



Don't Take a Vacation from Health

There's nothing like the sand between your toes, a relaxing bike ride, or a family camping trip. It's all part of the joy of summer. However, don't let the relaxing aura of summer make you complacent about your health. A vacation from healthy habits, during the summer, or anytime, is a certain recipe for complications to follow.

Healthy Summer Eating

The healthy eating trend is as hot as a summer's day. Unfortunately foods found at summer get-togethers like coleslaw, burgers and brownies are loaded with calories and can wreak havoc on the waistline. Making sensible food choices and simple substitutions can turn summertime fare healthier, without sacrificing taste. Summer's hottest colors and best shopping can be found in

a very convenient place: the local produce aisle! Colorful fruits, like peaches, plums, blueberries and strawberries; and vegetables like yellow squash, zucchini, tomatoes and peppers (green, red, orange or yellow – take your pick!) provide the body with a wide range of vitamins, minerals, fiber and phytochemicals (natural plant compounds that may provide a variety of health benefits) necessary to stay healthy.

Including more fruits and vegetables in the diet is much easier than most people think. Adding sliced fruit to your cereal or to a salad, for example, or combining berries or bananas and yogurt in a blender to make a smoothie are simple, quick things you can do to make sure you're eating five to nine servings of fruits and vegetables every

day. Maintain your energy level by limiting your intake of fat and sugar; focus on carbohydrates, fruits and vegetables.

Eat, Drink and Be Healthy

Summer days are warm and long. The kids are out of school and the family is hard at play! Whether active in sports or just playing at the park, staying hydrated is an important part of your summer fun.

Sweating helps cool down the body, but also takes away salt and water. Dehydration can lead to heat exhaustion and heat stroke, and it can happen quickly. When playing outdoors in hot weather, a child can overheat in just 30 minutes. The tricky thing about dehydration is that thirst is a delayed response. By the time your child feels

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Did You Know...? Male Menopause

- Male Menopause, or Andropause, was first described in medical literature in the 1940's
- Starting at about age 30, testosterone levels drop by about 10 percent every decade.
- Testosterone affects many metabolic activities such as bone formation, fat and carbohydrate metabolism, liver function and prostate gland growth.
- Between the ages of 40 and 70 years, male bone density falls by up to 15 percent.
- Clinical findings point to an association between low-testosterone levels and an increase in cardiovascular risk factors in men.



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THOUGHT OF THE MONTH

Deep inside your heart, dare to believe something different for yourself. Choose a life of greatness, not mediocrity.

Aging Well: Eating Right for Longevity

Aging: everyone does it, yet some people seem relatively unaffected by getting older. Could good nutrition be the key to a healthier, longer life?

Does Aging Equal Illness?

Aging is often associated with the development of one or more chronic diseases, but it doesn't have to be that way. It's not always just a matter of time before you have a heart attack or stroke, get type 2 diabetes or cancer, break a hip because of osteoporosis, or develop Alzheimer's, even though these conditions are often associated with aging.

Your risk for disease and disability increases with inadequate physical activity, genetic susceptibility, and poor diet.

Aging: Defy It With Diet

So what's the best eating plan for preventing, delaying, or minimizing the conditions associated with aging, including inflamed joints, flagging memory, and failing eyesight?

It turns out that the most beneficial diets rely heavily on fresh vegetables, fruits, and legumes -- foods that are naturally lower in calories and packed with nutrients. Antioxidants, such as vitamins C and E, and other compounds battle free radicals -- unstable forms of oxygen that damage cell function. Free radicals form from normal metabolism. Your body also produces them in response to strong ultraviolet

rays from the sun, air pollution, smoking and secondhand smoke.

The buildup of free radicals contributes to the aging process and to the development of a number of age-related diseases such as cancer, heart disease, and inflammatory conditions, including osteoarthritis. What's worse, aging increases free radical production. That means your diet should be healthier than ever with the passage of time.

The question, of course, is how do we do that?

