

Awaken the Body's Natural Ability to Heal

Autumn 2008

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Welcome to Currents!

Another autumn arrives complete with balmy weather!

Autumn comes just after the summer harvest. Chinese medicine teaches that it is the natural time of letting go because the life force in nature is returning inward towards the earth. People's energy at this time of year tends to flow inward - we begin to become more introspective.

This is also a time of letting go. Chinese Medicine tells us we are entering the Metal Phase and related

questions might be 'What am I holding onto that I need to release? What areas in my life do I need to let go of? If the Metal phase is out of balance then a person will experience grief that does not seem to resolve itself. Acupuncture helps the system restore balance by stimulating a person to release negative emotion.

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



Autumn Colours

*"Logic will get you from A to B.
Imagination will take you everywhere."
Albert Einstein*

Introducing ... Graham Mills, BCHIS, RHAP



Mr. Graham Mills graduated from Grant McEwan college in 2006 as a Hearing Instrument Specialist.

After graduation, he worked for nearly a year in the hearing care

centre of a major retailer before joining Canadian Hearing Care's Calgary facility in April 2007. In November 2008,

Graham moved his office to the CHWC. He currently makes his home in Airdrie, just north of Calgary.

ABOUT US: CANADIAN HEARING CARE
Your hearing is your strongest link to your world: family and friends, hobbies and work. Hearing puts the "life" in lifestyle. And you deserve a hearing solution that is tailored to your life, your needs.

Canadian Hearing Care has delivered quality hearing services for more than

25 years. As a subsidiary of Audiotech Healthcare Corporation, Canadian Hearing Care continues to grow its diverse family of hearing clinics throughout Western Canada, and with its sister clinics in the U.S.

Contact details:

Canmore Health and Wellness Centre
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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.



The Pulse Test by Neil Blacklock

How to uncover food sensitivities and stressors.

PART 2 (of 4)

Everyone is 'susceptible', to some degree, to energy suggestion (the extent to which one person can affect another's energy body) and because of this we all have differing degrees of resistance which in turn can distort our results. It's a relatively simple matter to demonstrate this using the 'rigid arm

technique' and others.

We all have some degree of 'resistance' to letting go of blocks and the Unconscious Mind can go to extraordinary lengths to protect us from emotional and psychological pain. While this can be a very effective protection mechanism, it can also make it very difficult to expose deep or long standing emotional pain. And it is the subtle but powerful influence of such deeply buried pain

that serves to distort information gained from muscle testing.

In order to properly measure and compensate for resistance I always test for this at the beginning of every muscle testing session.

I use a 'power on/off' technique which both weakens and strengthens the body's energy matrix and therefore allows me to get a measure of the degree of resistance present. (cont...)

(cont.)...

When I know what I am dealing with I can then work to clear resistance before proceeding to uncover sensitivities and allergies with less potential ambiguity.

What Can You Do?

While muscle testing can be very useful and fun, and surprisingly accurate results can be obtained relatively easily using this tool at home, it's not advisable to place too much emphasis on the results

unless you have some training in identifying and clearing resistance and *especially* if you have any health issues surrounding suspected allergens* or stressors.

Two choices:

1. Experience the QXCI. This machine was designed by a quantum physicist and completely eradicates tester bias when measuring subtle energies and frequencies of the body. For more information please see the link:

www.canmorewellnesscentre.com/Quantum_Medicine

2. A very accurate and worthwhile test and can be done at home or anywhere else for that matter, is the PULSE TEST.

See PART 3 in the Winter 2008/9 Newsletter (Vol. VIII) - describes what you can do to test yourself.

**Never consume anything to test if you might have an allergy. Always consult your MD and have a skin test done if you suspect an allergy or if there is any possibility of an allergic reaction.*

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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