



Male Obesity: Not a Weighting Game

It's no secret that overweight and obesity are big problems in the United States. At present, two-thirds of all Americans need to lose weight, and the number of overweight children and adults is growing at an alarming rate. Obesity affects men and women about equally. If you are obese, you are at a higher risk of developing many adverse health conditions: gallbladder disease, gallstones, liver disease, Type 2 diabetes, gout, osteoarthritis, certain types of cancer, heart disease and stroke, sleep apnea, high blood pressure. And that's just the tip of the iceberg!

Does this tux make me look fat?

Forget the cosmetic factor; obesity is disastrous to health. Men rarely worry about their

weight, and with a more carefree attitude, are more likely to eat what they want without paying heed to daily intake or long-term consequences. Even if they are overweight and they know it is bad for them, men will rarely take steps to overcome obesity till they get a wake-up call in the form of a heart attack or a diagnosis of diabetes.

Since men are often the primary breadwinners in most households, they bear the weight of worrying about project deadlines, the mortgage and bills and the financial and future wellbeing of their families. Such high levels

of stress and demanding schedules make even ten minutes of exercise a day seem like a daunting task. Add to that the task of making healthy food choices through the day and most men would rather not bother at all. Also, society and the media have always focused more on women

Men rarely take steps... 'til they get a wake up call in the form of a heart attack...

looking good and maintaining their weight. So, men rarely have any motivation to watch their weight.

While overweight and obesity affect men and women in equal numbers, they take a special toll on male hormones, sexuality, and prostate health.

Continued on Page 6

Did You Know... About Your Liver!

- The liver is the largest organ in the body
- The liver regulates the balance of hormones, cholesterol and essential vitamins and minerals in the body
- When at rest, over ¼ of the body's blood supply is in the liver
- Every minute the human liver filters more than a liter of blood.
- Given the proper nutrients, the liver can regenerate itself after being damaged.
- PMS, allergies and sluggish thinking are often associated with a liver imbalance
- The body stores unreleased anger in the liver.



Inside this issue:

Healthy Practices for Financial Stress	2
Herb of the Month	2
Food for Thought	3
Flower Power	3
The Vibe	4
Time for Spring Cleaning	5
Supplemental News—Bugs in Your Body	5
Kids Health Page	7
T(w)een Pages	8

THOUGHT OF THE MONTH

Today and everyday you are unbound and unlimited. No condition or situation can limit the freedom of your soul.

The Vibe: Finding Your Feminine Energy

Women have proven that we can be "superwomen." And unfortunately it has left us exhausted and getting sick because we have forgotten the power of our feminine energy. Can you relate to these questions?

- Is taking time for yourself a distant dream?
- Is your "To Do" list never ending?
- Do you desire to be nurtured?
- Would you love to let go of some major stressors in your life?
- Has life-work balance been beyond

your grasp for years?

So many women lead busy lives, trying to do it all, and are left feeling too exhausted to spend an ounce of time or energy on themselves. Many women today actually can have a more passionate, peaceful, creative and successful experience, but are on a path that won't let them get there. Instead they are frazzled.

When was the last time someone told

you to give yourself a break *and you did?* Women today are in need of connecting to their feminine energy more. Most of our day is spent in masculine energy. When we are immersed in accomplishing, getting things done, figuring things out logically, analyzing situations and problem solving we are using masculine energy. Women are burnt out, stressed out and getting sick at unprecedented rates. If you are on the go constantly and have little time for nurturing yourself, my guess is you

Continued on Page 4

Healthy Practices for Financially Stressful Times

Financial concerns are a leading cause of stress in Americans. Sadly, financial stress is a widespread experience. With the rising cost of gas and food, we're seeing many Americans are feeling the crunch of financial stress. People experiencing financial stress can be more likely to numb their anxiety by drinking, smoking, overeating and practicing other unhealthy coping behaviors. In the midst of financial crisis, how can you weather the storm? If you are in the midst of financial upheaval, here are some holistic approaches that you may find especially helpful.

Nurture an attitude of gratitude.

When times get financially tight, do you tend to focus on all the areas where you may have to cut back or go with-



out? Don't focus on what you lack! When life gets hectic and you begin to feel overwhelmed, take a moment to focus on the people and things you are grateful for in life. Being thankful gives you perspective on your situation and brings you to the present moment.

Stay in the moment. Not even the financial experts know what will happen in the future. Staying aware and awake in the present can help you to be flexible and respond as needed. If you find yourself focusing on, and fearing, what the future may hold, focus your intention in the present and trust your intuition to guide you.