Is your diet the key to longevity? Find out why eating right just may mean aging right, too.

Anti-Aging Nutrition

Antioxidants generate a lot of buzz when it comes to longevity, but aging well takes more. You must optimize a myriad of beneficial nutrients, including protein, calcium, and vitamin D, and minimize detrimental dietary components like trans fats.

While none of these foods is the "Fountain of Youth," including them on a regular basis as part of a balanced diet can reduce the toll time takes on your body.

Nuts

These cholesterol-free protein sources are rich in vitamin E and can help lower the risk of cardiovascular issues.

Top picks:

Almonds for their high vitamin E levels; pecans, for their antioxidants; and walnuts, for omega-3s.

Fish

According to the American Heart Association, fish harbors omega-3 fats that reduce the risk of plaque buildup in your arteries; decrease blood triglyceride (fat) levels; help lower blood pressure;

Top picks:

Salmon, sardines, and canned tuna are among the fish with the highest levels of omega-3 fatty acids.

Olive Oil

Olive oil is rich in heart-healthy mono-unsaturated fats and beneficial plant compounds. It's also free of the trans fats found in margarine and other processed foods, and that's a good thing.

Top pick:

The extra virgin variety. A recent report in the *Annals of Internal Medicine* found extra-virgin olive oil more beneficial than other types for increasing the high-density lipoprotein levels (HDL or good cholesterol) in men. Extra-virgin

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Herb of the Month—Saw Palmetto

Saw palmetto is a native plant of North America, and although Europeans are its principal consumers, it is still primarily grown in the United States. Also known as the dwarf palm tree, Saw palmetto's primary medicinal value lies in the oily compounds found in its berries.

The berries of the saw palmetto are sweeter than sugar cane—and nutri-

tionally richer! This plant is especially helpful in supporting glandular weakness and is most well-known for supporting prostate health.

Saw palmetto contains a compound used by the body to manufacture cortisone. Cortisone is an adrenal hormone that helps regulate the metabolism of fats, carbohydrates, sodium, potassium and proteins. It is used primarily to

support glandular tissues (especially the prostate gland) and to maintain optimal balance in hormone levels. Scientific research validates its use for supporting prostate health. It also contains polysaccharides that may have immune boosting properties and has shown effectiveness in treating hair loss as well.



Midlife Crisis or Male Menopause?

For men who believe they are going through the proverbial midlife crisis, evidence strongly suggests that you may actually be experiencing something very different – a male version of menopause. As shocking as it may be to some men, male menopause, or andropause, is becoming widely recognized and accepted as a cause for the changes many middle-aged men experience.

Characterized by a decrease in testosterone levels, as many as 25 million American males between ages 40 and 55 are experiencing some degree of male menopause today. The signs of andropause include irritability, fatigue,

depression, loss of bone density, reduced libido and erection problems.

Fortunately, there are natural remedies that can help lessen or possibly alleviate the symptoms of andropause. Vitamins C and E, and zinc help increase testosterone production. Supplementing with herbs like ginkgo biloba and muira puama, or L-arginine (an essential amino acid) can help increase a man's libido. Irritability, fatigue and depression can all be addressed by changes in diet and exercise levels. Changing to a diet rich



in fresh fruits, vegetables and more complex carbohydrates will provide a more stable level of energy throughout the day. And incorporating moderate levels of exercise into the day will help to stabilize your moods, increase bone density and ultimately increase energy levels!

Some believe that andropause (and menopause) is the road to oblivion. But for those who have the courage to take that road, male menopause is the passage to the most passionate, productive and purposeful time of a man's life!

Healthy Vacation (continued from page 1)

thirsty, they may already be dehydrated. Also, be careful about giving your children fruit juices and sports drinks. These can be high in sugar and can cause stomach cramps. Soda and drinks with caffeine can send kids to the bathroom more often, causing their body to lose water faster.

For a safe, active summer keep the water and fruits around!



