



Fruit of the Tree

The Cost and the Price of Health

Riddle me this... what is it that people don't invest a second thought in before it arrives, but are willing to give their first born to get rid of when it shows up?... Illness!

For most people, illness equals resignation – putting their fate in the hands of those whose recommendations often involve taking drugs for the rest of their

lives all the while watching their health gradually deteriorate. Americans spend one of every 14 dollars – over \$800 billion – yearly on medical services. A staggering \$200 billion is spent on prescriptions drugs alone. And what do we have to show for it?

Today, chronic illness affects nearly one-half of all Ameri-

cans. Our children are consuming more sugar and fatty foods than ever before. And the results... the chronic diseases formerly attributed to the elderly, now strike our children at epidemic rates.

Today, chronic illness affects nearly one-half of all Americans.

In no period of our history as a nation have Americans been so concerned with subjects like health and nutrition.

Case and point, the new USDA Food Pyramid was the subject of top story news and prime time advertisement. Accepting the premise that what we eat influences our health, then we must also add the observation that in no period of our history as a nation have Americans eaten so poorly.

The average yearly consumption of a typical American included 154 lbs of sugar, 24 gallons of coffee, 39 gallons of alcohol and 53 gallons of soft drinks. If this is the food that fuels you, how can you be healthy?

Most people are completely unaware that many illnesses are the end product of poor nutrition and unhealthy lifestyles—factors we can control!. Some of us have been un-healthy for so long, we don't even recognize that we are operating at less than full throttle. We have simply learned to live with "it". But illness can be effectively addressed through natural, holistic methods. Diet and nutrition, exercise, massage,

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Did You Know... Stress!

- 75% of the general population experiences at least one "significantly stressful event " every two weeks
- Stress contributes to heart disease, high blood pressure, strokes, and other illnesses in many individuals.
- Stress is a factor in more than 75% of sickness today. It is considered America's #1 health issue.
- A constant flow of stress hormones can weaken the immune system.
- Chronic stress can damage, shrink and kill brain cells.
- Laughing lowers stress hormones and strengthens the immune system by releasing health-enhancing hormones.

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**OPEN HOUSE AT
THE HEALING TREE**
SAT., MAY 7TH
11 AM–2PM

THOUGHT OF THE MONTH

You will reap what you sow
You will reap it later than you sow it
You will reap it in greater abundance
than it was sown.
That is the Law.



The Cost and Price of Health *(continued)*

homeopathy and other holistic treatments are increasingly being utilized to promote and provide people with a better quality of life.

Many of us take the *cost* of our health for granted. Perhaps because it is buried away in a weekly deduction from our paychecks and subsidized by our employers, or camouflaged by the mere \$20 copay we have for each visit to the doctor.

Even more unfortunate is the lack of awareness we have regarding the *price*

we pay for health (or lack of it). How do you put a price on the joy of running with your children (or grandchildren) in the park? What is the value of being migraine free? What is a day with no back pain worth to you?

As a society, we can no longer afford to continue to make poor and uninformed health choices such as being physically inactive and eating an unhealthy diet. *This is your life, not a dress rehearsal!* Become an active participant in your health. By educating yourself and

making improvements in your diet and lifestyle, you can profoundly influence your quality of life, health and well-being.

Riddle me this... what is it that people don't invest a second thought in before it goes away, but are willing to give their all to get it back?... Health. Digestive Enzymes: \$26..... Massage Therapy treatment for stress..... \$75. Being free of chronic pain.... Priceless! It's your health. What's it worth to you?

Work Life Balance: Simple Concepts for a Balanced Life

There was a time when the boundaries between work and home were fairly clear. Today, however, work is likely to invade your personal life — maintaining work-life balance is no simple task. Oftentimes, when we talk about work life balance, the focus is primarily on managing stress that results from meeting the demands of both a busy job and family life. While stress management is certainly a crucial element in the work-life balance equation, finding ways to include more life to your working days can go a long way toward creating a balanced, healthy life.



charge: taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. And you have a lot more control than you might think! The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun – plus the resilience to hold up under pressure and meet challenges head on.

