



*Balanced health for
mind, body and spirit.*

Wellness in the Northwest

New technology at the Centre

Dr. Hessel and Dr. Adams-Hessel traveled to Chicago this September to learn how to use the ReBuilder. The ReBuilder is a gentle form of electrotherapy that helps to restore the normal electrical signal that is produced by the nerve cell. Compression or irritation of the nerve from diabetes, chemotherapy or chronic mechanical problems such as arthritis, damaged discs or very tight muscles can cause nerve pain. People with nerve irritation may complain of burning,

numbness, tingling, sciatica, restless leg or poor circulation. When the nerve pain is particularly severe it is called a neuropathy. The ReBuilder is a gentle way to stimulate the nerve to promote healing and the return of normal function. If you are curious about how the ReBuilder works, feel free to talk to Dr. Hessel or Dr. Adams-Hessel.

Digestive Health Series with Julia: Anti-Inflammatory Diet & Beyond

Wednesday, November 16 from 6:30pm to 8:30pm

All too often the link between the state of our overall health and the state of our digestive system becomes a vicious circle: the weaker our digestion, the poorer our health; the poorer the health, the weaker the digestion. If you are suffering from chronic persistent inflammatory conditions of joints or digestive system, chronic pain, fatigue or congestion or if you want to improve your athletic performance, this program is for you. Learn how to control your condition and improve your life by changing your diet.

Registration is available at: www.satoriyoga.ca/register-now

Understanding Deep Tissue Massage

Cold and Flu Season

Just a reminder that we are heading into the cold and flu season. Some simple precautions that our family takes for a healthy winter involves lots of rest, plenty of fluids, exercise, Vitamin D, Omega 3 and a good multivitamin. Vitamin D helps to improve the regulation of our immune system and Omega 3 is needed by the body to produce macrophages that our immune system makes to destroy viruses and bacteria. We carry a selection of multivitamins, Vitamin D, Omega 3 and immune boosters for both adults and children.

A lot of therapists advertise and most clients ask for deep tissue massage. So what is deep tissue massage, and why is it so beneficial?

Deep tissue massage addresses the superficial and deeper layers of muscle. It is a more deliberate and focused session, treating specific complaints and disorders. Deep tissue massage is often confused with deep pressure massage, which is a generalized massage with sustained deep pressure.

Muscle is in layers, from superficial to deep, some areas have up to four layers of muscle. To work on the

deeper tissue, the superficial muscles have to be loosened layer by layer. There is more emphasis on releasing muscle restrictions and lengthening contracted muscles. Deep tissue massage is more time consuming when done properly, because the therapist is diligently working through the layers of muscle, as opposed to forcefully pushing through tight muscles causing pain.

Deep tissue massage will help alleviate chronic pain, break up scar tissue, increase range of motion, improve posture and fluid movement.

Renee Little, Registered Dietitian

I am pleased to join the Northwest Wellness Centre's team of practitioners as of September 2011. As a Registered Dietitian (RD), I am very excited to bring the Centre's clients the opportunity to access a health care professional who specializes in nutrition. When you access my service, I have the educational qualifications to complete a holistic assessment of your nutrition status. I review all the factors that can cause an imbalance in your nutrition including your medical history, medications taken, access to food, physical symptoms you are experiencing from medical conditions or medications, laboratory data, lifestyle, activity level and food and nutrition history.

After your nutrition assessment is completed I will suggest areas of your diet that we can focus on to optimize your nutrition and subsequently your overall health and wellness. We will set goals and I will provide you with nutrition education and coaching to assist you in completing your goals. Tools that I use include education on menu planning, use of a meal plan, grocery shopping strategies, a grocery shopping tour, label reading, building a practice of mindful eating, taking control over emotional eating, providing recommendations to optimize the nutrients and antioxidants in your day from food and how to tailor your diet to prevent or treat disease conditions.

If you play sports or train for events such as ultra marathon running, cycling, triathlon or iron man event, football, soccer, rowing, kayaking, climbing, or want to achieve a high level or lean body mass through vigorous exercise, I can assist you to optimize nutrition pre/post training, recovery from events, assist in building muscles and also in leaning down for optimal performance.

Have you tried many fad diet only to either regain the weight you lost or after the diet is completed you are uncertain how to just "eat healthy" to maintain the weight loss or continue to lose weight? I can also assist you to achieve weight loss through a balanced approach where we look at many external factors that may be causing you to hold on to or continue to gain weight. You can sign up for a three month or six month program that will provide you with ongoing support to accomplish your weight loss goals or set up an initial weight loss plan and follow-up as needed. I also provide corporate nutrition 6 week challenges, lunch'n learn presentations, group presentations (tailored to any group) and can assist your or your family in any of your nutrition related challenges.

You can find me at the Wellness Centre on Mondays, Tuesdays and Thursdays during the day and I have evening appointments available upon request.

New Products to the Centre

Louis Kuhne, a German naturopath once said "The one common cause of all disease is the presence of foreign substances in the body." Today more than ever before, we are exposed to toxins in the food we eat, water we drink and the air we breathe. Symptoms of toxification include acne, heartburn, insomnia, bodily aches and pains, headaches, poor eyesight, general fatigue, and even anxiety. The Northwest Wellness Centre offers several different options to help cleanse and detoxify our system from all "foreign substances." Come in for an hour, and sit and relax as negative ions break down chemical bond between accumulated toxins and our tissues with the *Ionic Foot Detox bath*. You can actually see and smell the toxins from the body as they are removed through the feet.

Dr. Miller's Holy Tea is now offered, a tasty tea made of a synergistic blend of herbs that help cleanse and detox our colon, liver and kidneys. A fibre supplement called "*Nutracleanse*," is an easy to take blend of psyllium fibre, flax, and dandelion and burdock root that works wonders in cases of constipation, eczema, and psoriasis. This daily cleanse WILL leave you feeling amazing. Benefits of detoxing include clear skin, a cessation of heartburn and constipation, increased energy and vitality, and restful sleep, even weight loss to name just a small few. Call the Northwest Wellness Centre today to book your appointment for the Foot Bath Detox, or stop in to grab your *Dr. Miller's Holy Tea* and *Nutracleanse* today.