Be Sun Smart for Skin Health

It is now well known that exposure to sun puts people at risk for skin cancer and premature aging. While most of that exposure comes during childhood (80% of a person's lifetime sun exposure occurs before they are 21), excess sun exposure can still cause serious health concerns for adults. And although people with light skin are more susceptible to sun damage, darker skinned people, including African Americans and Hispanic Americans, also can be affected.

So put away the baby oil and toss out that old metal sun reflector! Avoid damaging your skin from too much sun by limiting exposure to the sun when it is at its strongest (10am-4pm). Also, make sure you use sunscreen daily, even if it is cloudy, since most of the sun's radiation penetrates clouds and can still cause sunburn.

Get Your R&R

As families hit the road and take to the skies for summer vacation, many will be accompanied by an unwelcome travel companion - disrupted sleep. Summer vacation is a time for rest and relaxation, yet the departure from a daily routine can affect regular sleeping patterns resulting in daytime sleepiness and sleepless nights.

While on vacation, we tend to eat more, drink more, stay up late and sleep in later than normal. All these factors can contribute to disrupted sleep and put a damper on a summer getaway.

Being well rested is a necessity not a luxury when striving for optimal health. Sleep is absolutely vital to a healthy lifestyle, enabling the body to replenish

spent energies, the mind to regain peace, and the spirit to recharge. The benefits of a good night's rest include a more positive attitude, more energy, better stress coping skills and improved memory and attention just to name a few.

To help get a good nights sleep:

- Avoid consumption of alcohol, caffeine, nicotine, exercise and food at least 2 hours prior to bedtime
- Read, write and watch TV somewhere other than your bed
- Create a relaxing atmosphere in the bedroom - consider a water fountain, relaxing music, or darkening shades.



Healthy Summer Fun!

Staying healthy during the summer months requires more than just eating the right foods. Drinking plenty of water, monitoring exposure to the sun and getting enough sleep are all part of a well-balanced recipe for summer health. Don't take a vacation from health. Be summer sun smart, and enjoy some hot fun in the summertime!

The Vibe

Vibrational Medicine: Can a lock of hair hold the key to health?

First, cut a few strands of hair from your body. Next, fill in a questionnaire about your state of health and send it, with your hair, to an address on the other side of the country. Then sit back and you will in due course receive relief from whatever ailment is troubling you - in pill or liquid form.

What is this magical, mysterious thing you speak of? Not magic at all - it's vibrational medicine— a collection of healing practices in which concepts of energy form the basis for analysis and treatment. Vibrational medicine's roots are fundamental to Traditional Chinese Medicine and provide a noninvasive way of evaluating the body's imbalances and assessing its needs.

Vibrational Hair Analysis

There are several ways to employ vibrational medicine as an analysis tool. A practitioner can use a sample of hair from a client to perform the analysis and make recommendations. Practitioners of vibrational hair analysis get to the root of their client's health issues by "interrogating the witness" - in this case, using a few strands

of hair. Hair contains your DNA patterns, your vibratory signatures. It can stand in place of the client for analysis purposes, allowing the practitioner to evaluate the body's imbalances and assess its needs without having to have the client present. The sample will remain "connected" to the client as long as its integrity is maintained.

The analysis is quite a time-consuming process, because you have to "interrogate" every part of the body. It's also quite tiring for the practitioner, because he or she has to stay very tuned in and focused on the person being treated. Addressing visible symptoms is only a small part of the solution, as the ultimate aim is to get to the root cause of the problem by viewing the body as a whole entity, taking into consideration the physical and mental aspects of the individual.

Once the client's problem areas are identified, a formula, based on the client's specific needs (energy imbalances) is made. The formula consists of "complimentary or healing frequencies" which may include Flower Essences, Homeopathic energy and color vibrations. The formula is then

transferred into sugar pills, water or some other carrier substance (lotion or oil can also be used). The resulting remedy can be general - something for a common ailment like headaches, arthritis or allergies that will work for anyone, or it can be personalized - made specifically for a particular individual and their specific needs.