Managing stress starts by identifying the sources of stress in your life. While stress can come from many avenues, it's always helpful to look at yourself first! Look closely at your habits, attitude, and excuses. Sure, you may be constantly worried about work deadlines. But maybe it's your procrastina-

tion, rather than the actual job demands, that's really causing your stress.

Once you've identified your sources of stress, ask yourself, "Are my coping strategies healthy or unhealthy, helpful or unproductive?" Unfortunately, many people cope with stress in ways that compound the problem, like drinking, smoking, overeating, or filling up every minute of the day to avoid facing their issues. If you find your methods for dealing with stress are unhealthy or unproductive, take steps to make a change. A helpful "guide" for dealing with stress is to remember the "Four A's" of stress management – Avoid, Alter, Adapt, Accept. Avoidance or Altering will change the situation, while Adapting or Accepting

Stress Management for a Busy Life

Managing stress is all about taking

Herb of the Month—Dandelion



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Dandelion leaves and roots have been used for centuries to treat liver, gall bladder, kidney, and joint problems. Dandelion is considered a blood purifier and is used for ailments such as eczema and in some countries, cancer. Dandelion has also been used to treat poor digestion, water retention, and diseases of the liver such as hepatitis.

Dandelion is a source of potassium, sodium, calcium, phosphorus and iron. The leaves are a richer source of vita-

min A than carrots, and also contain vitamins B, C and D.

Dandelion root has been used by herbalist throughout the world as an appetite stimulant, a diuretic and laxative. It's also used to detoxify the liver and to aid in the control of blood sugar regulation.

While often included in salads or served as cooked greens, dandelion is surely shedding it's reputation as just a pesky weed.

While dandelion is generally considered safe, anyone with an allergy to ragweed, chrysanthemums, marigold, chamomile, yarrow, daisies, or iodine should use caution when using this herb. Individuals with an inflamed or infected gallbladder, or blocked bile ducts, should also avoid medicinal use of dandelion.

As always, it's best to consult a trained herbalist or practitioner when adding herbs into your health regimen.

Food for Thought: 10 for 11— 10 foods to watch for 2011

Good food is a corner stone of good health. But somehow, “healthy food” has unfairly become characterized as being bland, boring and tasteless - leaves, tree bark and water!

Well, if you love to eat... and love to eat *good* food, there's great news for you. Healthy food can indeed be good tasting food.

To help you unravel the mystery of healthy, tasty food, we've identified 10 healthy foods for 2011, just for you!

Quinoa pronounced keen' wa. This versatile and delicious grain has been called the ultimate survival food because it has fiber, minerals, healthy fat, carbs and protein. It is a unique vegetarian protein that contains all 8 essential amino acids, making it a complete protein. Quinoa is actually a seed but it tastes and cooks like a grain. It is similar to couscous and can be cooked much like rice. Make sure to soak it in water for about 30 minutes prior to cooking. Quinoa can be served as a side-dish, a breakfast cereal, and even in quinoa cakes, which are similar to potato pancakes. There are plenty of recipes on the internet for using this fantastic super food.

Beets are a natural cleanser, helping to remove toxins from the blood stream. High in phosphorus, sodium, magnesium, calcium, iron, and potassium, as

well as fiber, vitamins A and C, niacin, and biotin. To prepare, simply cook, peel, and use them in a variety of salads. One favorite is cut up beets, onions, and cucumber tossed with olive oil, vinegar and herbs. Another favorite is cooked beets cut into chunks over a bed of salad greens. Add tuna, onion, and tomato to make a mid-day meal.

Broccoli Rabe, also called rapini [rah-PEE-nee, is related to cabbage, kale, cauliflower and mustard. Even though the word broccoli is commonly used in its name, it's not the same plant as the floret-headed vegetable that is most familiar to Western eaters.

Highly nutritious, broccoli rabe contains many cancer-fighting elements. It is high in phytochemicals such as sulforaphane and indoles, which are believed to help the body naturally defend itself against certain cancers. It has a mere 20 calories per one cup raw, 3 grams of protein and 72 mg of vitamin C and 7.6 mg of beta-carotene. It is also a good source of vitamins A and K as well as potassium. Steam or sauté for an easy, nutrient packed side.

