

The Whole Story

Wholistic Wellness Clinic, PC

December 2005

Embrace the Season

The holidays are such a wonderful time, but can get a little hectic with all of the hustle and bustle. Reflecting on what we are grateful for in our lives is a wonderful way to bring our focus back to what is really important. I am thankful for my family and their support; my staff, who takes care of me and my patients; my friends, who make me laugh; my patients, who make me feel like I make a difference in their lives; and for a power that is much greater than me that makes all of this happen every moment of my life. For that I am truly grateful. Remember to give thanks, even if it is simply at the dinner table. I'd like to share this beautiful meal prayer that was shared with me by Brenda Ehret, spiritual counselor at Wholistic Wellness: *We bless this food to our bodies, knowing we take in all the nutrients we desire and readily eliminate the rest. We are grateful for the hands and heart that prepared this food, for our rich blessings we say Thank You.*

I would like to share with you my scrumptious (or so I have been told) Pumpkin Bread recipe. I hope you love it!!

Dr. Cooper's Pumpkin Bread

5 eggs
1-1/4 cup canola oil
1 can pumpkin
2 cups of flour
2 cups of sugar
2-3 oz boxes of cook and serve vanilla pudding
1 tsp cinnamon
1 tsp baking soda
1/2 tsp salt

Grease 5 small bread loaf pans, bake at 325 degrees for 50 to 55 minutes. Muffins — 30-35 minutes

Happy Holidays,
Dr. Terri Cooper

New Techniques Offered

Our staff attended an incredible seminar in November and we have some new techniques to offer our patients. One is an allergy elimination technique (\$50 per session), which offers wonderful benefits to allergy sufferers. Another of my favorites is EyeLights and Brain Balancing, especially helpful for those of you with ADD/ADHD/Depression. This technique helps to rebalance the brain and truly works like magic. If you'd like more information, please let us know. ■

Gift Certificates Available for Massage

Wholistic Wellness has two gifted massage therapists in Cindy Minehart and Tracy Sherman. Many say they are the best in Cedar Rapids! This Christmas, consider the gift of massage for those you love! We offer Swedish, Sport, Pregnancy, Craniosacral, Stone, and Aromatherapy massages. Contact our office today to purchase your gift certificates — or schedule a massage as a gift to yourself! ■

Facial Renewal Acupuncture Is Now Available

We are now offering facial acupuncture. This would make a great Christmas gift! **Facial Acupuncture Renewal** is a safe, painless and effective treatment for renewing the face as well as the whole body. Fine lines may be entirely erased, deeper lines reduced and bags around neck and eyes firmed. When needling the face, you increase blood flow, which carries nutrients to the cells and increase collagen and elastin production. The cost is \$125. Add a **Deluxe Herbal Facial** for an even greater gift to your skin! Adding these wonderful Chinese herbs and organic essential oils to the acupuncture facial will provide radiance to the skin, decrease puffiness and redness, tonify, reduce stress and promote total health and well being. The cost is \$175. ■

Acupuncture Auditing Cycle Approaches

December 21st brings about the Acupuncture auditing cycle again. Remember this cycle happens around the solstice — two to three weeks before and after this date. Your body goes through a memory cycle, similar to defragging your computer. If something in your body feels broken, this is a good time to fix it. Your body may feel like it needs a tune-up. January and February are kidney/bladder time so some people will have bladder and kidney issues, low back conditions, and low energy levels, especially if their kidney/bladder Qi is weak. Come in so that you can start the New Year off right! ■

Save on IonCleanse

During the month of December, we'll be offering IonCleanse for \$40 — a \$10 savings! Detoxification has never been easier. Simply, place your feet in the IonCleanse unit, turn it on, and within seconds, millions of ions enter your body and begin to neutralize these tissue acid wastes. The particles, fat, and mucous residues found in the water after bathing reflect the wastes that have left your body during the 20-30 minute session. After that first session, your body will feel lighter, you will think more clearly, have more energy, and enjoy a greater sense of wellbeing. ■



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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