

All About Health Wellness & Education Center

aah...Experience the power...

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Never underestimate the power of the body to heal!

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www.aahidaho.com

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Experience the power of...sunshine!

Sunshine is one of our most powerful healers, and contrary to what many have heard, is a very important part of our health. Sunshine sustains all life on earth and summer is the perfect time to take advantage of this wonderful gift. Because every body is unique, the amount of sunshine each body can handle varies. Learn your body's limits - pay attention to how much time you can be in the sun before you begin to burn (*a sunburn is simply your body's way of telling you that it has had too much sunshine at that time*). The more you expose your body to sunshine, the more sunshine it will be able to handle. Sunshine in your body's definition of moderation is the key.



Natural Sunscreen

3 Tbsp Jojoba Oil
5 drops Lavender Essential Oil

Natural Sunburn Care

1 Tbsp Calendula Carrier Oil
3 drops Lavender Essential Oil
2 drops Roman Chamomile Essential Oil
1 drop Peppermint Essential Oil

All About Health offers and recommends only the highest quality therapeutic-grade essential oils. We also offer other safe and effective options for sunscreen.

Visit our website and click on the Aubrey Organics link!

aah...let us help you experience the power of sunshine!

Never underestimate the power of your body to heal!

The power of the human body continues to amaze me. Did you know that our bodies tell us what it does not like - whether it be our thoughts, our food or drink choices, or what we are breathing? How? By giving us symptoms. *Symptoms are nothing more than the body's way of telling us that something is out of balance.* Common symptoms are headache, stuffy nose, runny nose, runny eyes, sneezing, constipation, and skin conditions.

These minor symptoms can get us into trouble when we ignore them - or put a 'bandaid' on them. For example, if I take a pill for my headache and I can no longer feel the pain, does it mean that the *cause* of the headache is gone? No - it means I can no longer feel the pain. The cause of the pain may be the spine being out of alignment, stress and tension, something that I've eaten, something I've breathed in, or a number of other reasons. Will my body try to find different ways to get me to recognize that there is a disturbance? Absolutely.

If I take a pill because my eyes are itchy and watery and the symptoms stop, does it mean that the *cause* of the itchy and watery eyes is gone? No - it means I no longer have the annoyance of itchy and watery eyes. The *cause* for these symptoms is still there. Is the *cause* because the pollen is blowing in the air? No - the *cause* is that my

Event Calendar

Check out our event calendar to keep updated on our upcoming classes!



Cleanse your body to create an environment of wellness so you can finally achieve your health objectives. The Isagenix system allows you a choice of programs to match your goals and lifestyle. Cleansing before allergy season can reduce your allergy symptoms! Visit our website and click on the [Isagenix link!](#)

Idaho Coalition for Natural Health



YOUR source for natural health care information in Idaho! Find practitioners and network with like-minded people!



We now accept Visa & Mastercard (including HSA Visas)

Watch KTRV's morning news show from 6 – 8 and see our commercial or [view it on our website!](#)



For those who have already taken a Basic workshop, consider the Supercharging Workshop! Contact QT home office at advancedws@quantumtouch.com if you're interested ~ let's try to get enough interest to bring Supercharging to Meridian!

body does not like the pollen because the body is out of balance. It could be because the colon is not cleansing regularly, my body has too much mucus from my choice of foods, I do not have the right amount of the 'good' bacteria in my small intestines; or from a number of other reasons. Will my body continue to tell me that there is a disturbance? Absolutely.

If I continually experience symptoms and eventually remove the part of the body that is so disturbed that it was basically yelling to get my attention, does that mean that the *cause* of the disturbance is gone? No - it means that I have removed the part of the body that was telling me something was wrong. And now my body is more burdened because every part of our body is there for a reason, and without one part, other parts have to work harder. Will my body try to find different ways to tell me that there is a disturbance? Absolutely.

Continually masking symptoms, no matter how small, will eventually lead to dis-ease in the body. In order to create a healthy environment for your body, you must address the *cause*. Do you have symptoms that you just accept as 'normal'? The next time you have a symptom, stop and think "What is my body trying to tell me? What have I been exposed to? What have I done? What have I eaten?". *Acknowledging the communication from your body is a very important step towards achieving excellent health.*

Never underestimate the power of your body to heal!

Experience the power of...knowledge!

Achieving health goals means creating a balanced environment for our bodies. Every choice we make, every thought we have, everything we encounter tips our balance towards health ~ or away from health.



Knowledge is a very important step in this process. In order to create a balanced environment for *our* body, we need to learn what works for *our* body, what limitations *our* body can handle, and what will truly put (and keep) *our* body in balance. What may work for one person, may not work for *you*.

The key to learning about *your* body is by listening to your body, by paying attention to your symptoms, and by educating yourself. Sometimes things we think are good for the body are really promoted as such to get you to buy a particular product - not because it is truly a healthy product. Education to learn the difference between *true* health products and services and those that just claim to be healthy is up to *you*. We offer several classes where you can learn how to put and keep your body in balance - *physically, emotionally, mentally and spiritually.*

UPCOMING EVENTS / WORKSHOPS:

ZoneTissue Rejuvenation Level I - June 9 & 10 - This is a deep-tissue technique that increases the circulation and cleansing of the inner lymph system. When the body's capacity for self-cleansing has been exceeded, the inner lymph system will dump waste products into the connective and muscular tissue. In this class, you will learn the basics about the signal system in the back, as well as this very effective deep-tissue technique. \$395 if registered by June 1; Register yourself and a friend by June 1 and pay only \$325 each; \$425 after June 1. Pricing includes materials.

