

Hello, Clients & Friends:

The high temperatures of August and our increased reliance on cool foods, fluids and air conditioning, can create an imbalance in the body. This can be as simple as a stomach virus, increased sweating, awakening during the night/restless sleep, or the increase of pressures in the body that turn a minor annoyance into a major illness (example: breathlessness into asthma). It is Nature's way of saying Take Time to Notice, and allow space for Healing. Healing is not to be confused with Curing. Healing is full of Happiness, Positive and Permanent; Curing is full of Fear, Negative and Temporary. Curing is something Mankind tries to do; Healing is what happens when you give the body a chance, providing it with the rest, breathe, exercise, nourishment, positive thoughts and treatments to promote ridding of negative influences, be it acne, indigestion, cancer or anger. Good health is a gift that requires constant maintenance.

Depending on how long we have let that slide determines how long it takes to get it back. As one of my mentors, Gilles Marin, says: "There is no intelligence required for healing. To heal, we don't need to be intelligent, we don't need to be good, and we don't need to deserve it.

Healing is pure grace. To heal, we do need honesty. We need to be true to ourselves. We need to be able to admit that we have feelings we wish we didn't have. We need to own these feelings so we can outgrow them, and so we can mature as human beings."

SERVICE OF THE MONTH: takes advantage of Nature's gifts and causes you to relax, breathe and let go. As a client recently told me, "Everyone tells me to Let Go, but no one says how you do it." Give yourself a profoundly relaxing **August's Special, \$135, 75 minutes**. A combination of mini-facial, lymphatic stimulating body brushing, moisturizing seaweed body wrap (no rinse), and your choice of whole body Reiki or reflexology to the feet. Reiki is a form of energy work, and like reflexology is addresses digestive issues, sleeplessness, adrenal fatigue, grief and manifestations of stress. A great way to restore vitality and maintain wellness.

PRODUCTS OF THE MONTH: I am please to be able to offer 3 methods for alkalinizing your water on the go. Individual pouches for small amounts, a larger wand for 1/2 gallon and up, or stickers to attach to your water bottle or filter pitcher. The stickers are based on Dr. Emoto's studies of how saying positive words into water creates a crystalline structure that is close to perfection, allowing higher oxygen levels to be transported into cells as you drink, releasing acidity. Acid is the number one cause of illness, similar to never taking out the garbage in your home.

Yours in optimal health, naturally,

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Every relationship we have is a journey toward healing and transforming the soul.