

HEALING TREE WELLNESS CENTER

Fruit of The Tree

December 2011

From the Healing Tree Wellness Center

As the year comes to a close, we want to take a moment to say thank you to all of our clients, friends, family and the community. It has been a privilege to serve you and assist you as you have traveled along your individual journeys toward health and wellness.

Looking toward the coming year, there will be some big changes happening at the Healing Tree.

NEW LOCATION! On January 3rd, 2012, the Healing Tree will open new doors at 613 East Main Street in Floyd, VA. (formerly *Something to Do Video*). The new single-floor facility will provide easier access for clients and will be home to more treatment rooms and a larger multipurpose room. Be on the lookout for information about new classes and events, and a grand opening celebration!

NEW LOOK! Along with the move, we've got a new sign and logo! Hipper, sleeker, and dare I say sexier ☺, our new logo will be the symbol of vibrancy, health and well-being in the community.



NEW PRACTITIONERS! The Healing Tree is happy to welcome two new practitioners to our family. **Amara Price**, licensed massage therapist, will be joining our gifted group of body workers. Amara studied at the Blue Ridge School for Massage and Yoga in Blacksburg, VA, and specializes in pregnancy massage, deep tissue, Swedish and couples massage. Also joining us is **Jessica Talley**. Jessica will help to round out our comprehensive offering of services with her Life Coaching skills. Jessica brings her "person-centered, person-driven" philosophy to assist individuals in achieving smooth life transitions and discovering their personal bests!

GROUP EXERCISE CLASSES! Get your day off to a healthy start. Join us on Friday mornings for group yoga and Pilates classes. Contact the Center for more information or to get your name on the registration list. Classes are tentatively scheduled to begin in January 2012!

LUNCH-N-LEARN: Join us at the Healing Tree on the 3rd Thursday of each month for Lunch-n-Learn. Less formal than other classes, enjoy fresh soup, salad or a healthy sandwich as you pick up some valuable nuggets about timely health and wellness topics like stress management, nutrition and fitness.

MARTIAL ARTS WITH A TWIST! Goju Ryu Karate was taught to the Karate Kid and now you can learn it too. Good for kids and adults alike. Lessons will include emphasis on cardio health, strength, focus and the healing art of Shiatsu. Contact the Center for more info or to get your name on the registration list.

AND MORE!! ...interactive website, online classes, teleseminars... there's lots in store, so, stay tuned!

From all of us at the Healing Tree, we wish you the happiest and healthiest of holiday seasons, and a prosperous and abundant New Year!

Ivan

Lynise

Margaret

Molly

Jessica

Amara

Lynn

Miriam

How Sweet It Is!

Well, the holidays are upon us. Pretty soon, we'll be going to bed with visions of sugar plums, pumpkin fritters and sufganiyot dancing in our heads. With so many sweet and tasty treats tempting you at the table, it's a good idea to know about healthier alternatives for taming your sweet tooth. There is a broad spectrum of natural sweeteners to choose from, all offering a varying degree of processing and nutritional value.

NATURAL SWEETENERS

Fast becoming a natural sweetener of choice, **Sucanat** is made by keeping together the two products that typical sugar processing tries to separate - sugar and molasses. Unlike brown sugar where molasses is simply added back to sugar for color, with Sucanat the molasses and sugar are kept together from the beginning of the process. This creates a dry sweetener product with the vitamins, minerals and trace elements of the sugar cane plant and a lower sucrose level than refined white and brown sugar.

Stevia is a perennial plant native to Brazil. Available in liquid or powder form, it is 30 – 300 times sweeter than sugar (depending on the form – leaf or extract). Stevia is known to be beneficial to the pancreas (no sugar spike and corresponding insulin surge), is suitable for people with candida or yeast conditions and does not contribute to tooth decay. Able to withstand the high temperatures of baking and the low temperatures of freezing, stevia can be substituted for sugar in most any dish with a little tweaking.

Raw honey is actually considered an ancient super food. It has been used on wounds for its antibacterial and preservative effects. In its raw, unprocessed form honey has antioxidants, minerals, vitamins, amino acids, enzymes, carbohydrates, and phytonutrients! Honey loses its amazing antibacterial benefits when it is heated over 117 degrees so special steps must be taken when used. (Note: NEVER give honey to children under 12 months due to the risk of botulism!)

Blackstrap molasses is the final product produced in the sugar-making process. As the final product, blackstrap molasses contains more of the vitamins, minerals, and trace elements (iron, potassium, calcium and magnesium) found naturally in the sugar cane plant, making it more nutritious than most other sweeteners. Blackstrap molasses has a strong flavor and is an excellent sweetener for quick breads.

Brown Rice Syrup is made from brown rice that has been cooked for a very long time. This sweetener has a mild flavor and contains the highest protein content of any natural sweetener. About ½ as sweet as sugar, it makes a good sweetener for cookies.

