

Autumn ... A Time of Transitions

And rejuvenation! Discover a new you today, with a combination of therapies designed to make you feel better and look younger. What's new? Read about Transitions Lifestyle System! A six-week lifestyle program focusing on nutrition and food education, fitness education, supplement information, and much more! Need acupuncture for pain relief? Try adding facial rejuvenation acupuncture! And, for skin renewal, indulge in holistic esthetics. We recommend our latest **Naturopathica** skin products and facial treatments. Plus, learn more about the water you drink.

Quiz: Which is best for you and your family—tap water, filtered water or bottled water? Find the answer on page 2. We recommend that you drink water that is half your weight in ounces, e.g., weight is 130 lbs.? Drink 65 oz. of water per day.

Have you tried Cranio-Sacral therapy, four hand massage, or a Pilates class? They're all right here at Holistic Health Associates, 315 West Patrick St., Frederick, (301) 620-1414. Check us out online: www.holistichealthassociates.com.

Fall Free Seminars:

Nutrition and Weight Management 10/18
What is Reiki? 10/21
All About Hypnotherapy 10/28

Skin renewal

Try our *Naturopathica* hydrolats for a refreshing exfoliant and enjoy calm, smooth and stress free skin. Hydrolats are the residual floral waters of the steam distillation process of essential oils. These alcohol-free toners contain micronized droplets of essential oils, a process similar to that of homeopathic medicines. These products are wonderful for the regulation of skin metabolism.



What's New?

Transitions Lifestyle System!



The Transitions Lifestyle System presents a fresh approach to healthy living and weight management. The system is based on how your body reacts, absorbs and breaks down specific foods, plus it provides a complete lifestyle approach that includes healthy eating, exercise, stress reduction and supplementation. Our

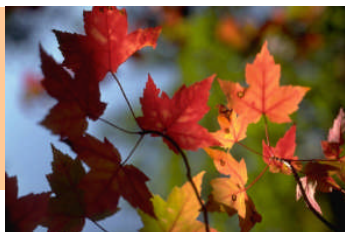
"Transitions" program directly targets body composition and metabolism so you can lose body fat without sacrificing muscle mass. The ratio of lean muscle to body fat determines how effectively your metabolism burns fat. The components of the Transitions Lifestyle System work together to create a new you. It is easy to follow and offers key support tools such as a daily journal with meal plans, exercises and stress reduction techniques, as well as dietary supplements and educational DVDs all designed to help you reach your weight-loss goals. Call today, and learn more about this life-changing program that meets once a week over a six week course at Holistic Health Associates: (301) 620-1414.

Free Introductory Seminars:

Wed. 10/18 and Mon. 11/20, 7:00pm—8:30pm

Organic Matters....

Based on an analysis of more than 100,000 U.S. government pesticide test results, researchers at the Environmental Working Group (EWG) have developed the "dirty dozen" fruits and vegetables. The report states those fruits and vegetables you should always buy organic because their conventionally-grown counterparts tend to be laden with pesticides. See the Fall Health Hint just to the right of this column for the "dirty dozen" list.



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Fall Health Hint:

Organic musts:

Apples, bell peppers, celery, cherries, imported grapes, nectarines, peaches, pears, potatoes, red raspberries, spinach and strawberries.





Water, water everywhere.....

Be careful what you drink! Concern over the quality and safety of **tap** water sparked the growth of the **bottled** water industry, as depending upon where you live, tap water may contain dangerous contaminants. On the other hand, in 1999, the National Resources Defense Council (NRDC) published the results of a four-year study in which researchers tested more than 1,000 samples of 103 brands of bottled water. These researchers found that, bottled water, because it is defined as a "food" under federal regulations, is under the authority of the Food and Drug Administration (FDA), while the Environmental Protection Agency (EPA), under much stricter standards, regulates tap water. Thus, **bottled water**, depending upon the brand, may actually be **less clean and safe** than tap water. Further, "an estimated 25 percent or more of bottled water is really just tap water in a bottle—sometimes further treated, sometimes not." Also, bottled water is expensive when compared to the cost per gallon of tap water. If one is choosing only between tap water and bottled water, tap water is plainly the more economical, and may be, the healthier choice.



