

Awaken the Body's Natural Ability to Heal

SUMMER 2008

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Welcome to Currents!

Summer in the Rockies is a beautiful time of year - deep blue skies, emerald lakes bordered by perfume infused cedar and pine forest glades. What more could you ask in your very own outdoor exercise gym?

Take every opportunity to get out there and enjoy the gifts. One favourite place of mine at this time of year is Sunshine Meadows. The guide book says 'Situating at an average elevation of 2220m (7,300'), the meadows straddle the Continental Divide and the boundary between Alberta and British Columbia.

Surrounded by some of the Rockies' highest peaks, the unobstructed views are beyond compare. Wildlife abound in the meadows, and the brilliance of the summer flowers and autumn larches guarantees spectacular scenery on every visit.' What more can you say? Enjoy!

I hope you enjoy this Summer edition, and, as ever, I welcome your feedback. Questions, suggestions for articles or comments please e-mail info@canmorewellnesscentre.com
In Health
Neil Blacklock



The Sunshine Meadows

"There are two ways to live: you can live as if nothing is a miracle; you can live as if everything is a miracle."-Albert Einstein

Restructuring at CHWC

Changes are afoot at the Wellness Centre! In response to the many requests for more details I hope the following will help clarify matters. While the vision of the CHWC remains the same, that is, to provide a centre of excellence for Integrative and CAM therapies there have been some recent changes requiring specific administrative and organizational restructuring.

Welcome Dr Tracy Thomson MD who now rents space in the Canmore Health and Wellness Centre. Dr Thomson has informed us her College requires

a clear separation (administration, bookings, patient handling, waiting room, etc) between her work and the complementary medicine side of the CHWC. To accommodate this requirement we have allocated a separate entrance and reception off 9th street. Regular visitors to the Centre will see that the Quiet Room now provides space for Dr Thomson's reception.

Should you wish to consult with Dr Thomson or any practitioners please use the 9th Street entrance.

CHWC practitioners should continue to use the 6th Ave entrance and the usual contact details.

Seating, tea and the library are still available for visitors to enjoy along with some quiet time prior to, or following, treatment.

CHWC welcomes additional practitioners who have recently joined us. More details in later newsletters or on our website (see below).

Calling All Therapists / Practitioners



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.

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

Please call Neil Blacklock on 609 3367.

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The Pulse Test by Neil Blacklock

How to uncover food sensitivities and stressors.

Part 1 (of 4)

Muscle Testing

The body can perceive allergies or sensitivities at an extremely subtle level and we can often determine what these are by using muscle testing. However there are inherent weaknesses and inaccuracies using this approach which will be covered further on in this article.

One common use for muscle testing is to explore the energy body (the Unconscious Mind) when looking for potential food sensitivities, intolerances and allergies. Here, a suspected allergen (*stressor*) is presented to the body in one form or other and a muscle is tested to determine how well it can maintain its strength in the face of this exposure.

Muscle testing can be a very powerful method for identifying stressors, some of which may

be foods hidden within other foods or chemicals within other compounds or deeply buried emotions and habits. In skilful hands muscle testing can not only determine the most likely stressor but can also indicate a point in time when that exposure occurred.

Tester Bias

However, there are a number of disadvantages to muscle testing, the primary one being muscle-tester bias. (*cont.*)

(*cont.*)... In other words the belief system and structure of the tester's energy body can have an effect on the person being tested. In fact there is evidence to show that this doesn't happen by chance but actually occurs 100% of the time whenever two people connect. This phenomenon is known as 'quantum entanglement'.

While this effect occurs every time, nevertheless it may not effect the results quite so much in every case. Sometime the tester can

be so 'open' and/or there may be a reduced level of resistance on the part of the person being tested that the effect may be only minimal and we can still get information about the person being tested which is therapeutically useful. Never underestimate the distorting effect of unconscious resistance on the part of the patient on any result gained. This must always be taken into account when determining the accuracy of muscle testing

See PART 2 in the Autumn 2008 Newsletter (Vol. VII) which describes what you can do to test yourself avoiding test-bias.

The Triple Spiral

Events



Vegetable Mineral Broth

- 2 cups carrot tops (leaves)
- 2 cups potato peels, 1/4 inch thick
- 2 cups beet tops
- 3 cups celery (stalks and leaves)
- 2 cups parsley (1 cup dehydrated)

A Great cleanser!

Cover with reverse osmosis or distilled water and simmer for 20 minutes. Strain, keep broth and discard vegetables. If one of the vegetables is unobtainable, just leave it out. (Replace it with one of the other vegetables if possible.)



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