The resulting remedy - whether general or client specific - is safe, effective, swift acting, and has no contraindications with any other medicine or pharmaceuticals. Energy medicine has been used successfully around the world to treat illness and relieve pain, stop the onset of illness as soon as it begins, stimulate immune function, relieve headaches, release stress, improve memory, enhance digestion, relieve asthma, allergies, gout, arthritis, neck, shoulder, and low back pain, menopausal concerns, eliminate fibroids - even for smoking cessation!

Improve your health, sharpen your mind, and increase your joy and vitality - try Energy Medicine today!

Aging Well (continued from page 2)

olive oil also offers beneficial levels of oleocanthal, a compound that mimics the effects of anti-inflammatory medications including aspirin and ibuprofen.

Fruits and Vegetables

Produce provides fiber, vitamins, and minerals, as well as hundreds of anti-aging phytonutrients. People who take in the most produce -- upwards of 10 servings a day -- have higher levels of antioxidants in their bloodstream, which probably translates to better aging. Produce-lovers also have stronger bones, thanks to the magnesium and potassium that fruits and vegetables supply (dark greens are also rich in vitamin K, necessary to bolster bones).

Top picks:

Fruit: Blueberries, cranberries, black-

berries, raspberries, strawberries, apples, and cherries.

Vegetables: Kale, spinach, broccoli, artichokes, avocado, asparagus, cauliflower, sweet potato, carrots, pumpkin, and onions.

A diet rich in "anti-aging" foods may help us live longer.

Legumes

Legumes are packed with complex carbohydrates and fiber to ensure steadier blood glucose and insulin levels, and they provide a cholesterol-free source of protein. Legumes are also packed with antioxidants.

Top picks:

From black beans to aduki beans, they're all good.

Whole Grains

Whole grains retain more of their natural nutrients, particularly age-defying vitamin E, fiber, and B vitamins, than refined varieties. They are also a wealth of antioxidant compounds.

Top picks:

Quinoa, millet, barley, oatmeal, whole-wheat pasta, cracked wheat, wild rice.

Aging: We're all doing it. Perhaps a diet rich in "anti-aging" foods may help us do it better -- and live longer.

Supplemental News

Allergies? Hay Fever? Energy-based Relief is Here!

NR-Pathic Allergy Relief

NRVenergy Medicine's NR-Pathic **Allergy Relief Formula** provides swift and effective relief from hay fever and seasonal allergies.

NRVenergyMedicine's **Allergy Relief Formula** is a proprietary vibrational blend of subtle energies and healing frequencies formulated to provide relief from common seasonal and household allergies such as pollen, ragweed, dust, mold and pet dander.



A vibrational remedy, **Allergy Relief Formula** is safe for everyone—a single remedy for allergies that is effective, swift, non-drowsy, with no contraindications with any medicines or pharmaceuticals, inexpensive, and safe for children, adults and elderly people.

NR-Pathic Remedies are sold exclusively at The Healing Tree Wellness Center.

Finally, swift, effective allergy relief.

Flower Power: Allergies and Emotional Sensitivity

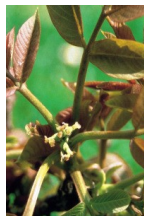
Every sickness including allergies has an emotional and spiritual component. Those who suffer from chronic or persistent allergies may find that they have tendency to be defensive, over sensitive and easily intimidated.

If you suffer from allergies ask yourself, "Do I feel like I'm constantly under attack?", "Am I overly sensitive to people or my surroundings?" or "Do I have a low tolerance for (noise, silliness, people, gossip, etc.)? Your response may surprise you!

Because flower essences promote healing in the body and mind, these gentle and effective remedies provide a subtle way of healing our "emotional ills" that underlie our physical complaints.

If you are suffering from allergies, the following flower essence remedies may

be helpful – both in relieving your physical symptoms, and balancing your emotional response.

