Laguna Cosmetics Consultations & In-Store Makeovers

Friday, March 3, 11am – 2pm
With Anne Christensen, licensed cosmetologist and aesthetician. Call to reserve your time.

Anne will work her magic on your complexion with our new line of BDIH certified natural personal care (“Naturkosmetik”) products by Laguna of Germany. Laguna products utilize the highest quality natural raw materials such as premium vegetable oils and waxes, herbal extracts and floral distillates derived form organic agriculture and wildcrafting.

Reiki Circle

Tuesday, March 7, 7 - 8:30pm
Join us for an evening of peace and relaxation. Practitioners and newcomers are welcome. This Reiki circle will continue to meet the 1st Tuesday of each month.

$$$ Angel Encounter Workshop

Saturday, March 11, 12pm – 6pm
With Anne Kellogg & Tom Shantz, Certified Spiritual Consultants and Instructors with the American Leadership College.

Establish direct, 2-way communication with your angels/spirit guides. Learn powerful techniques to raise your vibration, discern where outside pressure is coming from, and neutralize negativity in your life. Learn how to dramatically increase your psychic sensitivity. Includes the 1001 Orientation Profile and a workbook. (Workshop cost is only $45 if you’ve already had your 1001 Orientation Profile.)

This workshop is limited to 25 participants. Pre-registration is required. To register call 800-336-8089 or visit our website at www.alcworld.com.

$$$ Profound Mystical Meditation: “Special Meditation Training”

Sunday, March 12, 12pm – 6pm
With Anne Kellogg & Tom Shantz, Certified Spiritual Consultants and Instructors with the Americana Leadership College. Cost $45

Create a “Sea of Tranquility” within to help you stay calm, relaxed, discerning and ready for anything. Foolproof your practical communication with your angels, and discern the difference between your own thoughts and those of your angels. Learn why doubting and assuming become pitfalls in communicating clearly with your guidance.

Pre-requisite: 1001 Orientation Profile. This one-hour Profile is part of the Angel Encounter Workshop, or is available privately with Anne or Tom for $50. Call 207-384-8353 or email amk@alcworld.com for an appointment or consult. This workshop is limited to 25 participants. Pre-registration is required. To register call 800-336-8089 or visit our website at www.alcworld.com.

Liver Detoxification & Healing

Tuesday, March 14, 6:30 – 8pm
With Tony Lebro, DC, CRA Clinical Nutrition

Join Dr. Tony for his talk on detoxification. Here you will learn how to cleanse and rid your body of its toxins and loose weight!

At the Lebro Center for Well Being in Kittery, ME we treat the person, not the disease. We treat the cause, not the effect. 800-610-1199.

Practitioner Potluck Dinner

New England Seacoast Holistic Health Association
Every Third Thursday of the Month at the Dover Herbal Path, 6:30–8:30pm

The monthly practitioner potluck has evolved into the New England Seacoast Holistic Health Association or NESHHA for short. Meetings begin with a potluck and networking period followed by a presentation and/or hands-on demonstration of a healing modality, a small business meeting and time for committees to update their progress. If you are not already receiving an e-mail notification, or know others that may be interested, please contact Ron Stock at 603-740-8400.

Detoxification:
How to Know if it’s Right for You

Saturday, March 18, 10am – 12pm
W/ Jason Rosso, BS exercise physiology, Senior Functional Medicine Consultant for Metagenics, Inc. with 500 hours nutrition biochemistry

Jason has authored our cover article.

When the GI is healthy and the liver is supported nutritionally and is healthy the body can achieve a state of balance. This balance is part of what we seek to achieve in our everyday health. The transition seasons are a great time to cleanse the body both mentally and physically. So, as this spring approaches and you consider doing a detoxification program, consider a few things. Please join me for a discussion on the details of detoxification and learn what questions should be asked before starting a program.

Autism and a New Theory of Physiology

Sunday, March 19, 10:00 - 11:30am
With Jared Skowron, ND

Dr. Skowron, inventor of the newest natural medicine to improve the symptoms of autism, will speak on a new theory which explains the reason our children behave the way they do. This new explanation lends new understanding and treatment possibilities for autism. Also present will be Erik Potts, who specializes in financial planning for special needs families. Learn what federal and state plans and laws can help or hinder you.

