

# Whole Living

  
HOLISTIC HEALTH  
ASSOCIATES  
*Whole Living*  
Spring 2008



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*Spring* is the time of year when the outside world seems to awaken, thus it awakens something within ourselves. The air feels cleaner, the sun warms our faces, and often we feel ourselves walking with a lightness in our step and a feeling of relief in our hearts. Spring is the time of year that our days stay brighter for longer, and going to work when it's light out is something we all appreciate. Spring can be a time for *reinvention*, and *remembering your health*. Spring reminds us to eat veggies, to sit in the park, to scatter flowers in our home, and of course, Spring is a time for sweet music—as the Beatles would say...

**Here comes the sun, here comes the sun,  
and I say it's all right**

**Little darling, it's been a long cold lonely winter  
Little darling, it feels like years since it's been here  
Here comes the sun, here comes the sun  
and I say it's all right**

**Little darling, the smiles returning to the faces  
Little darling, it seems like years since it's been here  
Here comes the sun, here comes the sun  
and I say it's all right**

**Sun, sun, sun, here it comes...**

One study found that smelling cinnamon boosts cognitive function and memory.

Healthdiaries.com

## Headaches

Traditional Chinese Medicine (TCM) does not recognize migraines and recurring headaches as one particular syndrome. Instead, it aims to treat the specific symptoms that are unique to each individual using a variety of techniques such as acupuncture, Chinese herbs, tui-na massage, and energetic exercises to restore imbalances found in the body. Therefore, your diagnosis and treatment will depend on a number of variables: Is the headache behind your eyes and temples, or is it located more on the top of your head? When do your headaches occur (i.e. night, morning, after eating)? Do you find that a cold compress or a dark room can alleviate some of the pain? Do you describe the pain as dull and throbbing, or sharp and piercing?

Acupuncture points to treat headaches are located all over the body. During the acupuncture treatment, tiny needles will be placed along your legs, arms, shoulders, and perhaps even your big toe!

The length, number and frequency of treatments will vary. Typical treatments last from five to 30 minutes, with the patient being treated one or two times a week. Some symptoms are relieved after the first treatment, while more severe or chronic ailments often require multiple treatments. *Continued on page 3*

**Auction in The Orchard...**

Last year we held our first charity event in which we raised over \$2500 for the Leukemia and Lymphoma society. We are very excited for our second annual silent auction to raise money for charity. This year 100% of the proceeds will go to the Arc of Frederick County (Arc). Arc provides advocacy, access to resources, and assistance to increase individual and family connections for people with developmental disabilities. The Arc provides individually designed support services and collaborates with the community to build creative, inclusive programs for adults and children with developmental disabilities. These are just a few of the wonderful programs and services provided by the Arc: information and referral, help in locating employment, sibling workshops, outreach to the Hispanic community, training seminars, service coordination for children with autism, estate planning to help parents plan for their child's needs, support groups, and 'Parents Day Out' provides respite care for parents. The Arc is funded through individual memberships, contributions, fundraisers, grants, and the United Way of Frederick County.

HHA's "Auction in the Orchard" provides support to this much needed and terrific organization. Our many thanks to the Board, staff and the many contributors to the Arc.

Please save the date and join us on Sunday, September 14th, 2008 from 1pm to 5pm in our backyard orchard! We will have live music, fabulous items to bid on, and delicious food.

**Good Health Through Breathing**

Did you know humans breathe, on average, over 20,000 times a day? This might seem like a lot, but it's the KIND of breath you take that matters. Most people breathe incorrectly by taking shallow breaths, which limits the amount of oxygen going to the cells. Breathing is an essential part of life and vital to ALL functions of the body from metabolism to blood pressure and even digestion. Simply by taking slow calm breaths, with even inhales and exhales, you may calm the mind and nervous system. To start your journey towards better breathing, start by finding a comfortable seated position such as Sukasana or "Easy Pose" (pictured). Once seated, bring awareness to your breath; feel how it moves in and out of your body. Breathing only through the nose, start to elongate the inhales and exhales (keeping them even) to a count of 3 (inhale, 1...2...3...exhale, 1...2...3...repeat).



Photo of Kristina Molinari



**GARDENER'S CORNER with Virginia ...**

**You don't have to have a green thumb!**

Can't wait till Mother's Day? What can I plant now before the last killing frost? Pansies are in! To me, the purpose for gardening is sheer joy! Yes, I've planted dozens of plants and trees in my lifetime, had large garden patches, but now I'm into raised beds for the few things that we want to eat out of hand. So far this spring, I've started snow peas, sweet peas, various lettuces and Asian greens, Swiss chard - those fun early spring yummys! Don't forget pansies that are already in bloom at local nurseries, and look for bare root plants that need to go in now, e.g., bushes: pussy willows and forsythia - the harbingers of spring. There are lots of other seeds and plants to get started indoors and out. First, you want to have workable soil - not too wet. Good soil is the key to good gardening: I've added peat moss, perlite and various mulches, natural fertilizers. Straw or newspaper mulches works as good in a veggie garden as any.

