

# CURRENTS

natural medicine ... your natural choice

Awaken the Body's Natural Ability to Heal

Summer 2007

Vol.1 Issue 2

## Welcome to Currents

As the summer turns into what appears to be a pretty damp affair the same can't be said for our exciting new arrivals at CHWC!

Welcome to Lucy Lowes and Ed Paget -the English Osteopaths! (check out their website of the same name.). New arrivals from the Old Country they bring energy and a well established and highly effective modality to our Centre.

I hope you enjoy this Summer edition

and welcome your feedback. Any questions or comments please feel free to e-mail me any time on [info@canmorewellnesscentre.com](mailto:info@canmorewellnesscentre.com)  
Neil Blacklock



Ed Paget and Lucy Lowes



*"He who has health has hope; and he who has hope has everything."  
~Arabic Proverb*

## Introduction to...Osteopathy

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

**O**steopathic techniques are used to help restore motion, reduce inflammation and tension, enhance blood flow and lymphatic drainage, to enable the body to return to better function.

UK trained Osteopaths, Edward and

Lucy are intensively trained in the skills of diagnosis and palpation through a 4 year, full-time, clinical training at an accredited Osteopathic institution.

Lucy completed a 2 year Craniosacral therapy diploma in the UK and has enjoyed teaching yoga since 2001. Before moving to Canada Lucy had a successful practice in central London, was director of a Craniosacral dancers and mothers and baby clinic.

Edward has also completed a Sports Science degree and research into injuries in elite male field hockey players. He has a passion for activity and believes all forms of training, from rehab to elite sport, should be functional.

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Web: [www.theenglishosteopaths.com](http://www.theenglishosteopaths.com)

## Calling All Therapists / Practitioners



- MEDICAL DOCTOR
- COLON HYDROTHERAPIST
- REFLEXOLOGIST
- AROMATHERAPIST
- MEDITATION TEACHERS
- 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

## Chortle Away!

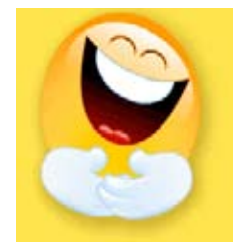
Paul J Rosch MD, president of the American Institute of Stress, agrees: 'In one study of 2,500 senior citizens who were followed for six years, those who scored high on a happiness quiz had much fewer strokes than those at the bottom of the scale.

In another study of more than 200 middle-aged healthy London civil service employees, those who reported feeling happy almost every day, whether while

at work or on weekends, were significantly healthier and had lower heart rates than others who were not as consistently jolly and gleeful.

After adjusting for age, smoking, weight and other possible influences, it was found that people in the top fifth for daily happiness scores had cortisol levels 32 percent lower than those in the bottom quintile.

Happiness was also linked to a lower average heart rate in men. While the majority showed some rise in fibrinogen following the mental stress test, this was far greater for the least happy group compared to those at the other end of the scale.



## Benefits of laughing ...

- Relaxation, reduction in muscle tension
- Lowered production of stress hormones
- Improved immune system function
- Reduction in blood pressure
- Clearing the lungs by dislodging mucous plugs
- Increasing the production of salivary immunoglobulin A, which defends against infectious organisms that enter through the respiratory tract
- Aerobic effects that increased the body's ability to utilize oxygen
- A rapid ability to disregard aches and pains or to perceive them as less severe **So get chortling!**

*Health and Stress, November 2005*

## Always Stressed?

Try pressing this point and feel its calming effects.



## Events



## Seasonal (Summer) Trees

To the Celts and many other people of the Old World, certain trees held special significance - as a fuel for heat, cooking, building materials and weaponry. In addition to this however, many woods also provided a powerful spiritual presence. The specific trees varied between different cultures and geographic locations, but those believed to be "sacred" shared certain traits. Some of these traits may have an astrological significance may therefore be applied according to your birth date.

I'm stretching things a little here when I refer to our 'summer' months here in the Canadian Rockies...!

UATH (Hawthorn) May 13 to June 9 - A sign of fertility and death. If born under this sign you have an innate understanding of the importance of process and the necessity for change.

DUIR (Oak) June 10 to July 7 - Born under this sign, you have strength of character and purpose to endure, no matter what your challenges. Direct your energies wisely.

TINNE (Holly) July 8 to August 4 - Those born under this sign have a strong connection with the Earth and possess amazing physical strength. Your matter-of-fact solidness and generous spirit are respected and admired by others.

COLL (Hazel) August 5 to September 1 - Born under this sign, you are wise and have the ability to communicate ideas, making you capable of transforming the thoughts and opinions of others.

MIUN (Vine) September 2 to September 29 - Those born under this sign are natural socializers, with keen abilities to restore balance to all situations. You are instinctive and amazingly perceptive.

## Great Juice Recipe

**Carrot Broccoli Juice**  
6 Fresh Carrots  
1 Whole Broccoli Stalk and Head

Here is a great vitamin a and vitamin c rich juice combo. Juice the whole broccoli, leaves and all. The carrot juice will sweeten it up, making for a particularly tasty beverage. Broccoli is rich in iron, potassium, calcium, vitamin c, vitamin a, and much more. We also recommend eating broccoli as much as drinking broccoli juice, be sure and get your full daily fiber intake requirements in addition to regular juicing.



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