When one door closes. Be aware of new opportunities that may present

themselves. A crisis can sometimes bring wonderful surprises and much needed changes that turn out to be blessings in disguise.

Embrace Change. During times of stress, take inventory of yourself and explore areas where you may be stuck in old patterns – physically, mentally, and emotionally – in relation to money. Bringing awareness to old patterns empowers you to make new choices and strengthen more positive patterns. Stress is an inevitable part of life – and financial stress is on the rise! A holistic approach to stress management is always the most effective. Try to incorporate some of these stress relievers into your life. Managing your stress effectively is an important component of a healthy lifestyle.

Herb of the Month—Milk Thistle

Among the 500-plus functions the liver performs are filtering and destroying toxins in the body. To help protect the health of the liver, we need to provide it with the nutrients it requires. Milk thistle meets the bill.

Milk Thistle is one of the most researched plants in herbal medicine. Milk thistle preparations have been used for treatment of liver ailments since antiquity with the first docu-

mented use dating back to 23-79AD. Milk thistle contains a mixture of bioflavonoids called silymarin that are liver protectants. Silymarin has shown a remarkable ability to help liver cells regenerate and stabilize liver cell membranes. The herb also contains chromium, iron, magnesium, manganese, phosphorus, selenium and zinc – which promote its strong antioxidant properties.

Milk thistle also blocks allergic and inflammatory reactions and aids in the

immune response by increasing the production of T-lymphocytes and interferon.



Highly indicated for disorders of the liver like cirrhosis, hepatitis and jaundice, milk thistle

contains some of the most potent life-give protecting substances known to man!

Food for Thought: Egg-ceptionally Healthy Eating!

With spring in the air and Easter just behind us, there's no better time to celebrate America's favorite incredible edible. Few foods contain as many essential vitamins and minerals per calorie as the egg. They've been proven to curb hunger and build lean muscle. They're easy to cook, inexpensive, and weigh in at only 70 calories apiece. Whether you like yours poached, scrambled, or hard-boiled and rainbow-colored, the following facts will give you even more reason to eat your eggs.

Eggs Won't Make Your Cholesterol Skyrocket

New research shows that, contrary to popular belief, moderate consumption of eggs does not have a negative impact on cholesterol. In fact, recent studies have shown that regular consumption of two eggs per day does not affect a person's lipid profile and may, in fact, improve it.

Nutrition experts have now determined people on a low-fat diet can eat one or two eggs a day without measurable changes in their blood cholesterol levels. This information is supported by a statistical analysis of 224 dietary studies carried out over the past 25 years that investigated the relationship between diet and blood cholesterol levels in over

8,000 subjects. What investigators in this study found was that saturated dietary cholesterol did not have the greatest influence in blood cholesterol levels.

Go ahead, eat D-Egg

You don't have to wait for summer to get your fix of vitamin D, a nutrient the body makes from sunlight. It turns out eggs contain 41 IU of vitamin D. That means just one egg can fulfill 10% of your recommended dietary allowance of the hard-to-come-by nutrient. Vitamin D has stolen the spotlight in recent years thanks to studies that suggest it could help strengthen the immune system and lower the risks of illnesses like diabetes, heart and kidney disease, high blood

Saturated fat in the diet, not dietary cholesterol, most influences blood cholesterol levels

pressure, and cancer. While the findings behind this laundry list of health benefits are still preliminary, it is clear that vitamin D plays a key role in helping your body absorb calcium, which does more than build strong bones—it may also help fight fat.

Eggs are great for the eyes.

According to one study, an egg a day may prevent macular degeneration due to the carotenoid content, specifically lutein and zeaxanthin. Both nutrients are more readily available to our bodies from eggs than from other sources. In

another study, researchers found that people who eat eggs every day lower their risk of developing cataracts, also because of the lutein and zeaxanthin in eggs. Lutein, a carotenoid thought to help prevent age-related macular degeneration and cataracts, may be found in even higher amounts in eggs than in green vegetables such as spinach



Eggs are a good source of choline.

Another health benefit of eggs is their contribution to the diet as a source of choline. Choline is a key component of many fat-containing structures in cell membranes, whose flexibility and integrity depend on adequate supplies of choline. One egg yolk has about 300 micrograms of choline. Choline is an important nutrient that helps regulate the brain, nervous system, and cardiovascular system. Although our bodies can produce some choline, we cannot make enough to make up for an inadequate supply in our diets. A choline deficiency can also cause deficiency of another B vitamin critically important for health, folic acid.

