used youth engagement, volunteerism, travel, and sport as my vehicle to model and teach. For the past few years I have sojourned in inspiring countries around the world, impacting my personal philosophies, and leading me to act upon and share adopted practices.

International development is of great interest to me, and returning to familiar soil to implement my values excites me.

With an educational background in recreation and, recently, fundraising, I have worked with groups and individuals from all walks of life – continuously teaching and learning. I approach this job with awareness and openness.

I am extremely eager to marry my ideas with the mission of the centre. Already I feel comfort in my new work environment – thank you for the open arms. I look forward to connecting with everyone involved!

Freya Struthers