

The Whole Story

Wholistic Wellness Clinic, PC

Fall 2005

Flu? Try Acupuncture

Do you have a repeat of the "flu" every fall? There is a reason for that. The body goes through a memory cycle (auditing cycle) four times a year, two to three weeks before and after every seasonal change. It's a type of "defragmentation" of the body, just like cleaning up your computer. Many times you will not like the process. That's because the body goes through memory or "retracing" in order to clean up the system. This is when people get the same "flu" they had the previous year: stomach aches, indigestion that had been gone; headaches, back pain that were under control. Acupuncture works beautifully during these times to balance your body's energy meridians and help put you on the road to health. It can be especially powerful during these times in conjunction with better eating habits and exercise. As we go into fall, consider a Balance Acupuncture Treatment. It could help you break a repetitive flu cycle. And honest: It doesn't hurt. ■

Flu Immune

It's fall, and that means the flu season is just around the corner. Be prepared this year. I strongly suggest you have on hand a bottle of the NET Remedy Flu Immune. It's recommended for flu-related symptoms such as aches, pains, fevers, and chills. It can be used at the onset of symptoms and as a preventative. For a first-line defense against flu symptoms, team Flu Immune with NET Remedy ER 911. Together, these two products work even better as they individually stimulate the body's immunity in different ways and provide a broader scope of relief. If you'd like to know more, just call our office! ■

Upcoming Group ERT Classes

Please go to our Web Site (www.wholisticwellness.com) for more information:

September 10: 8 a.m. to Noon: **Couple Up:**

Couples NET workshop: Afternoon sessions will be available for individual couples NET work. \$200/couple. There will be an additional charge for individual sessions.

STUDY: Aspirin, Ibuprofen Increase Breast Cancer

A recent study of the Journal of the National Cancer Institute reports a link between aspirin and ibuprofen consumption and an increase in breast cancer. Researchers evaluated data on 114,460 women who were aged 22 to 85 years who were free of breast cancer when they enrolled in the study a decade ago. During a follow-up period, some 2,400 of the women were diagnosed with breast cancer. When researchers broke their findings down by pain reliever or type of breast cancer, the results showed: Taking ibuprofen daily for at least five years increased a woman's chance of developing breast cancer by 50 percent, compared to women who did not regularly take the drug; Daily use of aspirin for five years or more caused a woman's risk of ER/PR-negative breast cancer (not sensitive to estrogen or progesterone) to spike by 80 percent compared to non-aspirin users. (*Journal of the National Cancer Institute*, June 1, 2005, Vol. 97, No. 11: 805-812). ■

Coop's Flying the Coop

I will be out of the office Nov. 18 – 29 so that I may enjoy the Thanksgiving holiday with my family. Have a wonderful holiday! ■

Natural Facelifts

From Oct. 20 – 23, I'll be attending a convention on Acupuncture in Chicago. An extensive training will be offered on Cosmetic Acupuncture. Watch for more information on this natural facelift! ■

October 10: 5:30 – 7:30 p.m.: **Muscle**

Testing 101: the basics of muscle testing — learn how to self, partner and surrogate test. Advanced Muscle testing will also be offered during this session.

November 14: 5:30 – 7:30 p.m.: **Bah Humbug:** How NOT to be Scrooge this holiday season. ■

Web Site

If you haven't already done so, please check out our new Web Site, www.wholisticwellness.com. I am so excited to have this site up and running. When you're trying to explain what we "do" here at Wholistic Wellness, please direct people to the site. We've worked hard to make this site easy to read and accessible to everyone. It's a great resource! Thank you to Karla Hurley for designing this awesome site! ■

Cooper at Kirkwood

I'll be teaching the following classes at Kirkwood Training & Outreach Services, 3375 Armar Drive, Marion. For more information, call Kirkwood at 398-5412:

Acupuncture Class: Oct. 10, from 9 – 11 a.m.

Mind/Body Class: NeuroEmotional Technique (NET), Nov. 14, from 9 – 11 a.m. ■



Wholistic
WELLNESS
CLINIC, PC

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Established January 2005 for clients, employees, and friends of Wholistic Wellness Clinic, PC.

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