Try it—you'll like it!

Even small carafe water filters provide healthier and tastier water. There are a number of brands on the market, such as PUR and Brita, who offer an inexpensive and simple way to provide higher quality water for your family! Ask us about larger, more comprehensive in-home water filtration systems for kitchens, baths and the entire house!

Water Filters

Water filters provide better tasting and better smelling drinking water by removing chlorine and bacterial contaminants. And, they offer the last line of defense between the body and the over 2100 known toxins that may be present in drinking water.

- ◆ Point-of-use water filters remove lead from drinking water immediately prior to consumption, thus preventing this harmful substance from entering the body.
- ◆ The purchase of a countertop filter results in a source of clean, healthy water that costs much less than bottled water.
- ◆ Water filters greatly reduce the risk of rectal cancer, colon cancer, and bladder cancer by removing chlorine and chlorine byproducts from drinking water.
- ◆ A solid block carbon water filter can selectively remove dangerous contaminants from drinking water while retaining healthy mineral deposits that balance the pH of drinking water.
- ◆ Drinking clean, filtered water protects the body from disease and leads to overall greater health.
- ◆ A water filter provides clean, healthy water for cooking, as well as drinking, at the convenience of tap water.
- ◆ Water filters reduce the risk of gastrointestinal disease by more than 33 percent by removing *cryptosporidium* and *giardia* from drinking water.

Despite this assertion, tap water does not remain problem free. While standards may be more stringent for tap water, the passing grade is achieved using additives which kill unwanted bacteria. These chemicals include chlorine, fluoride and other contaminants. Chlorine is considered a toxin, the long term effects of which are still uncertain. Fluoride is added to strengthen teeth, though over-exposure to fluoride when new teeth are forming can be extremely **detrimental** to healthy oral development. Often tap water contains lead which has leached from water facilities pipes through to the pipes in your own home. Any house over 20 years old and some less than 5, contain lead pipes. As recently as 2002, the EPA set an action level of 15 ppb (parts per billion) in tap water, while bottled water is typically less than 5 ppb. So what's the answer? Read on to explore the wide world of water filtration.



-Read more about this issue at www.nrdc.org/water/drinking and www.fda.gov/fdac/features/2002.

-Verify local tap water quality at www.epa.gov/safewater.

HINT: Leaving tap water in a carafe filter or open pitcher overnight allows the chlorine to dissipate, greatly improving quality and taste.

- ◆ Drinking pure water is especially important for children. Water filters provide the healthiest water for childrens' developing immune systems.
- ◆ Try the Pur Advantage CR-1500R, \$18, or the Brita Classic OB01, \$20 for carafe filters. Try the Aquasana faucet filters AQ-4000, \$92 or shower filter AQ-4100, \$61.

Answer: Water filters currently provide the best and healthiest solution to the problems of both bottled water and tap water as long as the filters are changed regularly.

Bottom Line: water in **any** form is by far the healthiest liquid we can drink.

Four Hand Massage

Have you tried synchronized massage? This four-hand therapy is the ultimate luxury. More than just a relaxation technique, the system acts on many levels to heal, restore and balance the entire person -- bringing peace and vitality to the body, and wholeness to the mind. Through the use of heated herbal oils chosen specifically for your body type, the skin receives nourishment while synchronized massage creates balancing of the body and soothes the mind.





Cranio-Sacral Therapy or CST ...

is a very gentle therapy that improves physical, mental and emotional health by freeing restrictions of movement in the cranial-sacral bones. This system utilizes the soft tissue and bones of the cranium (or head), the spine and the pelvis. Cranio-Sacral therapy targets the membranes and cerebrospinal fluids that surround and cushion the brain and spinal cord from injury. Using light direct finger pressure (a touch equivalent to the weight of a nickel) to relax the target area, thus the entire body, this therapy restores the flow of energy to reinstate physical, emotional and mental well-being.

CST has been known to ease various health concerns such as migraine headaches, sinus disorders and immune deficiencies. CST has also been used as a preventive therapy, benefiting the

immune system. Minor health ailments such as recurring headaches are typically treated with a few CST sessions. Health conditions that cause severe pain or chronic disease should be treated over a series of weekly CST sessions.