Summer coming up? We grow as many and different kinds of tomatoes that we can fit in the garden - you just can't taste off-season, store-bought tomatoes. Lots of fresh herbs, parsley, various basil (have you tried lemon or Thai?), rosemary, dill, cilantro, to name a few. I buy plants as this speeds up the tasty results! **And you don't have to have a green thumb - but lots of sunshine will do.**

Virginia Spencer assists HHA with research, writing and gardening and will often be found contributing to our newsletters

**HHA UPDATE**

Welcome Kristina Molinari! Kristina has joined our front office staff as our Events Coordinator! Kristina is also Director at Sol Yoga...

Ally's gone to Ireland and come back green!

Please stop in and see our new photos showcasing **fantastic** young photographer, Matthew Sprague. Available for purchase on May 1st!

Fresh Spinach Salad

1 bunch of fresh spinach (from you garden?) 4 green onions, chopped, 1 apple cored but not peeled, coarsely chopped, 1/2 cup toasted walnuts

Dressing (makes enough for more salads)

1/4 cup honey, 1/2 cup red wine vinegar, 1 cup of olive oil, 1/2 teaspoon salt, 1 teaspoon black pepper, freshly ground, 2 Tablespoons of Worcestershire sauce

Whisk together the dressing ingredients. Combine salad ingredients (of course you can use other greens, e.g., Mesclun). Toss with desired amount of dressing and serve immediately. YUM!

Adapted from a Kitchen Garden



It's about that time! Your skin needs protecting ... try our new Burt's Bees Sunscreen SPF 30.

\*\*ALSO SEE OUR NEW Er'Go Candles....they are FABULOUS

*A College Kid's Take on Y-O-G-A*

"These are the best years of your life." These are the words I heard more and more as I entered college. Are the college years really the best time of your life? I've been learning differently. This is not to say that I'm not having fun in college (Helloooo ... I'm in college), but rather that every year should be your best. No. Every day, every moment should be your best because every moment is life. Working at HHA over the summer showed me how important life is. I've always had a natural relationship with my body, but acupuncture and the occasional Chinese herbs I received showed that I can work with my body to heal it.

I then began to do yoga. Most of the important life lessons I didn't learn in college this semester but on the mat. And from the mat I've learned (or attempted as best as a college student can) to live holistically. Real breakthroughs were happening for me and my body. I was changing emotionally as well as physically. I owe so much to yoga and the holistic way of life. Yoga makes me focus on just the breath and the asana (posture) and nothing else. The important things in life are put into perspective for me here. The feeling is indescribable—it is pure meditating and ecstasy for me. Yoga has also helped in college—I don't stress out like I used to, and I guess I do enjoy these years more and more. But I'm going to make sure that they are just the beginning of the best as I continue my holistic journey.



-Ally

Class of 2011

*(Headaches cont..)*

The results of this study showed that 98% of patients treated with scalp acupuncture experienced no headaches or only occasional, mild headaches in the six months following care.

According to the Tao of Nutrition, for headaches due to the common cold, you can try the following:

Make a tea from ginger and green onions, boiling for five minutes. Drink and cover yourself under many blankets to cause a sweat.

Make a tea from chrysanthemum flowers and cassia seeds.

Drink green tea.

Foods to Avoid:

- cheese
- chocolate
- dairy products
- bananas
- alcohol
- caffeine

Not all headaches require medical attention. But some types of headache are signals of more serious disorders and call for prompt medical care. These include: sudden, severe headache or sudden headache associated with a stiff neck; headaches associated with fever, convulsions, or accompanied by confusion or loss of consciousness; headaches following a blow to the head, or associated with pain in the eye or ear; persistent headache in a person who was previously headache free; and recurring headache in children.

**Food can be considered the medicinal herbs that we take three times a day. Being aware of what we eat can help to maintain internal balance and prevent disease on a daily basis.**



**RUN CONGO**

The Run for Congo Women event that HHA participated in went very well! Over \$6000 was raised for the Women in the Congo, and we are so grateful to our clients for their support!

Lisa Shannon, founder of Run for Congo Women shows enthusiasm at the start of the race!

Photo: Tess Colwell tesscolwell.com

[runforcongowomen.org](http://runforcongowomen.org)

[womenforwomen.org](http://womenforwomen.org)

**"All through the long winter, I dream of my garden. On the first day of spring, I dig my fingers deep into the soft earth. I can feel its energy, and my spirits soar." - Helen Hayes**

**Our Friends**

**SOL YOGA**

The purchase of a package from **HHA** will include a \$5 certificate for 1 class gift card (regular price \$15)

256 W. Patrick Street  
Frederick, MD 21701

[solyoga.org](http://solyoga.org)



**Fundamental Fitness**

Personal Training with Eva Rosvold and others.

1205 N. East Street

Frederick, MD 21701

Mention HHA and receive a discount!

[Fundamentalfitness.biz](http://Fundamentalfitness.biz)



**Structures Salon**

Urban Hair & Cosmetics

38 S. Market Street

STE 6

Frederick, MD 21701

[structuressalon.com](http://structuressalon.com)



315 W. Patrick St

Frederick, MD 21701

[HHAmd.com](http://HHAmd.com)

301.620.1414

**Now Accepting  
Carefirst Insurance  
for Acupuncture**

Meet our new acupuncturist, Alice McCormick next month! Stay tuned...