A member of the Amaryllidaceae family, **Leeks** are closely related to scallions, onions and garlic. Mild and sweet, leeks add a depth and complexity to the foods without being as pungent as its relatives.

Leeks are a low-calorie, fat-free food offering a handful of important nutrients, including Vitamin A, Vitamin C, Vitamin K, folate, manganese, dietary fiber, Vitamin B6, iron and magnesium. Substitute leeks for onions in your favorite dish, or add to macaroni and cheese for a tasty alternative.

Aduki (or Adzuki) beans are small, reddish-brown beans with a white ridge along one edge. They originated in China but are also popular in Japan. Adukis are one of the highest protein and lowest fat varieties of bean. They contain high levels of potassium and fiber, as well as B vitamins such as thiamin, niacin, and riboflavin, and minerals such as iron, zinc, and manganese.

...there's great news ... healthy food can indeed be good tasting food.

Aduki beans promote regular bowel movements, are a good source of energy, and help lower cholesterol. According to traditional Chinese medicine, aduki beans benefit bladder and reproductive functions and the kidneys. They are used to treat problems such as urinary dysfunction and bladder infections.

One cup of cooked aduki beans has as much iron as 4 ounces of lean steak, more folate than a cup of cooked spinach, and about as much protein as 4 tablespoons of peanut butter. Served as a side dish or mixed in soups, salads,

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Flower Power: Walnut—The Essence of Change

Walnut is the essence for defensive strength and inner stability. It gives us a thicker skin to withstand outside influences, especially when we want to start out on a new life path. This flower essence helps to minimize naïve and gullible behavior, and promotes the development and realization of our own concept of life.

Walnut's shielding nature helps to protect us against negative influences of all kinds, including infection and vi-



ruses, as well as negativity from other people.

Essential during times of change, this stabilizing flower is a friend in times of any important life change— changing jobs, changing relationship status, changing seasons, starting/graduating/changing schools, puberty, menopause, birth and death.

Walnut is also helpful when there is a desire to give up old habits. It will help

us to acquire the ability to act decisively and become more of our true selves.

“For those who have definite goals and ambitions in life...but on rare occasions are tempted to be led away from their work by the strong opinions of others, [Walnut] gives constancy and protection.” *Dr. Edward Bach*

If you're ready to realize new possibilities, Walnut is the essence for you!

The Vibe: Massage—Not Just a Frivolous, Feel Good Indulgence!

Massage has been practiced for thousands of years. Today, if you need or want a massage, you can choose from among 80 massage therapy styles with a wide variety of pressures, movements, and techniques. These all involve pressing, rubbing, or manipulating muscles and other soft tissues with hands and fingers. Sometimes even forearms, elbows, or feet are used.

More and more people are recognizing the health benefits of massage. Once just thought of as an indulgence, people are now looking to massage as a means to get relief from symptoms or to heal injuries, to help with certain health conditions, and to promote overall wellness. As a result, a greater exploration of the many massage styles is occurring.

You may have noticed that different massage styles are popular at different times. And you may have wondered whether each was just part of a passing fad or the latest, greatest massage technique? Even more important is how can you tell which style will actually help you?

Before you decide which massage style

is best for you, ask yourself a few simple questions. Do you simply want a massage for relaxation and stress control? Do you need symptom relief or help with a certain health condition?

Swedish

The most common type of massage is Swedish massage therapy. It involves soft, long, kneading strokes, as well as light, rhythmic, tapping strokes, on the topmost layers of muscles. This is also combined with movement of the joints. By relieving muscle tension, Swedish therapy can be both relaxing and energizing. Swedish may even help after an injury if inflammation is not present.

Neuromuscular Therapy

Neuromuscular therapy is a form of soft tissue manipulation that aims to treat underlying causes of chronic pain involving the muscular and nervous systems. This medically oriented form of massage addresses trigger points (tender muscles points), circulation, nerve compression, postural issues, and biomechanical problems that can be caused by repetitive movement injuries.