Terry Davis graduated from the Baltimore School of Massage and is now licensed in both MD and WV. He studied Cranio-Sacral and Lymphatic Drainage Therapies at the Upledger Institute and graduated from the World Institute of Cognitive Sciences where he studied Integrative Clinical Therapy, advanced pain management, Psychophilic Integration Therapy and Chinese and French auricular therapy. He has a Bachelors Degree in Health Psychology, is a member of the American CranioSacral Association. He is an advanced Reiki Student.



Acupuncture for Facial Rejuvenation ... Facial rejuvenation acupuncture helps to improve muscle tone and dermal contraction especially in the face and neck. Studies show that acupuncture for facial rejuvenation increases collagen production and aids in its dispersal thus helping to firm the skin and fill out wrinkles. Skin metabolism is greatly improved through these treatments, while bags and sagging around the eyes, face, and neck are significantly reduced and

toned. As acupuncture can hormones in the body, conditions improved, and by substantially lymph, and Qi to the head, facial improves the complexion. Just staunchest (and best looking)

Let's Celebrate! October 24th is Acupuncture and Oriental Medicine Day! Holistic Health Associates is offering \$10 off any regular priced acupuncture session during the week of the 24th.

profoundly effect the regulation of like acne and overly dry skin may be increasing the circulation of blood, rejuvenation acupuncture noticeably ask Harrison Ford, who is one of our supporters!

Pilates – What is it?

Pilates is a series of exercises designed to improve flexibility, posture and strength through a variety of stretching and balancing movements. It strengthens and shapes the body from the inside out by focusing on abdominal "core strengthening," and is often prescribed as injury prevention for athletes and weekend warriors. Similar to yoga, it relieves stress and anxiety.

After a regular Pilate's regimen, one can expect increased mobility in joints, a flatter stomach, thinner waist and thighs, and improved circulation. Because Pilates are gentle exercises without bouncing or muscular stress, it is often recommended to those seeking rehabilitation through physical therapy. In addition, Pilates is considered a good workout for the elderly and overweight because it does not involve jumping or lifting. Those afflicted with arthritis also appreciate Pilates' as it helps to reduce stiffness and inflammation in the muscles and joints, promotes good posture and assists in the prevention of osteoporosis. The name derives from its creator Joseph Pilates.



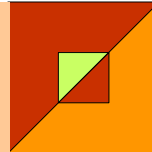
Kari Gubler

Certified PeakPilates Instructor
Personal Training
Yoga Instructor

Kari Gubler joins Holistic Health Associates as a Peak Pilates Mat Certified Instructor. She received a B.S. in Recreation Administration and brings twenty-six years of experience in group exercise instruction. Her extensive training includes certificates of completion in Yogafit Level 1 and Yogafit for seniors.



Holistic Health Associates
315 West Patrick Street
Frederick, MD 21702
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Got Sol?

Holistic Health Associates (HHA) has just partnered with **Sol Yoga!** As of 9/20, the purchase of a package from **HHA** will include a \$5 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**.

Sol Yoga, LLC

256 West Patrick St., Unit #4
Frederick, MD 21701

877.SOL.YOGA (toll free)

Email: info@solयोगa.org



Burt's Bees

At Burt's Bees, the word "natural" means only one thing. It means, "harvested from nature." Burt's Bees scours the good earth to find the most natural, effective ingredients to put in its products.

There are ingredients you will never find in any Burt's Bees

product such as petroleum which can be toxic,

Sodium Lauryl Sulfate, which is a harsh, aggressive ingredient used in certain beauty products and

Propylene Glycol which is used to make antifreeze or de-icing solutions. Rather than loading our products

up with harsh chemicals or unnecessary fillers, we

offer you only the good stuff.

Not only are Burt's Bees products made from as many natural ingredients as possible, their packaging is created mainly from recycled materials, or have been developed with re-use in mind.



Beeswax Lip Balm : This is our most popular product of all. It's packed with protective ingredients such as ultra emollient lanolin and almond oil to help soothe cracked or chapped lips. You can use it on healthy lips for a little peppermint tingle. You may want to keep one in your pocket, one in your desk and one in your car.