

See our Featured Offer!!

# Whole Living

  
Volume 2, Issue 4  
Winter 2007



*Inside this issue:*

*Acupuncture Happy Hour*

*Universal Connection*

*HHA News*

*Confessions of a STRESS Junkie*

*Valentines Day Offer*

*Best Bets*

## *R-E-A-C-H for Your Health*

*Reach for your health. Its easy, its simple, and it needs to be done. This year more than ever, it is time to focus on your well being; your physical state, mental state and even bigger, the state of the world. Start contributing to the greater good by making sure that you are the best version of yourself through meditative activities, forms of stress management, and by **being and thinking healthy**. January is a time when we all make resolutions to start eating right, to exercise more, to find more time to do things that lower our stress levels, but lets really do them. Try that local yoga class, make a list of all of the things in your life that feel challenging and see if there are healthier ways to manage them, treat yourself to a massage or facial, read in bed, drink hot tea; **whatever it takes to practice self-care**.. The idea is not to be hard on yourself, but to create a better sense of life around you. Put your plans and resolutions into practice! You can do it!*

*R-E-A-C-H for your health, because it will not come reaching, for you.....*

### FEATURED OFFER

*For the month of February, schedule a couples massage and receive \$30 off the regular price.*

*Oh, if it be to choose and call thee mine, love, thou art every day my Valentine!*

*~Thomas Hood*

# Whole Living



The Sombrero Galaxy - 28 million light years from Earth - was voted best picture taken by the Hubble telescope. The dimensions of the galaxy, officially called M104, are as spectacular as its appearance. It has 800 billion suns and is 50,000 light years across.

## Universal Connection

Astrology, astronomy, space travel, UFO's and extraterrestrials have all been regarded as simultaneously implausible, yet fantastically exciting. Is it the glimmer of hope that is represented by another species of higher development? The possibility of discovering something new? The magnitude that is so vast, our most creative mind cannot remotely conceive of it? Or is it the sense that we are all part of a whole which is greater than, and concurrently made up of, the sum of its parts?

The Hubble Space Telescope has orbited Earth for 16 years snapping photos as close as our own solar system and as far away as never before seen galaxies, millions of light years away. Recently a group of astronomers voted on the top 10 photos taken by the telescope in its years of operation which begs the question, what exactly are we looking at anyway?

My experience of seeing the #1 photo was one of total disbelief and intense connection. The disbelief is based on the fact that I have no comprehension of 28 million light years. The intense connection from a deep place in my soul that knows that such a beautiful array of gases, minerals, rocks and light is present in our Universe, the same way we are present within it. Seeing the beauty of this galaxy begs one to ask the ultimate question: **"Who Am I and Why am I here"?**

It is important to contemplate these questions because it creates a depth of being in one's soul. Taking a mundane human experience and giving purpose and care to it. Creating the sense of connection and purpose that can only be realized through contemplation and meditation. It is this realization of purpose that allows one to recognize how positive and what a gift life actually is.

Who Am I? I am a part of a developmental process. Atom - Molecule - Cell - Organ - Organism - Planet - Solar System - Galaxy - Universe.

Why Am I here? To push the limits of my own development for the sake of myself, the people around me, the planet and the Universe itself. Because the universe will not change for the better if we destroy ourselves. There is such beauty that can be realized if we collectively learn to pay attention to our experience and act from a place of higher integrity. To our knowledge we are the only species that is watching the entire Universe unfold before our very eyes.

Winter is the time of rest, introspection and contemplation, so I wonder...

## 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 acupuncture 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

Continued from page 1

Can we constantly live from a place that recognizes our life as the greatest gift ever bestowed upon us?  
**How does one begin to repay that for the benefit of those who have not yet been given the privilege?**

*Ryan Diener is a licensed acupuncturist and herbalist and is co-founder of Holistic Health Associates*



### What's New with Your HHA Staff?

Congratulations Rebekah! The honors go to our fabulous massage therapist, Rebekah Johnson, who is now an instructor at the Central Maryland School of Massage! She is our third practitioner to join their faculty.



Welcome Lauren! Lauren is new to HHA, and specializes in Swedish Massage with the goal of reducing anxiety in both adults and children. Her massages are quiet and fluid in movement using both Swedish and Deep Tissue techniques. Lauren is nationally and state certified and is a professional member of the American Massage Therapy Association.