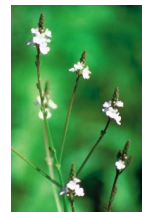


Walnut— is the remedy to help protect us against outside influences in general, and against the effects of change in particular. As the essence of transition, Walnut helps you to better accept change (change in jobs, schools, seasons, personal relationships); it also provides protection from negative outside influences including pollens, animal hair, dander, cigarette smoke, bullying and harassment.

Beech— People in a Beech state are intolerant of difference. This essence is for any form of intolerance. Indicated whenever there is complaining or "beeching" in relationship to circumstances. Sometimes Beech intolerance is

manifested as outbursts of irritability (environmental irritation, attitude; irritable bowel, babies that won't stop crying...). The remedy helps to encourage tolerance and understanding, and as this happens so the irritability also fades.

Vervain— is the remedy to quell over-enthusiasm or hyper-activity (an allergic reaction is often an over-reaction by the immune system to something that is not really a threat!) Indicated for those who are always "on the go", Vervain helps us to regain balance and "chill out", relieving us (and our bodies) of the need to always be active.





**HEALING TREE WELLNESS CENTER
AND HERB HOUSE**

132 Christiansburg Pike NE
Floyd, Va 24091

Phone: 540-745-3030
www.healingtreehealth.com
Email: info@healingtreehealth.com

*Specializing in Pain Relief
and Health Recovery*

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TREE**

SERVICES

- Shiatsu Therapy** - Shiatsu stimulates energy to smooth its flow, and in the process remove any imbalances, blockages, or deficiencies which tend to manifest as health or emotional problems.
- Health Coaching** — A qualified health coach works with you to review your health status, identify health risks and nutritional imbalances that affect optimal health, and recommend lifestyle and nutritional changes to address your health challenges and promote overall health and well being.
- Iris Analysis** — Iridology is the study of the iris of the eye to detect the condition of the body and its organs and genetic strengths and weaknesses.
- Muscle Response Testing** — Based on the concept of internal energy fundamental to traditional Chinese medicine, muscle testing is a noninvasive way of evaluating the body’s imbalances and assessing its needs.
- Ear Candling**—Ear candling is a centuries old method that encourages the enhanced state of health to the ear, nose, throat and sinus area by softening, loosening, and helping to break-up ear wax that your body cannot naturally excrete on its own.
- Ionic Detox Foot Baths**—Ionic foot baths aid the body’s natural detoxification process. Taking an ionic footbath is a simple and effective way to stimulate natural body cleansing and draw out toxins and heavy metals through the skin pores.
- Behavioral Counseling**— Offering discrete, effective, accessible therapy for your Behavioral Health concerns
- Care Management**— Simplify complex and stressful situations associated with health care and connect you with needed services, resources and care providers

Give the gift of health! Gift Certificates Available!

Upcoming Events

TUESDAY, JUNE 8TH—7PM
Floyd Holistic Health Network Presents:
Food and Healing w/ Lynise Anderson

Explore the relationship between food and health with Certified Nutritional Consultant Lynise Anderson, N.D. Learn about the healing properties of foods, understand what your body does with the foods you eat; and discover how you can achieve and maintain your idea weight, enjoy sustained energy and manage stress by eating the right foods!

TUESDAY, JULY 27TH—7PM
Floyd Holistic Health Network Presents:
Pain is Your Friend w/ Ivan Anderson

All of us experience some sort of pain from time to time. Ask yourself, “When was the last time that I was pain free?” The CDC reports that 1 in 4 U.S. adults say they suf-

fered a day-long bout of pain in the past month, and 1 in 10 say the pain lasted a year or more. In addition, at least \$80 billion dollars is spent for pain relief in the United States each year.

How can you identify the “tell tale” signs that pain is on the way? What can you do to live pain free?

In this presentation, Ivan Anderson will answer these questions and will provide methods to relieve the most common pain complaints. He will also provide a Shiatsu demonstration. Shiatsu has been used by the Japanese for thousands of years to promote health and longevity.

June 2010

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July 2010

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