

OCTOBER 2010 NEWS & NOTES from Deborah Doering Austin & Kamala Center for Radiant Health

Dear Clients & Friends:

You are invited to join me this Saturday 10/2 at the United Way building on Waugh at Memorial Drive from 11-4pm for the Houston BIRTH Fair (www.houbirth.org). Thanks to the clients who urged me to participate, I will be a panelist/speaker at 3 in the afternoon on Choices in Health Care in the Birth Room. This kicks off a return to one of my talents that I've neglected of late: teaching and public health education. Future Seminar information will be posted in these newsletters and on Kamala Center for Radiant Health's FaceBook page under "Events".

PERSONAL: I've been taking advantage of the cooler weather this week to work in the attic, looking for my "Yankee clothes". I've also been going through meditation and vibrational healing cds, as the molds--and now fall pollen--are taking a toll on my breathing. As I am reminded again how to care for myself, it is time to remind you: I AM A NATUROPATH, which means I work with you to stay healthy or return to good health. The former is much easier than the later! Ask me in person or email me your health questions; I'm happy to assist.

Upcoming Travel Schedule: I will be out of the office one week, 10/31-11/7, for Maya Community Educator Teacher training in New Hampshire, then 12/1-12/6 for teaching a class, and meeting/training at Naturopathica headquarters, both in NY state. (Now you know why I was looking for Yankee clothes!) I'll offer Sunday hours 2x month from mid-October thru first week of January to compensate your scheduling.

SERVICE OF THE MONTH: from 10/5-10/16, the return of the Hurricane like massage or Abhyanga, a healing Ayurvedic oil massage using swift and slow strokes to restore balance and harmony. \$75/1 hour (regularly \$110). 10/17 through year-end: I will available for Sunday appointments twice per month, through January 16.

PRODUCTS OF THE MONTH: Neti Pots, Dead Sea Salt and Nasaya Oil for sinuses and clearing congestion. For best results, use your Neti at night, before bed, washing out all the day's grit and pollen, for an uninterrupted sleep. Use Nasaya oil, and lay back and meditate or nap while its oil combination clears sinuses and allows for clear thinking.

HEALTH HINT OF THE MONTH: I thought I knew it all for tooth care, have top of the line electric toothbrushes at home and office, HydroFloss for oral irrigation, and aromatherapy products for brushing, gargling, etc. Turns out I learned something new at the dental hygienist's hands today: use mouthwash after brushing; swish for at least 30 seconds before spitting out and **do not** rinse after. Allow 10 minutes before drinking water so that bacteria are neutralized and gums treated. Also recommended as we age, 3-4 visits per year for cleaning to keep tartar/plaque from accumulating and gums healthy.

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YOURS IN OPTIMAL HEALTH, NATURALLY,

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*EVERY RELATIONSHIP WE HAVE IS A JOURNEY TOWARD HEALING AND
TRANSFORMING THE SOUL.*