

Whole Living

HOLISTIC HEALTH
ASSOCIATES

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Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time.

-John Lubbock

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Summer is here! And what a time to relax, soak in the rays of the sun (with sunblock of course) and relish in the many fruits of summer. Summer is a time of year when we can sit alone and watch the waves roll by and just breathe. It is a time for friends, family, neighbors and cookouts. It is a time to sit on our porches before anyone is up and watch the day come alive. Summer is a time for outdoor concerts and cool wine, a time to s-l-o-w down, to b-r-e-a-t-h-e, and to congratulate yourself on a winter well done. Simply put, Summer is a time for FUN.

Now, let's [dive](#) into learning about meditation ...

MEDITATION...meditation has been around for thousands of years, mainly as a religious or spiritual practice. Additionally, it is used to produce a deep state of relaxation, a calm mind and emotional stability. Anyone can practice meditation. It's simple and very inexpensive. In its simplest form, meditation allows one to reduce information overload which helps gain new insights and ways of dealing with stress. In its most profound form, meditation is an awakening to the timelessness and connection of universal life that gives us a sense of who we are at the deepest level. Every religion in history has a form of meditation as a core component of spiritual practice. Many of which are not discussed at length until one chooses to become deeply committed. Here are some simple ways to practice meditation: ***breathe deeply, focus attention on your body and imagine breathing relaxation into it, repeat a mantra, combine a walk with meditation, engage in prayer, read or listen and take time to reflect, focus your love and gratitude, close your eyes and use your imagination to guide you into relaxation.***

It is important to look for small breakthroughs rather than immediate bliss. True meditation takes practice and commitment, which over time will open up a deeper connection to oneself than ever before experienced. It is common for the mind to wander, so in the beginning, one can use the breath as a focal point. When the mind wanders, re-focus on nothing but the smooth, slow inhalation and exhalation of the breath. *(Continued on page 2).*

Gardener's Corner with Virginia...

With summer in full swing, lots of flowers are blooming and warm weather vegetables are ripening, however there are still a lot of oardening tasks!

- Fertilize all flowering annuals every two weeks during summer.
- Clean up spring bulbs after foliage has ripened.
- Divide daffodils and hyacinths in early June.
- Deadhead flowers for continuous bloom throughout the season.
- Water container plants daily during hot dry weather.
- Stake and tie perennials.
- Use a thick layer of mulch to help keep the heat down, keep the soil cool, retain water and minimize weeds.
- Stay on top of the weeds.
- Work and water early in the morning or later in afternoon when the humidity and heat start to reduce.

Enjoy all those herbs you planted just a couple of months ago: basil, cilantro, chives, parsley, sage, rosemary and thyme! See you next season!



Matt Sprague Photography

Meditation is the life of the soul: Action, the soul of meditation, and honor the reward of action.

-F. Quarles

Meditation continued

One should experiment with different types of meditation to find the style that matches one's current level of commitment.

There's no right or wrong way to meditate, but there is a difference between meditation and relaxation which we will explore in the next newsletter. What really matters is that you just do it! Some scientific research shows that meditation may help: allergies, anxiety, arthritis, cancer, chronic pain, depression, high blood pressure, and heart disease

Meditation is not a replacement for traditional medical treatment. Be sure to talk to your health care professional about its pros and cons. Stay tuned for upcoming workshops on how to meditate this fall with Ryan!

Source: Ryan Diener and Mayo Clinic

Summer Reads We Suggest:

Eat. Pray. Love by Elizabeth Gilbert

The Glass Castle by Jeannette Walls

The Secret Life of Bees by Sue Monk Kidd

Summer Sisters by Judy Blume

Three Cups of Tea by Greg Mortenson

The Last Lecture by Randy Pausch

Summer Albums We Suggest:

Continuum by John Mayer (cook to it, drink wine to it!)

Nothing But the Best by Frank Sinatra (he is always good)

Build a Bridge by Audra McDonald (simply lovely)

River: The Joni Letters by Herbie Hancock (wow)

Viva la Vida by Coldplay (run to it, walk to it, it's fun!)

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Pose of the Month...



TREE POSE (VRIKSHA-ASANA)
 Standing on one leg takes great focus of the mind. With calm inhales and exhales, place the sole of one foot onto the inner calf or thigh (not the knee). Be present as your body finds its balance; find a spot to focus your eyes upon (Drishti). Imagine roots growing from your foot down into the earth and spreading for miles in each direction. Let light radiate out of the crown of your head as you lengthen it towards the heavens. Stand tall and firm like a tree; **BREATHE!** This pose strengthens your ankles, opens your hips and relaxes your mind. Next time try it with your eyes closed, dive into the blackness beyond your eyelids!