Welcome Rob! Rob Quinlan brings a holistic approach to wellness through unique and individually planned sessions for each client. His goal is to use his intuitive and trained hands to help clients who want to soothe tired muscles, maintain a healthy balance in their bodies, and have their muscles operate at their highest possible level of performance. Being an athlete has given him the understanding of the importance of a healthy body and the use of massage as preventative care.

### Confessions of a STRESS JUNKIE

It amazes me that every time I get overwhelmed, pile too much on my 'plate' or dance around in my head too long, that I get sick. Funny how the body works isn't it? For months and months we abuse our bodies by expecting them to just push through another set of finals, or deadlines and promise ourselves internally that we will 'get healthy' when we have more time. Well, this semester, my body and the universe made a pact and decided to go ahead and send me a LOUD and very CLEAR, message, which was. I QUIT. After feeling a little under the weather and having strange physical symptoms like lymph nodes swelling and weird rashes on my head and neck I awoke at 2am on the morning of a presentation to find that the right side of my face had swollen to a 'scary' level and that my eye was drooping almost swollen shut, **Lovely**. I gave a presentation with my hair combed over my face like Cousin It and my glasses over that in hopes that no one would notice I might be a little, well, **ill**. It turns out that it was a case of very bad shingles.....YOWZA. A close friend, who always seems so much more 'together' than I feel, said, **"YOUR BODY IS TRYING TO TELL YOU SOMETHING."**

# Whole Living

## All Year Round Best Bets:

As you get older, you may experience some difficulty in remembering the details of recent events, as well as a diminished capacity to learn. To help keep your memory strong as you age, consider supporting it through your diet. The following, courtesy of [Dr. Weil on Healthy Aging](#), can help keep your brain healthy.

Antioxidant-rich fruits and vegetables. Antioxidants help counter oxidative stress, a process which can damage cells and may accelerate aging. Fresh, organic vegetables and fruits (see blueberries and the foods rich in vitamins C and E, below) are the best dietary sources of antioxidants, although tea (in particular green tea) and dark chocolate can contribute as well.

Blueberries. These gems deserve special mention: In animal studies, researchers have found that blueberries appear to improve coordinated muscle functioning and reverse age-related short-term memory loss, and may also protect the brain from stroke damage. The active components in blueberries are anthocyanin pigments - the protective compounds that make the berries blue and are responsible for their antioxidant potency. Add them to your cereal, salads, or eat as a snack!

Foods rich in vitamins C and E. These two vitamins have been shown to have protective effects against inflammation, which is linked to an increased risk of Alzheimer's disease. Good sources of vitamin C include beans, oatmeal, citrus fruits, enriched pastas, fresh peas, rice bran and wheat germ. For vitamin E, increase your intake of spinach, sunflower seeds, wheat germ and whole grains.

## 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**,

### Sol Yoga

256 West Patrick Street, Unit 4

Frederick, MD 21701

877-SOL-YOGA (toll free)



**Need a personal trainer? We recommend Fundamental**



**Fitness! Owner Eva Rosvold is a rockin personal trainer and yoga instructor at Sol...she and her trainers customize a workout just for you! 301.788.0083**

After several unpleasant visits to doctors, emergency rooms, and being completely overwrought by not only my life and everything I 'had to do', a deep dark pity party started to formulate around me, and I could do nothing but sit in my car and cry. I cried that I had beaten my immune system down to a point where it was just giving me the BIRD and there was nothing I could really do but ride it out. So, what does anyone do when in this situation? They call their acupuncturist crying and have acupuncture. I knew that it couldn't 'fix' my problems, but what it DID do was lower my anxiety to such a level that I felt like a different person when I left. The swelling had gone down by 85% that same night and I was feeling overall like a better version of myself. Not only am I plugging acupuncture here, but I am also trying to share a message that was sent loudly to me, **DO NOT ABUSE YOUR HEALTH OR ELSE**. Being forced to stay at home made me re-evaluate the choices I had made over the last couple of months and realize that I had done this to myself, and that it needed to change. Stress can manifest in many different ways, it can attack our minds, bodies and lives. And maybe we are only given a handful of chances to learn and really recover from it. So, I have decided to make better choices and be more mindful of how I handle my 'plate' of life and what I do with it.

**Cross your fingers....**