Continued on Page 6

Flower Power: Agrimony

Agrimony is the essence of emotional honesty and true inner peace. This flower essence aids in the stabilization of one's sensitivities. It helps alleviate mental worry and torture.

Agrimony is appropriate for those who wear a false mask of cheerfulness, repressing feelings of emotional pain and anguish. Seemingly happy and at peace with the world, these individuals often find it difficult to show pain or vulnerability and instead, "put on a happy

face" to face the world despite—hiding their true feelings.

Agrimony helps you come to terms with the darker side of your lives and personalities, so that we can become more rounded human beings. You won't lose our sense of humor or your ability to get through the day. Instead, you will find that laughing at your troubles dispels them rather than hides them. As a

mood remedy, Agrimony helps anyone who is trying not to face a trouble and using jokes and false smiles to avoid a painful reality.



Feminine Energy (continued)

are on masculine energy overload. If you don't balance this energy out you're at risk.

So how do you connect, or re-connect, to your feminine energy? By embracing and attuning yourself to the characteristics on the Feminine, you will become more aligned with your feminine energy.

Feminine energy is... **nurturing**. A great way to strengthen your feminine essence is to spend time connecting to the Earth. The Earth is the great feminine energy who nurtures all Life and whose strength and joy and love are infinite. Spend time out in nature as much as you can, alone, connecting and tuning into this energy. It will be an amazing experience.

Feminine energy is... **creative**. Find a way to give voice your feminine energy. Writing, singing, painting, drawing, gardening, cooking, yes, even cleaning can connect you with your feminine essence. Creativity involves thinking or behaving imaginatively and with a purpose, generating something original and of value in relation to our objective. We are creative whenever we find a new solution to a problem, plan a romantic time with our partner or organize our kid's birthday parties. Let's dream more often about your goals and allow your imagination to flow freely outside of logical reasoning. It will help

to balance your left brain oriented lifestyles and open you more to your intuition.

Feminine energy is... **sensual**. Our vitality and radiance as women is directly proportional to the amount of fulfilling intimacy we enjoy and the nature of our connection to sensuality. Healing our sexuality and clearing blockages in this area is therefore one of our priorities. Sensuality forms a vital part of our feminine essence and gifts. Dancing in feminine ways is another amazing way to connect you to your body and sensual side.

Feminine energy is... **intimate**. Allow yourself to enjoy the pleasure of loving intimacy and feel the flow of love in your life. Practice giving and receiving love regardless of your mood, with your intimate friends. Abandon yourself sexually with your lover and allow your heart to expand.

Feminine energy is... **silent**. Have you ever found that talking too much leaves you feeling worn out? It can bring relief and be a pleasant experience to designate a time during the day when we remain in silence and do not answer phone calls or communicate verbally. Time spent in silence can greatly benefit your connection with the divine feminine essence.

Feminine energy is... **still**. It is not a sign of weakness to be tired. It is often

you our body telling you that you've been neglecting your feminine side. So let's have a good night's sleep, fit in a nap, and don't set the alarm on the weekend. Even if it's reading your favorite magazine on the couch for an hour, you must slow yourself down. You cannot explore the feminine at a fast pace. You will miss this subtle energy. You will find, however, as you slow things down, you will gain a perspective on what's truly important and make more of the time you have.

Feminine energy is... **receiving**. A professional massage can benefit you in many ways as a woman. You are in the receiving mode which nurtures your feminine side. It is relaxing and a physically pleasant experience which can be sensual without being sexual. It stimulates energy flow in your body and can energize you. It is also an opportunity to let your thoughts wander, catch up with rest or still your mind.

Feminine energy isn't something you have to go out and acquire. Moreover, it's something you have to admit that you have, and be willing to experience. It is the essence of each and every woman. When you are connected to your feminine essence, you harness the power to embrace, include, receive, create and give expression to those things that your heart yearns for.

Do you know who the six best doctors in the world are?

Sunshine
Water
Rest
Air
Exercise
Diet



Share in our phenomenal growth!



**Contact us today about
advertising rates and packages.**

540-745-3030

info@healingtreehealth.com

Supplemental News— Getting Rid of the Bugs in Your Body

Do you associate parasites with third-world countries or travel to remote, tropical jungles? You're not alone! The truth is, parasites are alive and well in every corner of the world—and your body! Americans are host to more than 130 types of parasites.

