


Whole Living


HOLISTIC HEALTH
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www.jamieonderdonkphotography.com

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Fall.....

Let summer slide into a favorite time of year: **autumn**. As the leaves turn, so do our lives turn, and we make changes happen for the better. Take time to regroup and refresh yourself; join HHA's Nutrition Program, try our Acupuncture Happy Hour, relax with a deep tissue massage, enjoy a holistic facial or enzyme peel, or ask Ryan about nutritional supplements!

Being Open to Learning by Jim Jenkins

Ah, Fall! The time of year which signifies the end of summer's folly and heat, the time which excites parents everywhere as "back to school" sales fill the stores, the season which asks us to disengage from mindless activities and hunker down to actively engage in the learning process.

If you're like most people, you're programmed to consider the months of June, July and August as "vacation time"—a time for going places, letting go of the mind and allowing it to carelessly wander from the printed pages of Danielle Steele, Peri O'Shaugnessy, and John Grisham to the waves hitting the sand.

Summer also seems to be a time when people put their minds on hold and just leisurely go from place to place, or take on projects that require more physical energy (like painting the house, fixing the deck or the much-delayed spring cleaning of that old closet in the basement). It's also a time to just "chill out" and see the latest action flicks or check out the latest in reality television. It's as if we tell our minds "Hey, take a little trip, relax, unwind...I'll see yah again soon!"

And yet, after Labor Day, people make this natural shift from carefree thoughts to reflective discipline. It's back to school and with the change in seasons, there comes a paradigm shift that says "I need to focus." It's time to take our mind off vacation and start thinking again!

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Being Open to Learning , cont'd.

It's time to see how open to learning you are. What do you need to do for yourself to enhance your life? What are new competencies and skills you need for the office? What's that one subject you've always wanted to learn about but have yet to engage in studying? What famous person's biography can infuse your life with some much needed sense of direction?

This is the time of year that begs us to harvest our thoughts for the future. As the leaves on the trees begin their final dance before falling from their natural stage, this is your time to recognize that learning is a lifelong process and to honor that side of yourself that beckons you to learn something new for the mere sake of learning.

So, for the next few months, I encourage you to engage in a learning process and condition your mind for new thoughts. Whether it's reading a book about a new subject you'd like to become more familiar with, taking a class to improve your creative skills, or even taking on the study of a musical instrument, I encourage you to reacquaint yourself with the learning process and see how you can use new knowledge to improve your personal or professional life.

Jim Jenkins is Holistic Health Associates' resident personal coach. He is also the founder and president of Creative Visions Consulting, a management consulting firm based in Frederick. To help you engage in the learning process and make some lasting changes in your life, consider working with Jim at HHA for six months. We have just a few open slots for new coaching clients, so don't delay your decision to make lasting change! Call 301.620.1414 for a complimentary coaching session.



YOGA is more than stretching, its also about flexibility, strength, and balance. Try plank pose (just like the top of a push up) and see if you can focus on using your core, your

thighs and your breath to help keep you buoyant and light. If your back is sagging or its hard to breathe, just simply drop your knees down to the floor but keep your shoulders directly over your wrists. Hold for 5-10 breaths, then **rest**.

Delicious autumn! My very soul is wedded to it, and if I were a bird I would fly about the earth seeking the successive autumns. ~George Eliot

Acupuncture Happy Hour at HHA

Ryan is now offering Acupuncture in a cozy group setting on Wednesday afternoons. Points chosen will be limited to arms, legs and head, so this is a great acu intro and a wonderful way to de-stress after a long commute or crazy day. So forget winding down with a beer and clear your mind with 40 minutes of acupuncture!

Cost: \$20

When: Wednesdays, 4pm—6pm

Best For: Stress, Relaxation, Immunity, Sleep

What's New with Your HHA Staff?

Nicole is now in grad school for public health at Tulane!

Welcome Katie and Ally who are behind the front desk!

Kate Smith became Mrs. Kate Ridgely on August 18 ;)

Welcome to Marie Leigh, to our massage therapy crew!

Happy August birthdays to Ryan, Rebekah and Claire

Happy November birthdays to Denise & Kate

Look for a workshop at Sol Yoga on 10/20, that Ryan is hosting called Age Old Practices...

Gift Certificates! Look for our gift certificates online that are good for thirty, sixty, and ninety minutes of service. Simply go to www.HHAmD.com and click on store to have a GC shipped right to your door!

Sleep.....

Many of us struggle with the simple task of getting a full night's sleep...what is the reason and what helps?

Common Disorders are...

Insomnia is the most commonly reported complaint. Its symptoms are difficulty falling and staying asleep, and daytime sleepiness.

