

# HEALING TREE WELLNESS CENTER

## FRUIT OF THE TREE

November 2011

### STRESS... TAKE A HOLIDAY!

Thanksgiving and the winter holidays can be filled with busy schedules, parties, shopping, laughter, but also there can be tension and stress. For many people, the holidays mean time off from regular activities, while sharing good times and good food with family and friends. For others, this can be a frustrating and anxiety-provoking time, due to changes in work and exercise habits and dietary concerns. For many, holidays are shared with family, friends and loved ones, yet for many this can be a difficult or dreaded time.

#### Recognize the Signs of Stress

You know when you're stressed, right? Just remember that the signs are more pervasive than you think! Usually when we think of stress symptoms, we think of high blood pressure, elevated heart rate, overeating, and sweating too much. Signs of stress also include irritability, insomnia, anxiety, headaches, indigestion, muscle tension, and over-eating, under-eating.

#### Healthy Ways to Manage Holiday Stress

##### ***Be Realistic***

When you begin to feel tense and overwhelmed, stop what you're doing and try to look at your situation from a fresh perspective. Ask yourself, "Why am I feeling this way? If this task doesn't get done, what's the worst thing that can happen? What is the absolute minimum that I need to do to complete this task?" Be realistic. Every assignment does not have to be perfect. If your assignment isn't perfect, is it really the end of the world? A year from now, will it be important? All too often we get stressed out over everyday things whose consequences are minimal. Try to look at the "big picture."

##### ***...The Courage to Change What I Can...***

You'd think that stores were giving away gifts, the way shoppers flock to malls during the holidays. But for most families, gift buying typifies just one holiday activity that can lead to seasonal stress.

Who says it has to be this way? Not me. But it's easy to get worked up over an accumulation of tasks like gift buying and wrapping, writing and mailing cards, baking, and a myriad of other deadlines surrounding the holidays. If the holidays are stressful for you, you're not alone. Here are some tips for stress-free shopping.

- Make a list! Before you go to the store, know what you're going to the store for. Who are you buying for today? And what gift(s) are you looking for? Don't try to shop for everyone or everything all at once. Have a plan and stick to it!
- Shop during off-peak hours! Shopping while everyone is at work is a great way to avoid long lines, crowded malls and parking nightmares!
- Shop off the beaten path! Make your gift giving unique this year! Avoid the malls. Try shopping at boutiques or other small stores.
- Shop online! No long lines on the Internet! Shopping in the

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### Herb of the Month

#### Olive Leaf Extract

**NEW**

Natural olive leaf and olive leaf extracts are known for their anti-aging, immunostimulators, and even antibiotics properties. Clinical evidence has proven the blood pressure lowering effects of carefully extracted olive leaf extracts and research supports its antibacterial, antifungal, and anti-inflammatory effects at a laboratory level.

As an antibiotic, it proceeds with equal ability against virus and bacteria and many types of fungal parasite problems. Olive Leaf possesses the ability to disrupt the virus when it tries to reproduce and stops it in its tracks.

Freedom from recurrence of colds and flu with fatigue and muscles soreness, demonstrate Olive Leaf's role in strengthening the immune system's scavenging ability.

#### **\*\* NOVEMBER SPECIAL \*\***

**Mention this newsletter and receive...  
\$10 OFF Any Service with the purchase of  
Vibrational Cold and Flu Remedy**

### Recipe of the Month

#### *Curried Coconut Squash Soup*

##### **Ingredients**

1 medium winter squash  
½ c water  
½ c coconut milk  
6 oz baby spinach  
2 tsp lime juice  
2 tsp brown sugar  
1 tsp red curry paste

##### **Directions**

Cut squash and remove seeds. Steam in shallow water until tender. Scoop meat and place in blender. Add water and puree until smooth. Transfer pureed squash to a saucepan. Add coconut milk and cook over medium heat. Stir in spinach, lime juice, brown sugar and curry paste. Serve hot once spinach has wilted.

##### **Alternatives**

Add chicken or shrimp  
Add more curry paste for an even spicier dish

## Stress *(continued from page 1)*

comfort of your jammies with a hot cup of herbal tea is definitely stress-free!

- Don't shop! Bake all of your gifts! Make all of your gifts!

