

Welcome to Currents!

Isn't it amazing how often we talk about the weather! It's either too cold or too hot, too rainy or too dry. But if you think about it *all* weather is *good* weather. Every living thing on the planet benefits in one way or another from some kind of weather.

This "summer" (and I use that word advisedly) has been one that certainly reminds me of the Old Country -England.

Next time you look out the window and it's pouring with rain remember the Irish poem with the line "May it forever rain on your fields!"
All weather is a Blessing.

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



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

Introduction to Nordic Body Esthetics

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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Nordic Body is an exciting new Esthetics service within the Canmore Health and Wellness Center.

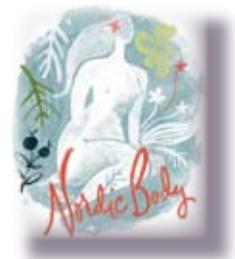
The very best in Esthetics in a completely private one on one setting with your Esthetician, Tasha Betcherman. Quality, attention to detail and the very best products are what Nordic Body has to offer.

Prepare to be pampered and given the ultimate treatment. The products used at Nordic Body are all natural, paraben free and the very best of mother nature! We would never even look at products tested

on animals! Nordic Body has a deep respect for all things green we reduce, re-use and recycle.

Follow Tasha on Twitter!
<http://twitter.com/NordicBody>

www.canmorewellnesscentre.com/Tasha.html



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Smoke Pollution and Diabetes by Neil Blacklock

Air Pollution Increases Diabetes Risks.

A large, new population-based study found a 1 percent increase in diabetes rates for every 10 microgram per cubic meter rise in fine particulate matter, such as that from car exhaust or smoke.

The link remained even after accounting for other diabetes risk factors like obesity, exercise, ethnicity and population density -- and occurred even in counties where pollution levels are within safe ranges.

In a large scale population study (cited in the October issue of *Diabetes Care*) researchers at the Children's Hospital Boston found a link between diabetes prevalence and air pollution. This finding is consistent with prior laboratory research that found an increase in insulin resistance -- a precursor to diabetes -- in obese mice exposed to particulates.

The risk posed by air pollution to people with diabetes is due to an impaired ability of the blood vessels to control blood flow. Because of this, people with diabetes are at

an increased risk of heart problems when air pollution levels are high, a study published in the journal *Circulation* found.

Smoke pollution produces 'particulate matter' which is poisonous and toxic. Particles smaller than 10 microns tend to lodge in the lungs and enter the blood stream causing asthma and contributing to other serious health issues including strokes and cardiovascular disease.

More info:

<http://www.childrenshospital.org/newsroom/Site1339/mainpageS1339P1sublevel663.html>

(PULSE TEST continued from Currents Issue VIII)

All pulses should be taken sitting, except the important one upon waking. Write down your results, and record what you eat at each meal. For best accuracy, avoid snacks, but if you succumb make a note of what you ate.

Repeat the procedure for 2 - 4 days.

Investigate a single food as a potential stressor for two or more days. Eat a small portion of a

different food every hour, starting early in the morning and continuing for 12 -14 hours. Take your pulse just before eating the food and ½ hr after.

Over the day we have a normal range, one which differs from individual to individual. Any food that seems to elevate the pulse by six (6) points or more should be avoided. You should also challenged at other times to see if you get the same results.

Many allergies involve things other than food substances, thereby

making the data hard to interpret with resulting frustration. Some foods do not cause a reaction unless eaten for more than three days in a row. Some allergies do not show up for two or more days after the food is eaten.

For more information consult "The Pulse Test: The Secret of Building Your Basic Health" by Arthur F. Coca M.D., St. Martins, 1996.

Events



www.canmorewellnesscentre.com/workshops.htm



Method
Fry pumpkin and onion in coconut oil for about 5 mins until soft. Stir in flour, gradually stir in the milk, stock, salt & pepper. Bring to the boil then simmer for 5 mins until pumpkin is soft. Take it off the heat to cool a little before blending it all. Once it's nice and smooth, pour it back into the pan with cheese and cream and heat through. Add the parsley to the bowls as you serve the soup.

Cream of Pumpkin Soup

7 cups chopped pumpkin
2 chopped onion
Coconut oil for frying
½ cup flour
2 ½ cup flour
2 ½ cup vegetable stock
1 cup single cream
½ cup grated cheddar cheese
Salt & pepper
Chopped parsley to garnish

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