Deep Tissue

Deep tissue massage is best for giving

attention to certain painful, stiff "trouble spots" in your body. The massage therapist uses slow, deliberate strokes that focus pressure on layers of muscles, tendons, or other tissues deep under your skin. Though less rhythmic than other types of massage, deep tissue massage can be quite therapeutic -- relieving chronic patterns of tension and helping with muscle injuries, such as back sprain.

Sports Massage

Developed to help with muscle systems used for a particular sport, sports massage uses a variety of approaches to help athletes in training -- before, during, or after sports events. This therapy may be used to promote flexibility and help prevent injuries. Or, it may help muscle strains, aiding healing after a sports injury.

Shiatsu Therapy

Not really "massage", Shiatsu is a unique form of bodywork that provides the satisfaction of touch along with a profound energy-balancing experience. In Japanese, shiatsu means "finger pressure." For shiatsu massage the therapist uses varied, rhythmic pressure on certain precise points of the body. These

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Work Life Balance... (continued)

will change your *response* to the situation. Either way, the decision is yours – you are in control!

Go Ahead... Live a Little!

While you may not have much control over the hours you have to work, you can ask yourself: "In what other ways am I bringing greater enjoyment into my life?" At the core of an effective work-life balance definition are two key everyday concepts that are relevant to each of us. They are daily **achievement and enjoyment**, ideas almost deceptive in their simplicity. Achievement and enjoyment are the front and back of the coin of value in life. You can't have one without the other, no more than you

can have a coin with only one side. Trying to live a one sided life is why so many "successful" people are still unhappy.

A good working definition of Work-Life Balance is: **Meaningful daily Achievement and Enjoyment in each of your four life quadrants: Work, Family, Friends and Self.**

Ask yourself now, when was the last time you achieved AND enjoyed something at work? What about achieved AND enjoyed with your family; your friends? And how recently have you achieved AND enjoyed something just for you?

Why not take 20 minutes on the way home from work and do something just for yourself? And when you get home, before you walk in the door, think about whether you want to focus on achieving or enjoying at home tonight. Then act accordingly when you walk in the door.

Achievement and enjoyment. Simple concepts. Once you focus on them as key components of your day, they are not that hard to implement. So, make it happen, for yourself, your family and all the important individuals you care about...*every day* for the rest of your life... Achieve and Enjoy.

Supplemental News— Easin’ the Sneezin’

It’s that time of year again! And while most people are happy to bid farewell to the cold and snow of winter, not everyone is equally excited to see spring and summer arrive.

Spring has sprung and for about 35 million Americans, the promise of spring brings with it the promise of sneezing, a stuffy and watery nose, red and itchy eyes and all the other unpleasant symptoms caused by hay fever. That’s right... it’s allergy season!

What are Allergies?

Doctors may call it allergic rhinitis or seasonal pollen allergy, but most people with seasonal allergies just call it misery!

Most allergies are an immune system reaction to a typically harmless substance. Your immune system is always working to fight off parasites, fungi, viruses and bacteria. However, some-

times your immune system will treat a harmless substance (called an allergen) as an unwanted invader and try to fight it. This overreaction of the body’s immune system to a typically harmless substance is called an allergic reaction.

The severity of the allergic reaction varies from person to person and can range from mild to severe. People who suffer severe allergy symptoms may find it difficult to do their daily tasks and may have to take time off work or school.

Natural Remedies for Seasonal Allergies

Every year it’s the same thing: spring prances into town and the trees go into a reproductive whirl. The sneezin’ season has begun, and your life becomes a frenzy of mucus, tears, irritability and depression. What can you do to manage the unpleasant side effects of this annual plant-induced mayhem?

Actually, there are many available op-

tions for effectively dealing with seasonal allergies.

Avoidance: While not always practical, avoiding exposure to seasonal allergens is a great way to manage seasonal allergies. If you have to be outside, wear sunglasses. Plants are busiest churning out pollens between 5 and 10 a.m., and just before dusk. When possible, try to wait until after 10 a.m. before you go out. Resist the urge to hang sheets and clothing out to dry, as they will quickly become pollen magnets!