Dr. Skowron practices at Whole Life Health Care in Portsmouth, NH. He specializes in Family Medicine and Acupuncture. He is the creator of Spectrum Awakening, the newest natural supplement made with a unique combination for children with autism. www.SpectrumAwakening.com

$$$ EFT to Change Your Life

Saturday, March 25, 9am – 4pm
Presented by Lynne Donnelly, EFT-CC

Cost: $95, or $85 if paid by March 15th

If you want to change your life, this class is for you! EFT can help free you from the emotional blocks that have been holding you back. We will have fun while we cover the basic EFT protocol, how to apply it for your own issues and how to help friends and clients use EFT. Some of the problems EFT can help are fears and phobias, trauma, stress and anxiety, allergies, cravings, physical issues and grief. You will have lots of opportunity to work on your own issues – come prepared to change!

Bring a friend and you each get $5 off!
There's More To Mucus Than "YUK!"

By Netta M. Hart, Dipl. AC. NCCA

Most of us have suffered with colds and know all too well the discomfort and even extreme malaise cold symptoms can produce. Pharmaceutical companies offer numerous products to help reduce a multitude of cold symptoms, but precious little in the way of cold prevention.

We've been taught that we catch colds by being exposed to germs and that is obviously true. But what of those folks who never get colds? Are they not exposed to the same germs as the rest of us? Of course they are. So why don't they get sick too? The answer is that they have stronger immune systems.

According to Traditional Chinese Medicine (TCM), a strong immune system is due to strong wei qi, or protective qi. Qi is energy. Energy is basic to all life. Strong energy is required for good health. So how is strong protective qi formed? And what does this have to do with mucus? The answer is: Everything!

Good health and a strong immune system are borne in the gut - in strong digestive function. Furthermore, mucus/phlegm is formed as a by-product of incomplete digestion: that is why consuming certain foods can lead to congestion and other phlegm issues. You may have noticed that eating dairy products, sugar and flour products when you have a cold or an upper respiratory infection results in a worsening of your symptoms. If you want to get through a cold with minimal congestion, it is best to avoid these foods from the onset of your cold symptoms.

Mucus/phlegm in TCM is an important clinical concept. It is both a pathological condition (i.e., allergies, asthma), and a causal factor, such as intolerance to milk products. Long standing retention of mucus or phlegm can result in serious illness. Mucus can cause vertigo, nausea, vomiting and aphasia. Accumulations of mucus/phlegm in the body can cause an endless array of complaints.

Non-substantial phlegm or phlegm dampness is retained under the skin. It is a type of obstruction and may be the underlying cause in numerous conditions including fertility and reproductive issues, tendinitis, degenerative disc disease, swellings, lymphomas, cysts, kidney or gallstones and certain tumors. Phlegm dampness can accumulate around the joints, causing arthritic conditions and bone deformities.

Phlegm in the meridians (the body's energy pathways) is frequently manifested as fibromyalgia and strokes. Phlegm can obstruct the heart orifices and mist the mind causing confusion, mental illness and epilepsy. To summarize, phlegm can affect internal organs, the meridians and the skin. Diagnostic signs include a "slippery" pulse, coated tongue surface and likely, sticky or excessive saliva.

Since the root cause of mucus/phlegm disorders lie within a weak digestive system, TCM treatment involves primarily strengthening the Spleen/Stomach and eliminating mucus/phlegm. Within the Traditional Chinese Medical framework, acupuncture and Chinese herbs, such as traditional formulas by companies like Secura, coupled with nutritional and lifestyle adjustments, can be very effective in prevention and treatment of these afflictions.

My advice is to learn what your body needs by paying attention to your reactions to various foods. (Your favorites may be your worst enemy.) Avoid those foods that feel wrong. Consume plenty of fresh veggies and lean protein foods. Enjoy a moderate amount of fruit, and occasional flour and dairy products if you can tolerate them, and don't go to bed with food in your stomach. Eat organic whenever possible. Drink lots of clean, filtered water. Sleep deeply and enough. Seek out a qualified, holistic health practitioner when you need help, and love and laugh often. Thank you and be well.

Netta M. Hart is a NH licensed acupuncturist and has been practicing on the Seacoast for over 20 years. She can be reached at her Greenfield office at 603 433-1727.