Barley Malt, like molasses, has a strong, distinctive flavor. Barley malt is made by fermenting sprouted grains of barley. The fermenting bacteria convert the grain starches into simple and complex sugars and the final product consists of 40% complex carbohydrates.

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Did You Know About... SUGAR!

- Sugar raises insulin levels, inhibiting the release of growth hormones and depressing the immune system.
- 4 grams of sugar is equivalent to about 1 teaspoon. One can of soda can have more than 35 grams of sugar – that's about 8 teaspoons!
- The average American consumes about 40 pounds of sugar a year.
- Sugar has been documented to contribute to and/or aggravate health problems, including: asthma, mood disorders, mental illness, nervous disorders, diabetes, heart disease, gallstones, hypertension, and arthritis.

** DECEMBER SPECIALS **

Mention this newsletter and receive...

**60-days Unlimited Chi Therapy Treatments
for \$75**



**12-week Individualized Nutrition &
Lifestyle Program - \$260
(\$100 savings!)**

Recipe of the Month

Quinoa Pilaf with Spinach, Apples & Walnuts

Walnuts amplify the nutty flavor of the quinoa, while bits of diced apple provide a touch of sweetness.

INGREDIENTS

1 ½ C quinoa	½ C walnut pieces
3C vegetable broth	10oz fresh baby spinach
2 T extra virgin olive oil	Sea Salt
3 scallions, minced	Black pepper
1 apple, halved, cored and diced	

DIRECTIONS

1. Rinse the quinoa well to remove the bitter coating. Drain and set aside.
2. Bring broth to boil in a saucepan. Decrease the heat to low and stir in the quinoa. Cover and simmer until all the water has been absorbed, about 15 minutes.
3. While the quinoa is cooking, heat the oil in a large skillet over medium heat. Add scallions and walnuts and cook until fragrant, about 2 minutes. Add spinach and season to taste with salt and pepper. Cover and cook until wilted, about 3-5 minutes, then add the apple and cook for 5 minutes more. Stir in the cooked quinoa.

How Sweet It Is! *(continued from page 2)*

Maple Syrup is a popular natural sweetener made by boiling the sap of sugar maple trees down into a syrup. It has a distinctive flavor and is a favorite poured on pancakes. High in potassium and calcium, it can be used for baking, and also added to cream cheese to make a great icing for cakes or cupcakes.

Just about everyone loves sweets, and it doesn't have to be a problem to enjoy them. By being aware of the quality and quantity of sweeteners you consume, you can satisfy your "sweet tooth" with healthier alternatives. While sweeteners themselves may never be a health food, there are many options that do offer some benefits (vitamins, minerals, slower metabolism time). Remember - too much of anything isn't necessarily good. Whichever sweetener you choose – choose wisely!

WHAT'S HAPPENING AT THE TREE

DECEMBER

Happy Healthy Holidays – FREE

Tuesday, December 13th, 5:30pm

Do you know about the four F's that cause holiday friction? Fantasies. Finances. Family. Food. See how managing your time, attitude and diet can go a long way toward making the holidays happy-days!

JANUARY

Sugar Blues - FREE

Saturday, January 7th, 11:00am

Do you know the real consequences of consuming sugar & processed food? Learn the impact of sugar on your health, and strategies for breaking the cycle of sugar addiction to bring the body into balance.

Jump Start Your Health

Saturday, January 14th, 10:00am

Start the New Year off right! Get preventative health screenings for blood pressure, candida, saliva pH, BMI and more. *(nominal cost for some screenings)*

Stocking Your Whole Foods Pantry - FREE

Saturday, January 14th, 11:00am

Learn what foods and spices to keep on hand so you can prepare delicious whole foods meals with ease. This class will include:

- best local sources for meats, veggies, spices, and bulk foods
- how to make high-quality economical meals
- sample meal plans for hearty winter-time cooking
- simple (and best!) kitchen equipment for whole foods cooking

Lunch-N-Learn - \$10 (includes lunch)

Thursday, January 19th, 12:00pm

Join us for an informal discussion about health and wellness. This month's topic: *Beating the Winter Blues*

Pre-registration for Healing Tree events is strongly recommended!

CORE SERVICES

Shiatsu Therapy - stimulates 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 identify the energetic imbalances within the body.

Nutritional Metabolic Typing— a systematic nutritional approach 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.

Life Coaching – Focused on personal goals or life transitions, Life Coaching helps you identify where you are now, determine where you'd like to be, and helps you bridge the gap.

Passive Massage Therapy (Chi Therapy) - fully oxygenates the body and gently aligns the spine. Benefits include: increased energy, increased circulation, cellular detoxification and pain relief.

Swedish Massage - aids in the overall healing process, reduces pain and promotes relaxation and well-being.

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

M, W: 8am - 5pm

T: 10am – 7pm

Th, F: 10am - 5pm

Saturday by Appointment Only. Closed Sundays

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