### **Eat, Drink... and be Healthy**

The holidays are normally a time to celebrate with food, traditional family dishes and lavish desserts. Eating is very much a part of the holidays and causes anxiety for many of us because we are afraid that we will overeat or not eat as "healthy" as we normally do. How much can we eat? What will the scale read after the holidays?

The holidays can play havoc with our health. Fortunately, with all of the food around, nutrition can play a big part in reducing stress. When our bodies aren't operating at peak efficiency, we feel stressed, and our immune systems aren't operating at the level they should be. Smart holiday eating tips for minimizing stress include:

- Decrease the amount of fat and sugar you eat. Ironically, the more fat and sugar we eat, the less energy we have, and the more stressed and run down we feel
- Drink lots of water. Symptoms of dehydration can mimic serious anxiety – irritability, fatigue.
- Minimize your intake of alcohol and caffeine. Alcohol and caffeine are both dehydrating to the system. If you're going to drink during the holidays (or any time!), have a glass of water in between drinks. It keeps the body hydrated, and helps minimize any potential hangovers!
- Eat in moderation. Reprogram your thinking. Just because something is good, more doesn't necessarily make it better.

The good news is you don't have to let stress ruin your holidays. Managing your time, attitude and diet can go a long way toward making the holidays happy days!

### **What's Happening at the Tree**

#### **Get the Stress Outta Here! – \$18, includes accompanying book Tuesday, November 8<sup>th</sup>, 5:30pm**

Kids? Work? Money? School? The list goes on and on. Today, stress is a factor in everyone's life. Learn what stress is and how your response to stress influences your health. Discover techniques and strategies that can help you effectively manage your stress and improve your overall health. Participants will get a copy of "Who? Me? Stressed?"

#### **Chicken Soup Cooking Class - \$20 Saturday, November 12<sup>th</sup> @ 11am**

We all know chicken soup is good for the soul. Now, learn how adding healing herbs and vegetables can make this time tested classic a staple of your family's health regimen. This is your grandma's chicken soup at a whole new level! Boost the great taste and nutritional value of this kitchen classic!

***Pre-registration for Healing Tree events  
is strongly recommended!***

### **Did You Know... About Cold and Flu**

- Flu season lasts from November through March!
- Flu symptoms usually come on quickly (within 3-6 hours) and consist of a fever, body aches, dry cough, and extreme tiredness.
- Cold symptoms are less severe and include a stuffy nose, productive cough, slight tiredness, and limited body aches.
- 30-40% of colds are caused by rhinoviruses. Antibiotics have virtually no effect on viruses
- Extended periods of stress weaken the immune system.
- Eating a nutritious diet, drinking plenty of fluids and getting enough sleep to feel well-rested, keeps your immune system healthy and is important for preventing the onset of colds and flu.

### **CORE SERVICES**

**Shiatsu Therapy** - stimulate energy to smooth its flow, and remove any imbalances, blockages, or deficiencies which tend to manifest as health or emotional problems.

**Vibrational Hair Analysis** - is a noninvasive method to test the energetic imbalances within the body.

**Nutritional Metabolic Typing**— a systematic nutritional technology that enables you to discover your own unique dietary needs

**Whole Body Health Assessment** -Iridology, Facial and Tongue Analysis, and Applied Kinesiology are combined to identify systemic imbalances in the body.

**Health Coaching**— One-on-one guidance and support needed to make sustainable changes in the client's diet, exercise routine, relationships, and daily practice.

**Craniosacral Massage**—A subtle touch modality that accesses and assists the movement of cerebrospinal fluid throughout the body.

**Sports Massage**—Emphasizes prevention and healing of injuries to the muscles; good for people with injuries, chronic pain or restricted range of motion.

**Pilates**— increase flexibility, strengthen muscles and improve mental and physical well-being

**Reflexology** - bring about improvement in overall health conditions through gentle pressure to the feet and hands reduces stress and pain; improves circulation,

**Ionic Detox Foot Baths**— a simple and effective way to stimulate natural body cleansing and aid the body's natural detoxification process.

**Ear Candling**—encourages the enhanced state of health to the ear, nose, throat and sinus area.

### **Healing Tree Wellness Center**

132 Christiansburg Pike NE

Floyd, VA 24091

540.745.3030

[www.healingtreehealth.com](http://www.healingtreehealth.com)

M, W: 8am - 5pm

T: 10am - 7pm

Th, F: 10am - 5pm

Saturday by Appointment Only

Closed Sundays