WHITE WINE SANGRIA

1 bottle dry white wine (24oz)
 6 tsp. sugar
 2 tbsps. (triple sec or g. marnier)
 Slices of oranges, lemon, apple, peach to taste
 1 cup club soda

Mix all ingredients except club soda in a large pitcher. Cover and refrigerate overnight. To serve, add club soda, ice cubes and stir.

(makes 4 cups of deliciousness)

Thank you to our client Gretchen for donating this recipe!

Ask the Acupuncturist...

Jane: Is it true that acupuncture helps to relieve stress?

Ryan: Thanks for your question Jane. My experience is that many of us in the modern world feel overwhelmed, like we have forgotten how to rest and restore. We have to tend to so many things: Our kids, jobs, parents, etc., that we often feel like there is no time left for us. Many of my patients have found acupuncture to be a wonderful resource for this trend, as it has a unique ability to deeply restore our bodies and minds. This allows us to feel refreshed and renewed as we take on life's challenges. This is a big reason why acupuncture is so powerful for stress-related health issues like anxiety, insomnia, depression and even chronic pain. Many of my patients have even said that they feel like an entirely new person after receiving a series of treatments.

HHA UPDATE



Our Kate has been admitted to the Nursing program at Towson University! GO KATE! She will sadly be leaving us but we wish her the best and hope she will visit ALL OF THE TIME! Kate rocks, we just love her.

RYAN IS GETTING HITCHED JULY 3rd! (go Samantha!)

DENISE GOES TO ALASKA IN JULY

ALICE is here...



Alice McCormick is a Nationally Board Certified (NCCAOM) and State of Maryland licensed Acupuncturist. She holds a Masters of Oriental Medicine (MOM) from the

International Institute of Chinese Medicine in Santa Fe and was first licensed as an Acupuncturist in the State of New Mexico in 1992. Alice taught full-time at the International Institute of Chinese Medicine in Santa Fe, New Mexico and later part-time at Maryland Institute of Traditional Chinese Medicine in Bethesda, Maryland. Alice has been in full-time, private practice in Frederick, Maryland since 1995. She was also the Acupuncturist for the Frederick County Health Department's Substance Abuse Program for seven years. She has been an Examiner for the New Mexico State Acupuncture Board and has served as a Commissioner for the National Commission for the Certification of Acupuncture and Oriental Medicine for seven years including three years as Vice-Chair and one year as Chair. Previous to her career in Oriental Medicine, Alice trained for the Ministry and holds a Masters of Divinity (M.Div.) from Earlham School of Religion in Richmond, Indiana. Alice taught in the Religious Studies Department at Fairfield University and worked in the ministry, serving the poor and homeless in Bridgeport, CT for five years. In 2005 Alice had the opportunity to travel China and Tibet representing the NCCAOM and to tour hospitals and clinics in Beijing, Shanghai and Lhasa.

Alice lives in Frederick, Maryland with husband, Mike Steeves, son, Tim (15) and daughter, Lara (8).



Matt Sprague Photography

DITCH THE BOTTLED WATER!

It takes three liters of water to produce one liter of bottled water. For a dollar's worth of tap water, you could fill 4,000 sixteen ounce plastic water bottles! Water trucked across the country uses fossil fuels; and bottling water was responsible for 2.5 million tons of carbon dioxide emissions in 2006 according to the environmental nonprofit, Pacific Institute.

You may wish to use other bottles instead of a regular plastic water bottle. **Klean Kanteens, Sigg Bottles and ceramic mugs** are safe and fantastic for your outdoor or indoor needs!

GREEN GUIDE WAYS TO CONSERVE WATER

- Turn the water off while brushing teeth
- Cut showers to five minutes
- Repair leaky faucets and toilets right away
- Ditch bottled water
- Scrape, don't rinse, your dishes before loading the dishwasher
- Run your dishwasher and washing machine only when full
- Throw your food scraps in a compost bin or in the trash rather than running them down the garbage disposal!

Live in the sunshine, swim the sea, drink the wild air. - Ralph Waldo Emerson

Our Friends

SOL YOGA

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

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Frederick, MD 21701
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