

Dear Clients & Friends:

Well, we survived August! With back to school, changes at the office, and an official change in season in the middle of the month, time to prepare for the last third of the year. This newsletter will be a blend of how to survive the remaining high temperatures and getting yourself cleared prior to the holiday season.

PERSONAL: My daughter has officially graduated from college and left the nest. I got to be a mom and help shop for a professional wardrobe, then as a peer and help formulate a resume and advise wording for online job applications.

On the travel front, I will be OUT OF THE OFFICE September 23 through October 10. I will be in the Yucatan for a combination vacation and education. Upon my return I hope to have fulfilled 90% of the requirements to be an Arvigo Self Care Education teacher.

CLASS: The first Self Care Education Class in the Arvigo Techniques of Maya Abdominal Massage to be offered in the Houston area will be held at my office the last weekend in October. When I first took the class in 2004, I didn't know how much my life would change on a personal level. I had accumulated scar tissue from several abdominal surgeries, and didn't feel comfortable in fitted clothing due to the swelling locked I my abdomen for several years. Nothing western medicine had to offer helped. Once I learned why things were being held, how to replace my organs in their proper position and other ways to be in control of my own health, things really changed for the better. The work has given me a grounding every day and the ability to be a strong defender of my own health. See my website for more information and how to register. http://www.kamalahealth.com/documents/Arvigo_Oct2011.pdf. Discounts for early registration. For those with medical licensing, CEs are available.

SERVICE OF THE MONTH: Last month's special including Reiki, a Japanese method of Energy Work. This month will focus on Ayurveda, as the weather and schedule changes affect your dosha. During each Ayurvedic service, mantras are said. Paul Brown explains how Mantras work: "A Mantra fulfills the definition of Yoga as given in Patanjali's Yoga Sutras: Yogas chitti-vritti nirodahah. "Yoga silences the vritti, the vibrations of consciousness." Mantra carries the mind to the silence that was there before God said, "Let there be light." In Sanskrit, mantra means vehicle for the mind: manas - mind, tra -vehicle. Tra is the root of our English suffix, tron. Electrons carry electricity. Positrons carry positivity. Mantras carry

mind to its source." Pretty powerful, huh? Take a breath and re-read that passage.

Enjoy the power of positivity with either a **Marma Enlivening Treatment**, 35 minutes, \$55 (stand alone or added to any treatment), or **Visheh**, a powerful tension relieving treatment, 50 minutes \$115 (regularly \$130), 80 minutes \$165 (regularly \$195).

Other Ayurvedic services, including Marma facials, are available and can be found at

http://www.kamalahealth.com/Ayurvedic_treatment_new.html.

MEDITATION: Infusing Prana into anything: Open hands, palms toward face, aligning little fingers side by side. Stare into the palm, with a pure awareness, energizing whatever is in your palm with the power of your vision. (Try this with your morning supplements or medication.) Send a gentle breath of prana into your palms, blowing your exhaled breath. As you take whatever was in your palms, allow the prana and vision to move into your body, being grateful for the experience and the evolution of whatever you intended.

RECIPES: Two this month, as Tigger Tea made its reappearance last week in the office and had several requests for recipe.

Tigger Tea: 1 gallon of Spring water, 6 green tea bags (I like Numi brand Gunpowder Green), Stevia to taste, 1 large finger of ginger grated, and several organic limes juiced (3 medium). Decant 1-1/2 cups of Spring water into a pot. Add 3 tbsp of Stevia and the grated ginger to the water and bring to a boil; simmer on medium until simple syrup forms (mixture will thicken slightly). Turn off heat and let cool. Meanwhile, place tea bags into rest of water, add lime juice. When syrup has cooled, pour through sieve to remove muck (or leave for stronger flavor) into green tea mixture. Enjoy. Rejuvenates all doshas.

Almond/Walnut Greens takes advantage of fresh produce and minimal time in a hot kitchen. Ingredients: 3oz raw unsalted organic almonds, 1 ounce raw unsalted organic walnuts, 1 tbsp finely chopped ginger, 4 ounces distilled water, 1 lb fresh sugar snap peas, and 4 ounces of fresh raw organic Spinach. Recipe: in a cooking pot, place 1 Tbsp of the ginger into the distilled water; simmer 10 minutes and remove from heat. Add the almond powder to the ginger water, making a sauce (also great on any greens or over fish.) Steam the snap peas, add the ginger Almond sauce and sauce. Place warm mixture over bed of raw spinach; top with walnuts.

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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.*