

Awaken the Body's Natural Ability to Heal

WINTER/ SPRING 2008/9

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Welcome to Currents!

It's a chilly winter this time around! Temperatures don't seem to have risen much above -25deg C for any appreciable length of time. I'm sure they have but it sure doesn't feel like it!

I hope you enjoy this Winter edition and especially the information on Colon Hydrotherapy provided by Shirley-Ann. Shirley-Ann's lifelong interest in alternative therapies and helping others "naturally" led to a career in the field of Holistic Nutrition. Graduating as an NCP from CSNN in '07, preventing degenerative disease

and premature aging prompted her to become an I-ACT certified Colon Hydrotherapist in '08.

Shirley Ann brings a wonderfully bright and optimistic personality to the Centre and truly cares for her clients' long term wellbeing. Experience her gift of healing and the many benefits of colon hydrotherapy for yourself as we say goodbye to the dark days of winter and welcome the clear bright days of spring.

As ever, I welcome your feedback. Any questions or comments please

feel free to e-mail
info@canmorewellnesscentre.com
In Health
Neil Blacklock



*"Listen to a Man of Experience,
Thou wilt learn more in the woods
than in books."
St. Bernard*

Introduction to Colon HydroTherapy

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

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Over 90% of all known diseases originate in the colon. Diet, stress and lifestyle can cause a slower transit time resulting in an accumulation of toxins that the body can't eliminate. CH removes this toxic material, allowing the liver, immune & lymphatic systems to function more optimally. Whether you want to improve your health or enhance performance, CH is an uplifting & rejuvenating experience that can be beneficial to most. Shirley ann says:

"I combine my knowledge and expertise from Holistic Nutrition and Colon Hydrotherapy, empowering my clients with a better understanding of optimal nutrition, digestion and the importance of bowel maintenance".



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 **Christne Blacklock**
on **403 609 3367**.



The Pulse Test by Neil Blacklock

How to uncover food sensitivities and stressors.

PART 3 (of 4)

THE COCOA PULSE TEST

The Pulse Test is another way to test your allergies. Dr. Arthur F. Coca, a renowned physician, developed the Coca Pulse Test for allergy elimination over 40 years ago. It is a simple

yet extremely effective and inexpensive way to identify foods or substances to which a person may be allergic, sensitive or intolerant.

Foods to which you are intolerant are stressful to your organism and will reveal themselves by speeding up your pulse. Laboratory tests which are actually less accurate than this method can cost thousands of dollars!

By monitoring the pulse after

exposure to different foods we can often determine possible allergies. By avoiding foods which cause an increased pulse rate we can then eliminate stressors and allergens which usually leads to an improvement in our overall health.

As health recovery proceeds, some foods to which a person has sensitivity may be re-introduced in moderation using the pulse to monitor their acceptability.

(cont...)

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Understanding and using the Cocoa Pulse Test as a self help tool throughout your life can help you to be free from the ill effects of eating foods that are not right for you.

Changes in pulse rate can be an accurate indicator of levels of stress in the body and mind and can be measured in various ways. **Heart Rate Variability** is an excellent method of determining how well the heart

and body and mind cope with stress (see my article on HVR for more details).

Before you run the procedure, stop smoking, at least for the duration of the testing. Avoid coffee and other obvious stimulants. Smoking speeds up heart rate.

Procedure

For 3 days you will be taking your pulse 14 times per day.

Take the pulse for one whole minute, (not for 1/4 minute and multiplying it by 4, as done in the hospitals) at the following times.

- before rising (before sitting up in bed, upon waking)
- before meals
- three times after each meal, at half hour intervals.

(continued in Newsletter IX)

Events



Throat Saver Tea

All elements here help soothe a sore throat...

- 1 part thyme leaves
- 1 part peppermint leaves
- 1/8th part ground ginger

Honey to taste

Blend together and store in an air-tight container.

Follow guidelines on how to brew tea.

1 tsp (5ml) per cup, steep for about 15 mins

Add honey to taste.



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