Diet and Allergies: The role of diet in seasonal allergies is markedly underestimated. People who suffer from seasonal allergies may find relief by eliminating dairy products, which may irritate the immune system. An increase in the intake of omega-3 fatty acids (found in salmon and flax) and antioxidant rich fruits and vegetables (especially berries, cherries and dark

What’s New at the Healing Tree!

New Practitioners

The Healing Tree welcomes **Certified Holistic Health Coach Margaret Gray** to our talented group of practitioners. The heart of Margaret’s nutritional philosophy centers on whole foods that are prepared simply and locally derived whenever possible. With a wide variety of skills in health coaching, and nutrition education, Margaret provides the guidance and support needed to make sustainable changes in her client’s diet, exercise routine, relationships, and daily practice.

Lynn Mace has also joined the Healing

Tree. Lynn is a **Licensed and Certified Massage Therapist** who specializes in Swedish and Cranial Sacral work. With over 20 years of bodywork experience, Lynn’s sessions offer the promise of deep restorative relaxation, improved digestion, pain relief, better focus, increased energy and an overall sense of well being.

Heather Angel is bringing her talents as a **Life Coach** to the Healing Tree. Formally trained in both psychology and counseling, Heather is a Licensed Professional Counselor who has been helping people find balance and mean-

ing in their lives for over 20 years. Heather helps her clients choose a course of action to take their lives from where it is to where they want it to be.

Miriam Brancato, Certified Massage Therapist has joined the Healing Tree team! With a degree in Integrative Wellness and Fitness, Miriam has been in the massage profession for over 20 years. Specializing in medical and sports massage, Miriam is qualified to work with people who have medical conditions, who are undergoing physical rehabilitation, athletes, persons with chronic and acute pain, the elderly and children.

FRUIT OF THE TREE is growing!!

Distribution of Fruit of the Tree increased 400% last year. Welcome to all of our new readers and thank you to all of our current readers who have helped spread the word!



**BODYWORKS AT
THE HEALING TREE
WEDNESDAYS
APRIL 27TH—JUNE 29TH**

Massage (continued)

points are called acupressure points, and they are believed to be important for the flow of the body's vital energy, called *chi*. Proponents say shiatsu massage can help relieve blockages at these acupressure points. Shiatsu can help alleviate a wide range of conditions including back and neck pain, headaches, digestive disorders, spinal alignment issues and stress.

Craniosacral Massage

Craniosacral massage is a gentle, hands-on method of evaluating and enhancing the function of the craniosacral system. Craniosacral massage deals with the bones of the head, spinal column, sacrum and the underlying structures. This type of massage employs a very light touch and uses specifically designed techniques to release restric-

tions and compression in these areas. Increasingly used as a preventive health measure, craniosacral massage may be sought to help with chronic back and neck pain, headache, migraines, chronic fatigue, emotional difficulties and stress related disorders.

Massage is generally considered part of complementary and alternative medicine. It's increasingly being offered along with standard treatment for a wide range of medical conditions and situations. A study sponsored by the National Center for Complementary and Alternative Medicine, a division of the National Institutes of Health, found that a single session of massage significantly decreases levels of the stress hormone cortisol in blood and saliva, and increases in



the number of lymphocytes, white blood cells that are part of the immune system. In fact, more than 60% of clients who received massage for pain relief reported that they found it more effective than chiropractic, acupuncture or physical therapy.

Other studies have found massage helpful for stress relief, managing anxiety and depression, pain, stiffness, blood pressure control, sports-related injuries, boosting immunity and managing stress.

As a society, we are touch deprived and it's well known that this can lead to disease or emotional dysfunction. Fortunately, the answer to what ails us may be right at our fingertips: a good massage! Get one today!!

Easin' the Sneezin (continued)

leafy greens) will also help to control the body's inflammatory response.

Building Your Body: It's important to remember that the allergic reaction to pollen or other allergens is *not* (in and of itself) the problem, but a *symptom*. An overzealous immune system or even imbalances in liver or adrenal function are often implicated in cases of allergies. A good liver cleanse or lymphatic cleanse may be helpful.