Parasites can be acquired from other people, food, pets—even the air you breathe and the water you drink. While the idea of a virus or bacteria lurking about is acceptable, the idea of admitting to having parasites goes undiscussed.

These unsuspecting critters can take up residence in *any* area of the body, and are often an undiagnosed cause or contributing factor to many illnesses. Once present, they not only cause many digestive imbalances, but slowly erode immune health and overall vitality. Some parasites take up residence your organs and can severely impair or totally inhibit their function.

Fortunately, there are several herbs that are effective in eliminating parasites. Among them are:

Black Walnut—effective in the treatment of intestinal worms, black walnut is an important tonic and laxative herb. In addition to killing parasites, black walnut improves digestion and liver function.

Elecampane—is effective in the expulsion of parasites, bacteria and fungi. An immune stimulant and respiratory tonic, elecampane is also a useful expectorant for lung congestion.

Garlic—Not only does it ward off vampires, garlic is effective against infections from parasites, viruses and bacteria. Garlic can destroy intestinal yeast and candida and is a helpful anti-inflammatory agent.

Pumpkin Seeds—pumpkin seeds are another effective anti-parasitic herb, particularly in the treatment of tapeworms and pinworms.

Getting rid of parasites is a multi-faceted process that kills and expels the parasites and heals the affected organs and tissues. When using herbs, a changing and rotating regimen is called for to address the parasites at its various life cycle stages.

The vibrational remedy “**Bugs Be Gone**” (*exclusively at the Healing Tree*) is an effective, non-herbal formula for expelling parasites. This proprietary formula pinpoints the offending invaders, assisting the body in dispelling and expelling them. Like other vibrational remedies, **Bugs Be Gone** does not contradict other medications, and can safely be taken by children, adults, the elderly—even animals!

Stop playing host to the parasite party going on in your body! Ask your practitioner about ridding the bugs in your body today!

Time for Spring Cleaning!

Living in accord with the rhythms of nature helps to harmonize our bodies and rejuvenate our spirits. And now that spring is upon us, we can take our health cue from nature to get in sync with our surroundings. As the old saying goes, “*When the dandelion blooms, it's time to cleanse your liver.*”

The associated functions of the liver are essential components of our overall state of health and well-being. The largest organ in the body, the liver me-

tabolizes carbohydrates and stores them as glycogen, metabolizes lipids and proteins; manufactures bile, filters impurities and toxic material from the blood and destroys worn-out red blood cells. While its vital functions are often overlooked, they are nevertheless extremely important.

To keep the liver functioning optimally, it is important to give it the right nutrients. Milk thistle is well known

for its ability to protect, repair and restore vitality to the liver. To assist in its role of purifying the blood, herbs like yellow dock, burdock and dandelion are often called upon. Equally as important as ensuring proper nutrition for the liver is cleansing the liver. A liver cleanse is a great way to give yourself a jump start on removing toxins from the body and assisting the liver in doing its work. Ask how olive oil and lemon juice can be used to cleanse the liver.

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
MAY 18TH – JULY 20TH

Male Obesity (continued)

Obesity and testosterone

Simply stated - obesity lowers testosterone levels. A study of 1,667 men ages 40 and above found that each one-point increase in body mass index (BMI) was associated with a 2% decrease in testosterone. Another study of 1,862 men ages 30 and above found that waist circumference was an even stronger predictor of low testosterone levels than BMI. A four-inch increase in waist size increased a man's odds of having a low testosterone level by 75%; for comparison, 10 years of aging increased the odds by only 36%.

Erectile dysfunction

Although men with erectile dysfunction (ED) often blame testosterone, hormonal disorders account for only 3% of ED. But even with normal testosterone levels, men who are obese have an increased risk of ED. Several studies have linked abdominal obesity to ED. One study reported that having a BMI of 28 (overweight but not obese) in-

creased a man's odds of developing ED by over 90%.

...a BMI of 28 increases a man's odds of developing ED by over 90%.

BPH, PSA and Prostate Cancer –a numbers game!

Benign prostatic hyperplasia (BPH) becomes more common as men get older.