Quantum-Touch Live Basic Workshop - June 15 & 16 - Quantum-Touch is an essential skill everyone should know. Spontaneously places bones into their correct alignment with a light touch; reduces inflammation; achieves deeper relaxation; reduces pain; balances emotions, and more! Truly an essential skill for every parent, grandparent, and health care practitioner! \$295 if registered by June 8; \$345 after June 8. Registration forms are available on our website! Request a free CD to learn more! "We use QT daily for aches, growing pains, injuries, etc! It is truly a blessing! If you have children, this is something you need to know!"

EFT (Emotional Freedom Technique) Level I - June 21 & 22 - EFT is a universal healing aid for physical and emotional healing. You can learn to use it for yourself and in partnership with an Energy Therapist or health professional for the most effective results. With it, you have at your fingertips the ability to release fears, chronic pain, negative memories and abuses, emotional eating, stress, low self-esteem, relationship difficulties, depression and so much more, often in a fraction of the time previously required. Experience a new kind of freedom from the inside out. \$295 if registered by June 7; \$345 after June 7. Pricing includes materials. Visit www.cadencehealing.com for more information!

**Schedule a
FootZonology
Session with
Tiffany Tuttle and
receive 20% off
of the regular
price!**

208-867-4336

Benefits of the Premium Shower Filter:

- **Eliminates** chlorine odor from skin and hair
- **Healthier**, softer-feeling skin
- **Healthier**, less-brittle hair
- **Prevents** breathing chlorine gas or its absorption into the skin
- **Helps** control bacteria, bathroom mold, mildew
- **Enhances** performance of body care products

Notice of cancellation policy - Effective June 1 -
If you are not able to make an appointment, we require that you cancel at least 24 hours in advance. We often have clients on the 'if you have an opening' list and this will give us a chance to work them in. **Appointments cancelled less than 24 hours in advance will be charged ½ of the appointment fee.**

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If you no longer wish to receive our newsletter, please send an e-mail to newsletter@aahidaho.com with UNSUBSCRIBE in the subject line or call us at 208-887-7843.

SIBU Balance Presentation - May 22 & June 5 @ 7:00 pm ~ Get Healthy with us - With the Seabuckthorn berry from the Himalayas. Come hear all about this amazing wild berry juice that can help with reduction of Pain caused by inflammation, Lower cholesterol, Lower blood pressure, Improve skin, Combat allergies, Control asthma, Improve Hormones and Mental function, Boost your immune system, Prevent heart disease, Stroke, Alzheimer's, Diabetes II and more! Presented by SIBU Balance distributor Jennifer Uhlenkott. Find out more at www.mysibu.com/healthylife.

Family Yoga - Monday evenings 5:00 - 5:45

Watch for our new curriculum coming later this year! Including information on the body systems, how they work, how they cooperate with other systems, and natural support methods (essential oils, herbs, foods, etc). We will also be offering classes on FaceZonology (face rejuvenation), nutrition, and programs focusing on attention disorders, autism, and more!

aah...let us help you create the reality of excellent health and experience the power of knowledge!

Featured Product ~ Premium Shower Filter



Chlorination of municipal water is useful as a disinfectant, but it doesn't belong on the skin, in the hair, or in the digestive and respiratory systems! Now, there is a simple and effective way to help remove this dangerous substance from the shower environment. Chlorine is a toxic gas which attacks living cells. It was used during World War I as a chemical warfare agent. It is used today as an additive to drinking water to kill harmful micro-organisms. While this can be an important health benefit, chlorine itself is far from beneficial: it attacks organic material, such as the skin and skin oils, which dries out the skin and hair. Because chlorine vaporizes along with the hot water, it is inhaled into the lungs. It is also absorbed into the skin. According to some experts, 5 times more chlorine enters the body through the skin during a shower than enters through drinking 8 glasses of chlorinated tap water! To help alleviate the amount of chlorine (and more) in your water, we offer the **Premium Shower Filter**. Found elsewhere for \$41.99 - buy from us for \$31.99!

"at least 70% of the skin's blemish- and wrinkle fighting hydration comes from the water we consume. If you haven't done so already, switching from chlorinated tap water-the water you shower in- to reliably pure water will be perhaps the most important health and beauty lifestyle upgrade you will ever make." About dry skin, she points out: "Chlorinated water can contribute to dry skin. Installing a shower filter can make an unbelievable difference." - from: **The Truth About Beauty; Kat James**

"Avoiding contact with chlorinated water is of the utmost importance. This includes bathing water and drinking water. Chlorine kills bacteria, friendly and unfriendly, in the intestines. It can be absorbed through the skin. I recommend installing a shower filter to remove Chlorine." -from: **Patient, Heal Thyself; Jordan S. Rubin, N.M.D., PhD.**

aah...let us help you experience the power of de-chlorinated water!

Bites / Stings: Immediately apply Lavender, Basil, Frankincense or Tea Tree directly to reduce inflammation or allergic reactions.

Bug Repellent: Apply Basil, Lemon, Citronella, Los Mosquitos Blend, or Lemongrass to bottom of feet or on clothing.

***Use caution with citrus oils and sunlight exposure as these oils can cause sunlight sensitivity!

aah...let us help you experience the power of therapeutic-grade essential oils!