Herbal Supplements: An herb best known and widely used in combating hay fever is Stinging Nettle. Stinging Nettle is one of the most valuable medicinal herbs when it comes to allergies. It is a powerful, natural antihistamine, and is a great remedy for respiratory ailments including asthma. Other herbs such as mullein – a natural antihistamine; fennel – a natural decongestant; fenugreek or horseradish – both natural expectorants; are also useful in

the treatment of allergies.

Other natural methods for relief from seasonal allergies include shiatsu therapy, flower essence remedies and acupuncture.

... *the allergic reaction to pollen or other allergens is ... a symptom.*

Connect Less, Enjoy More *by Heather Angel*



New technology can be wonderful. It can enhance our lives in ways we never imagined just a decade ago. Who doesn't enjoy oogling family pictures on Facebook, or the convenience of calling one's significant other from the grocery store to see if anything is needed at home? We can now contact family and friends instantly. Seems like a great way to live. But just as with many things, too much of a good thing can hurt us.

It is becoming apparent many are unable to set good boundaries as to how

much communication we should allow. Incessant texting has created a generation of young people plagued by anxiety as they feel pressured to answer texts instantly. Kids are falling asleep in school because they are texting all night long. Romantic partners get into arguments because of misunderstood text messages.

Perhaps it's time to sit down and set limits as to just how, and how often, we need to communicate with one another. Perhaps checking in twice a day, or a

call on the way home from work is good. Maybe a short text now and then to say 'I love you', with no expectation of response is sufficient.

In this age of instant communication gratification, the ability for absence to make the heart grow fonder is a lost paradigm. In trying to stay constantly connected we are creating stress and anxiety responses that, in the not-so-long run, may hurt more than help our lives.

Connect less, and enjoy more!

Top 10 for 11 (continued)

casseroles and salsas!

You've probably had **Sauerkraut**, but you're missing out on a lot of added nutrition and probiotics if you're only eating it from a can! Every culture in the world has at least one fermented food that they enjoyed. In contrast to other methods of preserving food, fermentation not only preserves food, it gives it valuable probiotics, increased digestibility, and increased vitamin C. Fermented vegetables are an important addition to the diet, but are best in small quantities. Add a few tablespoons to your meal. Sauerkraut traditionally accompanies meat dishes.

Avocados are enzyme rich, nutrient dense and are a good source of vitamin E. Avocados are rich in monounsaturated fat which play an important role in the absorption of the fat-soluble vitamins A, D, E, and K.

Many people add avocado to salads and burritos, but have you tried using them in smoothies or desserts? The creaminess gives a wonderful texture to mousse. You will likely impress your next dinner guests when you serve them an all-raw chocolate raspberry mousse! (*See recipe below.*)

The only place you are likely to find **purslane** is growing in your yard or

garden as a weed. It is a succulent low growing plant, that grows from a single taproot and can act as a ground cover. This plant is special because it is believed to be the highest source of omega-3 fatty acids found in a vegetable. Omega-3 fatty acids are important in the diet for the prevention of heart disease. Purslane is a nutrient dense food, high in vitamins C and A, and high in iron and calcium. It has a lemony flavor and crunchy texture – a good addition to salad mix or added to a sandwich.



Purslane

Most people don't think of turning to the Earth's oceans for vegetables, yet there is a vast source of nutritious food available there that is just now reaching the mainstream diet in the United States - **sea vegetables**. Sea vegetables or seaweed are marine algae which are abundant all over the world.

Sea vegetables are virtually fat-free, low calorie and one of the richest sources of minerals in the vegetable kingdom. Sea vegetables contain high amounts of calcium and phosphorus and are extremely high in magnesium, iron, iodine and sodium. For example, 1/4 cup of cooked hijiki contains over half the calcium found in a cup of milk and more iron than in an egg. They also contain

vitamins A, B1, C and E, as well as protein and carbohydrates.

There are many types of sea vegetables – Nori (used to make sushi), kelp, hijiki, kombu, and irish moss – just to name a few. With so many to choose from, sea vegetables can add a delicious variation to almost any dish, from rice to stir-fry to soup to popcorn.

Look out flax; there is a new seed in town! The **chia seed** is a very healthy seed and is quickly becoming a very popular health food. Chia is an edible seed that comes from the desert plant *Salvia hispanica*, a member of the mint family that grows abundantly in southern Mexico.