It also becomes more common as men gain girth. A study of 25,892 men found that waist circumference was strongly associated with a man's risk of developing BPH symptoms. Ultrasounds and MRIs have been used to measure the prostate gland and the findings are in – men with bigger bellies have bigger prostates! Oddly enough, while obesity seems to result in a larger prostate, it also lowers PSA (prostate-specific antigen) levels. While this may indeed sound like good news, think again! Studies found that PSA levels were lower *not* because their prostates produced less PSA, but because obesity increases blood volume, so PSA is more diluted in the blood. Because obesity lowers PSA levels, it can

make it harder for doctors to use PSA measurements to detect prostate cancer in overweight guys.

Why weight?

In today's America, being overweight is the norm — but it's not normal. In fact, this common problem is one of the things that make diabetes, high blood pressure, stroke, heart attack, and arthritis so common. And if that's not bad enough, it also increases the risk of male maladies, ranging from erectile dysfunction to BPH and prostate cancer.

Take heart in the fact that it is never too late to begin your fight against obesity. A few small steps starting today can ensure a longer life, a healthier life and a more fulfilling life. Good health is not a struggle, nor it is an extraordinary feat. Healthy living is about understanding what your body needs and what is good for it. It's the manly thing to do, and the time to start is now.

When it comes to improving your health, don't weight.



Where the Impossible is Possible!

In 2009, obesity in the United States carried the hefty price tag of \$147 billion per year in direct medical costs.

~ U.S. Centers for Disease Control and Prevention

Egg-ceptionally Healthy Eating (continued)

... and choline is good for your heart!

In addition to its significant effects on brain function and the nervous system, choline also has an impact on cardiovascular health since it is one of the B vitamins that helps convert *homocysteine*, a molecule that can damage blood vessels, into other benign substances. Eggs are also a good source of vitamin B12, another B vitamin that is of major importance in the process of converting homocysteine into safe molecules.



Eggs are egg-ceptional foods. They are whole foods, prepackaged sources of carbohydrates, protein, fat and micronutrients. Today we know eggs aren't all that cholesterol researchers cracked them up to be. Far from being dangerous sources of artery-clogging cholesterol, eggs have redeemed themselves as perhaps nature's most perfect pre-packaged food. In that way, they're true symbols of rebirth.

NOTE: Information in this article is not meant to replace medical advice. It's best to consult a qualified health professional before making dietary changes.

Egg-citing Information

Eggs from hens raised on pasture can have **4 to 6 times as much vitamin D** as typical supermarket eggs.

J-E-L-L-Oh What Did You Say Was In This Stuff?

Have you ever wondered what Jell-o is made from? You may think jell-o is made from water, sugar, and natural colors and flavors, but it's not.

Jell-o is made from four basic ingredients – gelatin, water, sugar (or some other artificial sweetener) and artificial colors. Water is good for you! And, well, at least sugar is natural (although too much isn't too good.) But where does the gelatin come from? The gelatin you eat in Jell-O comes from the collagen in cow or pig bones, hooves, and connective tissues. To make gelatin, manufacturers grind up these various parts and pre-treat them with either a



strong acid or a strong base to release the collagen. Meat is not used, except for minute particles left from the skinning/stripping of the hide and bones. It's usually less than .1%. The sugar, water and natural colors are just for making the color.

Other Foods with Interesting Ingredients

Marshmallows: The same type of gelatin substance that is used to make Jello is also used to make marshmallows. Just add a little water, sugar, corn syrup, vanilla, salt and vanilla and presto—a marshmallow it is.

Scrapple is another favorite regional American food that has... interesting ingredients. It is an ethnic food of the Pennsylvania Dutch county, and was created as a way to avoid waste when slaughtering animals. Scrapple—also known as “everything but the oink” meat, is made from pieces of a hogs head, heart, liver and any other scraps not used. The scraps are boiled and turned into a mush, then mixed with cornmeal and spices and formed into a loaf.



Read your labels. Be informed. It pays to see what's really in your food!



Did You Know...

Red dye in foods has been linked to ADHD, learning and behavioral problems, migraines, and digestive disorders.

What's In My Food

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

ADDITIVE
 ARTIFICIAL
 COLLAGEN
 CORNSYRUP
 DYE
 INGREDIENT

MARSHMALLOW
 MIGRAINE
 MUSH
 SCRAPPLE
 SCRAPS
 SWEETENER

Kid's Kitchen

Agar Agar “Jello”

What you need:

- 2 cups apple juice
- 5 tablespoons agar agar flakes
- 1 cup fresh strawberries
- 1/2 teaspoon vanilla
- Squeeze of fresh lemon
- Pinch of sea salt



What to do:

1. Bring apple juice to a boil with agar agar flakes. Simmer 5—8 minutes until agar is completely dissolved.
2. Turn off heat and stir in other ingredients
3. Pour into a mold or shallow dish.
4. Chill in the refrigerator for 1 hour.