People with **Sleep Apnea** are the snorers who actually stop breathing for brief periods while asleep and then gasp or choke for breath.

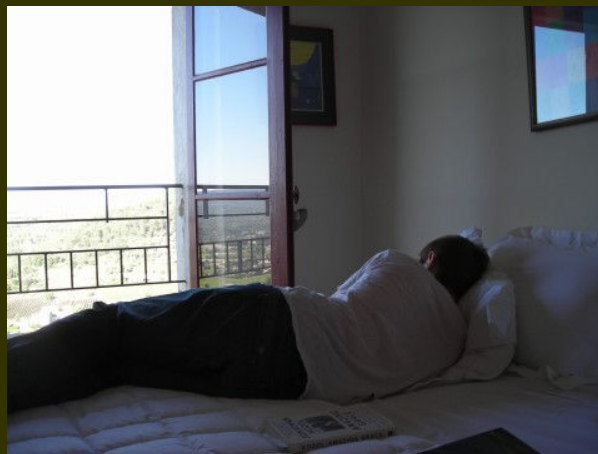
Narcolepsy is a condition where a person cannot regulate their sleep/wake cycles, and as a result, s/he may fall asleep uncontrollably. These sleep attacks are often accompanied by daytime sleepiness, muscle weakness or paralysis, and disrupted nighttime sleep.

Restless Legs Syndrome, may cause a person to have twitching or tingling sensations in the legs while sitting or lying still. One may stretch or move the legs to try to relieve the movement which can interfere with sleep.

Acupuncture is particularly effective in treating insomnia. Many people report immediate improvements in their sleeping habits. With acupuncture, the sensation of sleep comes easily, lasts without interruption, and is deeper and more refreshing.

Research shows that massage therapy can help you sleep. The autonomic nervous system has two parts: the parasympathetic and sympathetic. When you have a massage, the parasympathetic is activated and helps you relax. When you're stressed, the sympathetic is activated leading to flight or fight. If stress and tension are why you're not sleeping well, massage therapy can help you improve.

Some people even fall asleep while enjoying a professional massage!



Ask us about Tempurpedic Products for soothing sleep!

Nutrition Program!

Holistic Health presents the Transitions Lifestyle System for a fresh approach to healthy living and weight management! The system is based on how your body reacts, absorbs and breaks down specific foods (remember the glycemic index?), plus it provides a complete lifestyle approach that includes healthy eating, exercise, stress reduction and supplementation. This program directly targets body composition and metabolism so you can lose body fat without losing muscle mass. The components of the **Transitions Lifestyle System** work together to create a new you! New classes forming in October...

Fall Resolutions ... Eat an apple a day—it gives you about 80 calories and 5 grams of fiber. Expand your fruit repertoire, enjoy fall's bounty: figs and pomegranates. For a big dose of vitamins, eat more healthy greens! Take a hike! In the woods, of course, and burn off 250 calories/ hour for a comfortable stroll. Settle down with a cup of green or white tea for a nice antioxidant boost.

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TASTE FALL.....

Whenever I think about the fall, I immediately start thinking about things I enjoy about the season...Colorful mums for the front porch, candles, leaves, sweaters, football, and of course....**really hot, really good, mulled cider**..Get out your crockpot, get to McCutcheon's, on Wisner Street in downtown Frederick, and make your house smell like fall...

Mulled Cider (may add spiced rum if you are feelin' saucy)

6 cups apple cider
3 whole allspice berries
3 whole cloves
6 cinnamon sticks
1 navel orange, peeled and quartered
1 navel orange, unpeeled

1. Combine the cider, allspice berries, cloves, cinnamon sticks and the peeled, quartered orange in a saucepan and bring to a boil. Turn the heat down and let the mixture simmer for 5 minutes.
2. Slice the remaining orange into half moons.
3. Strain the cider and ladle it into warm mugs. Garnish each mug with a cinnamon stick and a fresh orange slice.

Serving Size: 1 mug

worldfamousrecipes.com

Got Sol?

Holistic Health Associates and Sol Yoga are partners! The purchase of a package from **HHA** will include a \$5 certificate for 1 class gift card (regular price \$15) from **Sol Yoga**, while the purchase of a Flexipass from **Sol Yoga** (1 month pass for unlimited classes) will include a 10% gift card off any regularly priced service or retail product from **HHA**.

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Photo: Ruthie McWilliams

A few days ago I walked along the edge of the lake and was treated to the crunch and rustle of leaves with each step I made. The acoustics of this season are different and all sounds, no matter how hushed, are as crisp as autumn air.
—Eric Sloane