Chia is very rich in omega-3 fatty acids, even more so than flax seeds and is so rich in antioxidants that the seeds don't deteriorate and can be stored for long periods without becoming rancid. Unlike flax, they do not have to be ground to make their nutrients available. Chia seeds also provide fiber (25 grams give you 6.9 grams of fiber) as well as calcium, phosphorus, magnesium, manganese, copper, iron, molybdenum, niacin, and zinc.

Top 10 for 2011! Try 'em today!

Healthy Recipes from the Tree *from Margaret Gray*

Chocolate-Raspberry Mousse

1 ripe avocado
1 ripe banana
1 cup frozen raspberries
¼ cup raw cacao powder or cocoa powder
¾ cup almond milk
1 tsp. Vanilla extract
1 Tbsp. Maple syrup

Blend all ingredients in blender until smooth and creamy. Makes about 3 servings.

Sauerkraut Recipe

(adapted from [Preserving Food without Canning or Freezing](#))

1 firm cabbage
hot water
coarse sea salt
1-quart glass jars with rubber seals (scald in hot water just before using)

Grate one head of cabbage and pack it firmly into 1-quart jars with rubber seals. Top off each jar with a table-

spoon of coarse sea salt and a bit of hot, unchlorinated water. With very juicy cabbage, only a few spoonfuls are needed.

Close each jar with its rubber seal. Let stand 2 to 3 days in the kitchen, then store in the refrigerator. The sauerkraut may be eaten immediately, but it improves with age.

Sneezin' and Wheezin', It's Allergy Season!

Do you sneeze or wheeze when you are around your pet or when you're sniffing flowers? Well then, I think that you might be allergic to something. An allergy is your immune system's reaction to certain plants, animals, foods, insect bites, or other things.

The immune system is made up of a network of cells, tissues, and organs that work together to protect the body. Your immune system protects you from diseases by fighting germs like bacteria and viruses. Sometimes, your immune system will overreact and treat something harmless, like peanuts or flowers or *your dog*, as something really dangerous to the body.

The substances that cause allergies (grass, pollen, foods, pet by-products, insects, etc.) are called **allergens**. Some of the common allergens include:

- dust mites,
- grass, flower and tree pollen,
- foods like milk, soy, wheat and nuts

Many allergies are hereditary which means it was passed to the kids in the genes they got from their parents. You have a better chance of having allergies if your mom or dad or other people in your family have them. People can develop an allergy when they are babies, children, teens, or adults.



Sometimes it's hard to tell the difference between a cold and an allergy because the reactions can be similar. If your cold reaction last more than a couple weeks, you probably have an allergy instead of a cold.

Healthy kids can help their immune systems by washing their hands regularly, eating nutritious foods, getting plenty of exercise, and getting regular medical checkups. If you feel great today, thank your immune system!

Did You Know...

A sneeze can throw water droplets as far as 6 feet into the air at speeds of up to 100 miles per hour!

Kid's Kitchen

Blueberry Oatmeal Squares

Equipment and supplies:

- Large mixing bowl
- 8x8-inch baking pan
- Measuring cups and spoons

What you need:

- 1½ cups quick oats
- ½ cup whole-wheat flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ cup fresh or frozen blueberries
- 1 egg
- 1 cup skim milk
- 3 tablespoons apple sauce
- ¼ cup brown sugar



What to do:

1. Preheat oven to 350° F.
2. Coat baking pan with cooking spray.
3. Place all of the ingredients into a large bowl and mix until just combined.
4. Pour into prepared pan and bake for 20 minutes or until a toothpick inserted into the center comes out clean.
5. Allow to cool for 5 minutes and cut into squares.

Aaahh– CHOO!!