Bullying! You Are NOT Alone.

Have you ever been bullied? Are you a bully? A lot of people get bullied, sometimes because of who they are or what they look like. Some kids bully others because they think it is a cool thing to do and that it will impress their friends.

Bullying happens when someone hurts or scares another person on purpose. The person being bullied has a hard time defending himself or herself. Bullying is a form of abuse and involves repeated direct or indirect physical or verbal acts. Examples of bullying include:

- Hitting, kicking, shoving and other physical kinds of bullying
- Taunting, teasing, name-calling
- Spreading rumors about others
- Excluding or ignoring others in a mean way
- Taking money or other belongings
- Sending mean e-mails or notes

How do you keep from being bullied? Well, bullies pick on kids who are

alone. So you should hang out with friends. You could also join groups and find friends who like the same things you do. Look around your school; you are probably not the only one being bullied. Make friends with other kids who are alone. Here are other things you can do if you are being bullied:

- Tell your parents.
- Tell your teacher, school counselor or principal. **Remember: Telling is not tattling.**
- Write down what happened, where and when it happened and who bullied you. Show this to your parents or an adult at school.
- If you are nervous about taking with an adult at school, ask a friend or a parent to go with you.
- Try not to show anger or fear. Students who bully like to see that they can upset you.
- Don't fight back.
- Calmly tell the student to stop...or say nothing and then walk away.



Other kids bully because they do not know how to accept people who are different from them. When you are about to bully someone, think about if that is the right decision to make before you do it. How would you feel if you were being bullied? If you don't want it to happen to you then don't make other people feel the way you don't want to be treated. Don't be scared. Hold your head up, stand up straight, and don't look at the ground or your feet. Bullies don't pick on kids who are confident. Remember, you are not alone!



Did You Know??

Over 5.7 million US teens are estimated to be involved in school bullying—either as a bully, the target of a bully, or both.



Teen Eats—Kale Chips

Ingredients:

Fresh Kale greens
Olive oil
Sea Salt

Directions

1. Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.

2. Remove the leaves from the thick stems and tear into bite size pieces.
3. Wash and thoroughly dry kale with a salad spinner.
4. Use a brush (preferably) to apply olive oil to the leaves and sprinkle lightly with salt.
5. Bake until the edges brown but are not burnt, 10 to 15 minutes.

*SIMPLE! DELICIOUS!
SIMPLY DELICIOUS!*

WE WANT TO HEAR FROM YOU!

Do you have an idea for an article you'd like to see? Or a favorite recipe you'd like to share? Drop us a line at info@healingtreehealth.com, or visit our website at www.healingtreehealth.com and send us your ideas!



CORE 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.

Whole Body Health Assessment -Iridology, Facial and Tongue Analysis, and Applied Kinesiology are combined to identify systemic imbalances in the body. The results of these non-invasive modalities are used to develop an individualized health protocol employing nutrition, herbal supplements, flower essence remedies and lifestyle enhancements to help you restore and maintain your optimal health.

Nutritional Metabolic Typing— As a rapidly emerging discipline within the field of nutritional science, Metabolic Typing offers exceptional opportunities for health and wellness. By evaluating the highly individualized dietary requirements of a client, Metabolic Typing unleashes the real power inherent in nutritional science.

Health Coaching— One-on-one counseling providing 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 and tendons; also good for people with injuries, chronic pain or restricted range of motion.

Pilates—Improves mental and physical well-being, increases flexibility, and strengthens muscles through controlled movements done as mat exercises or with equipment to tone and strengthen the body

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.

HEALING TREE WELLNESS CENTER AND HERB HOUSE

132 Christiansburg Pike NE
Floyd, VA 24091

Phone: 540-745-3030

FAX: 540-745-3088

www.healingtreehealth.com

Email: info@healingtreehealth.com

Where the Impossible is Possible!

*Give the gift of
health!
Gift
Certificates Available!*

Upcoming Events

BODYWORKS is Back!

Wednesdays, May 18th —July 20th
Floyd United Methodist Church

Join us for this 10-week nutrition and fitness workshop. Cooking Demos and Tastings, Fitness Tips, Meal planning Strategies! Get the tools you need to make lasting changes to help improve your health.



Where the Impossible is Possible!

May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

June 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



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

TO:

Where the Impossible is Possible!