

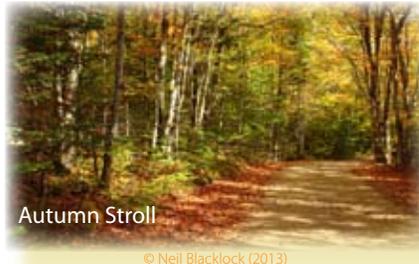
Welcome to Currents!

As summer draws to a close I can feel the faint touch of the approaching Winter. Canmore is blessed with such vibrant colours and aromas at this time of year.

So, as our beautiful autumn fades into a delightful memory we await with subdued excitement the approach of winter, with its deep azure skies, crisp days and brilliant sunshine.

Alberta enjoys the most sunshine hours per day in the whole of Canada. That's why everybody smiles in Canmore! Walk downtown anyway and you'll see what I mean.

As ever, I welcome your feedback. Any questions, contributions or comments please feel free to e-mail info@canmorewellnesscentre.com
In Health Neil Blacklock



Autumn Stroll

© Neil Blacklock (2013)



Remember! Save trees and make a friend at the same time -pass this newsletter onto someone you love!

"In dwelling, be close to the land, in meditation go deep in the heart"
the Tao Te Ching

Introducing Dennis Barnett

Each edition will feature a treatment modality briefly describing what it is and how it can help. Information is submitted by the practitioners themselves.

Energy Practitioner/Healing Facilitator

Telephone:
(403) 678-7591
dennisbarnett.ca

All states of "Dis-Ease" are treated with an integrated approach. I utilize a variety of modalities ranging from age old shamanic teachings to leading edge cold wave scalar lasers. All of these tools are designed to get to the root of the issue, identify the primary causes and to remove them.

The focus is on the well being of the client, not on the treatment of symptoms. These processes all honor the client and provide them with a "safe and confidential container" in which to come to balance, wellness and the ability to move forward. As I begin to work with you I discover where these areas of imbalance or disharmony are.

There are a variety of techniques that I can use to bring balance and adjustment to these frequencies. These may include adjustment of the

Human Assemblage Point, a complete 65 point Dowsing Session, Cranio Sacral Therapy, Quantum-Touch®, Tong Ren Therapy, BioGenesis session, Color Light Therapy using the Spectrahue® System, Setting of Intentions and other subtle techniques that I may be guided to use.



Click her to Book Online



Calling All Therapists / Practitioners



If you are a self-employed and a qualified 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 2,160 sq.ft facility.

Reasonable and flexible rental terms (monthly, daily or hourly).

Please call **Christine Blacklock** on **403 609 3367**.

Seasonal Allergies

Beat seasonal allergies any time of year with natural remedies

If you suffer from allergies, you may have noticed some nasty symptoms this time of year. We normally think of hay fever and other seasonal allergies in the Spring. While Spring is probably the worst time of year for allergies, the Summer has its own set of allergens as well.

Most doctors will tell you to try Sudafed 24-Hour, or some other allergy drug. Even many integrative physicians will recommend these drugs. That's because they

do work, especially for immediate relief. As good as these drugs are, they just treat symptoms. They don't solve your allergy problem. And many people don't tolerate it well. Most people can tolerate the following supplements well. And they can fix your allergy problem over time, rather than just treating the symptoms.

The best way to boost your resistance to seasonal allergies is to improve your nutrient intake. On top of a good diet, start with a multivitamin like to ensure that you get optimum levels of vitamins such as vitamin A (15,000 IU), selenium (200 mcg), zinc (15 mg), vitamin B6 (100 mg), and vitamin

E (400 IU) every day for immune support.

In addition to basic immune support, the selenium, zinc, and vitamin A help protect mucous membranes, which usually become inflamed during allergic reactions. These membranes provide our frontline defense against allergens, microbes, and pollution. If you don't protect these membranes, they can become more vulnerable to allergic reactions.

The use of a clean humidifier in your home can also prevent the onset and worsening of allergies. Set it at an optimum level of humidity (30-40%).

Research Quickies

Poor Sperm Quality? Don't Forget to Drink Your Pomegranate Juice!

The results suggest that : Pomegranate juice consumption improves sperm quality and antioxidant activity.

Türk G, et al. Effects of pomegranate juice consumption on sperm quality, spermatogenic cell density, antioxidant activity and testosterone level in male rats. Clin Nutr. 2008;27(2):289-96.

Recurrent Otitis Media in Infants? Avoid the Use of

Pacifiers!

Pacifier use appears to be a risk factor for recurrent AOM. Parents should be informed about the possible negative effects of using a pacifier once their child has been diagnosed with AOM to avoid recurrent episodes. The studies performed so far, however, suffer from methodological limitations.

Rovers M, et al. Is pacifier use a risk factor for acute otitis media? A dynamic cohort study. Family Practice 2008;25(4):233-236.

Events



[Click here for Events Calendar](#)



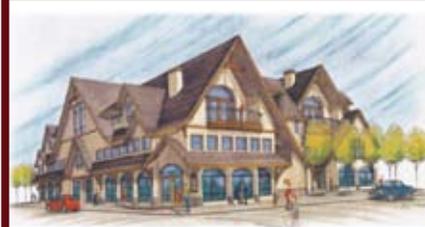
Method

Place all ingredients in a good blender. Blend til smooth. Pour into 2 glasses and drink immediately.

Breakfast in a cup

2 frozen bananas
1/2 cup rolled oat flakes
1 cup milk (use more or less to adjust to desired consistency)
1/2 cup coconut peanut butter or peanut butter
1-2 tablespoons coconut oil, melted
a dash of cinnamon
1 teaspoon vanilla
1 cup spinach (optional)

By Christine



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