L Z G Y C Z N O C X X C S V R
 X J K D R E J I X O R N E D E
 S U B Z L A G O N J I Q I V Z
 T A S L E R T Q Y F P V G X E
 W C O Y E B D I F Z S M R I E
 D P E L S I Y L D A D X E P N
 G I L T G T E S R E W O L F S
 E A S D O Y E R Q L R C L C Z
 N R S E P R T M Y M Y E A Z I
 E D R Y A O P S O P T T H W V
 T T V N L S K R E A C T I O N
 I N P T F M E E D D P F D A S
 C Z O P M M B S L H F Q S T F
 S I M M U N E T I F H N I N O

ALLERGIC	HEREDITARY	SNEEZE
ALLERGIES	IMMUNE	SNIFFLE
DISEASES	POLLEN	SYSTEM
FLOWERS	PROTECT	
GENETICS	REACTION	



Don't Believe the Hype!

Do you love to drink energy drinks? Do you know what is in them? Are they good for you? Well I think you should find out.

Energy drinks are soft drinks that are advertised to “boost energy”. Energy drinks are made from a lot of ingredients including taurine. Taurine is an organic acid. It is a major part of bile and can be found in the lower intestine and, in small amounts, in the tissues of many animals, including humans.

Why do they put taurine in energy drinks? Well, taurine acts like caffeine to help produce energy. Taurine is actually an amino acid that is found in the human body. It is a natural substance that our bodily systems use every day.

In Red Bull and other energy drinks, however, the taurine is a synthetic element. There is no truth to the myth that taurine is an extract from a bull's testicles, although this rumor has been going around for many years. Since

taurine is a naturally occurring substance, it would seem that it would not be linked to health dangers; however, the problem arises because the taurine in energy drinks is present in such high concentrations.



With so much going on in our lives, lots of people feel tired and run down. And many of us find ourselves skipping a meal sometimes. So it's not surprising that nutrition, protein, and energy drinks and food bars have flooded the market, offering us the power of energy on the go. Sometimes, this can be good news for people who have to skip breakfast or the athlete who needs an energy boost before practice.

Many energy drinks are full of a lot of caffeine. Caffeine may be legal, but it is a stimulant drug. It can cause side effects like upset stomach, headaches, and sleep problems. Large amounts of caffeine can have even more serious side effects (including fast or irregular

heartbeats, high blood pressure, hallucinations, and seizures), especially for people who have certain medical conditions or who take medications or supplements.

Are energy bars and drinks becoming their own food group in your diet? If so, be careful! These products may give you a quick boost of energy, but they can also be harmful. They're not the healthy choices the advertising hype makes them out to be either.

If you have a health condition like high blood pressure, heart problems, attention deficit disorder, seizures, or diabetes, talk to your health professional before using any of these products.

So if you feel lazy or tired and you are thinking of wanting an energy drink, you should think twice before you do it!

Did You Know??

Alcoholic energy drinks have a higher alcohol content than a glass of beer or wine.



Teen Eats—Veggie Tortilla Lasagna

Ingredients:

- 2 tsp. vegetable oil
- 1 large zucchini, cut in half and sliced
- 3/4 c. frozen corn, thawed
- 7-oz. jar roasted red peppers, sliced
- 1/3 c. ricotta cheese
- 1 1/4 c. grated Monterey jack cheese
- 1 c. salsa, drained of juice in a colander
- 6 6-in. corn tortillas

Directions:

1. Preheat oven to 500 degrees Fahrenheit (260 degrees Celsius).
2. Add vegetable oil to large pan and heat, adding zucchini, corn, and peppers.
3. In bowl, mix cheeses.
4. Trim sides of tortillas to fit a loaf pan. Layer tortillas, veggies, cheeses, and salsa.
5. Cover with aluminum foil and bake for 10 to 15 minutes.

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**HEALING TREE WELLNESS CENTER
AND HERB HOUSE**

132 Christiansburg Pike NE
Floyd, VA 24091

Phone: 540-745-3030
FAX: 540-745-3088
Email: info@healingtreehealth.com

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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.

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.

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CHRISTIANSBURG HEALTH EXPO**

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New River Valley Mall, Christiansburg, VA

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Wednesdays, April 27th—June 29th
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Get the tools you need to make lasting changes to help improve you health.

March 2011

April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
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6	7	8	9	10	11	12	3	4	5	6	7	8	9
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27	28						24	25	26	27	28	29	30



Healing Tree Wellness Center
132 Christiansburg Pike NE
Floyd, VA 24091

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