

CURRENTS

natural medicine ... your natural choice

Awaken the Body's Natural Ability to Heal

Spring 2007

Vol. I Issue 1

Welcome to Currents



Welcome to our very first issue of **Currents**, a quarterly newsletter dedicated to exploring topical health issues from a holistic perspective.

Published by the Canmore Health & Wellness Centre (CHWC), *Currents* is dedicated to promoting health, wellness and healing by presenting interesting articles, facts, great recipes topics, the latest research,

topical issues and more.

CHWC practitioners are qualified in the field of Integrative, Complementary and Alternative Medicine. Their focus is to identify and remove the underlying causes of health imbalance and illness rather than treat or suppress symptoms.

I hope you enjoy this Spring edition and welcome your feedback. Any questions or comments please feel free to e-mail me any time on

info@canmorewellnesscentre.com

Neil Blacklock



Did You Know....(Acupuncture)

Each edition will feature a treatment modality briefly describing what it is and how it can help.

ACUPUNCTURE

Used for thousands of years to help conditions from the common cold to cancer. Today, acupuncture is regulated by the Province of Alberta and only those Registered can call themselves Acupuncturists. A new College of Acupuncture has been formed and the profession will now be self-regulating. During acupuncture very fine dis-

posable needles are painlessly (usually!) inserted into relevant points on the body to balance the energy of the body known as Qi (chee). All illness results from imbalance in the flow of this force which effects the body at every level from the biochemical to the Spiritual.

Recent research ² has demonstrated the accuracy of something Acupuncturists have known for 1000's of years; that the body is truly holistic in its functioning, i.e. all parts are interrelated and effect each other. Inserting

a needle in one location can stimulate a healing response in another.

Using CT brain scans experimenters were able to confirm Acupuncturists' predictions of how needles in one part of the body should induce healing in another area. eg. a needle inserted into an acupuncture meridian on the leg at a specific location (acupoint - Stomach 36) has been shown to activate that part of the brain which regulates digestion.



continued over ...

Calling All Therapists / Practitioners



- MEDICAL DOCTOR
- CHIROPRACTOR
- COLON HYDROTHERAPIST
- REFLEXOLOGIST
- AROMATHERAPIST
- MEDITATION TEACHERS
- CRANIOSACRAL THERAPIST
- ETC. ETC.

If you are a self-employed and a qualified Complementary Alternative or Integrative Medicine practitioner you may be interested in joining our team of talented and dedicated therapists here at the CHWC. 24 hour access to top quality therapy rooms in our 2,200 sq.ft facility. Very reasonable and flexible rental terms (monthly, daily or hourly).

Please call Neil Blacklock on 609 3367.

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CANMORE HEALTH & WELLNESS CENTRE
Integrative, Complementary and Alternative Medicine

Natural Approaches to Wellness

The philosophy on which the concept of the CHWC is built is based firmly in belief that getting to the root cause of a health



problem is the key to successful treatment. The process is pretty much like getting rid

of the weeds in your garden.

Rather than trimming back the weeds (suppressing symptoms) it is our belief that if you pull the weeds out by the root, starting with the least desirable and problematic first, then your efforts will reap the most reward. Not only will the weeds not return but flowers will now have room to bloom, were weeds once crowded them out.

Once the body and soul are

nurtured in this way, so good health will flow like water nourishing your flowers, ridding you of weeds and the fragrance of beautiful flowers will fill your life.

Call in anytime for advice,

No appointment necessary.

Acupuncture cont ...

In 1979, the World Health Organization drew up the following list of diseases that respond to acupuncture: pain relief, golfer's elbow, tennis elbow, low back pain, gastric problems, duodenal ulcer, dysentery, constipation, diarrhoea, headache, migraine, trigeminal neuralgia, facial palsy, consequences of stroke, peripheral neuropathies, Menieres disease, nocturnal enuresis, intercostal neuralgia, frozen shoulder, sciatica, osteoarthritis, sinusitis, rhinitis, tonsillitis, bronchitis, asthma, common cold, toothache, etc.

Always Hungry?

Try pressing the point just in front of the flap of skin on your ear.



Events



Seasonal suffering????

Sniffing, sneezing, and wheezing? It must be pollen season. If you suffer from hay fever, you can find relief through a number of treatments. According to research or other evidence, the following vitamin may be helpful: In a double-blind study of people with hay fever, adding 800 IU of vitamin E per day to regular anti-allergy treatment during the pollen season significantly reduced the severity of hay fever symptoms by 23%, compared with placebo plus regular anti-allergy treatment.(1)

1. Shahar E, Hassoun G, Pollack S. Effect of vitamin E supplementation on the regular treatment of seasonal allergic rhinitis. *Ann Allergy Asthma Immunol* 2004;92:654-8.

2. University of California at Irvine; Neuroscientist Seung-Schik Yoo of Brigham and Women's Hospital; Dr. Kathleen K. S. Hui, neuroscientist at the Martinos Center for Biomedical Imaging at Massachusetts General Hospital.

Great Juice Recipe

Drink at least once a day, twice is better.

- 1 small beet
- 4 large carrots
- 4 stick of celery
- 1 green apple

(all organic of course)



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