

Natural Health Resource Review

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Natural Health Resource Alliance

Beating the Winter Flus and Blues

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As we enter the cold and flu season, I'd like to share with you some interesting facts about how massage therapy can help you stay well during the winter months. Of course, we all know we should eat right, drink a lot of fluids and get enough sleep, but this is especially important during the time of year where there are a lot of "bugs" just waiting to take advantage of our bodies when we are more susceptible to catching them. The air is drier in the winter, there is less sunlight, which can affect one's mood and outlook, and there are extra stresses placed on us during the holiday season. These extra stresses challenge our immune system, making it harder for us to fight off the viruses and bacteria abundant in the winter months. Therapeutic massage can play a significant role in keeping your immune system in topnotch shape to help keep you resistant. Our immunity to invaders is regulated in part by our lymph system that carries the white blood cell- the "soldiers" that defend us against disease. Things like stress, lack of sleep and relaxation and dehydration lower the soldier's ability to fight infection. Massage can play a very important role in

Chinese Kitchen Corner

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Keeping healthy during winter in the northern parts of our country is always a concern, especially for the elderly. In a past article (Vol. 1, Issue 3) I have discussed common kitchen spices that can aid recovery from colds and flu. In a later article (Vol. 2, Issue 3) I talked about Chinese porridges, also known as jook or congee. This issue I will cover porridges that can be used for colds and flu. Eating a warm porridge on a cold winter morning and/or before bed is very soothing. What the Chinese add to the basic rice recipe are various herbs that promote healing.

In the initial stages of a cold/flu one feels aches and pains and

promoting the function of our immune system. Studies show that massage increases the activity of our immune system's natural "killer" cells- cells that can fight infection and decreases the activity of the suppressor "T" cells- cells that depress immune response to invaders. Studies also show that massage increases the flow of lymph (the fluid which carries the white blood cells) by 7 to 9 times! Good lymph circulation is vital to wellness. When the circulation slows down, waste products and toxins build up, contributing to our susceptibility to disease and infection.

experiences chills and/or fever. To promote sweating and thus elicit a cure, one first cooks 10 oz. sushi rice or sweet rice in a 3 qt. crock pot by filling the pot with water and simmering on low heat overnight. Then mash 1.5 oz. fresh ginger and 15 green onions to a pulp, add them to the rice, simmer briefly and eat.

When the condition progresses to a wind cold headache, stuffy nose, and joint pains, one can stir-fry 3 oz. cocklebur seeds (*Fructus Xanthii*) until they are yellow. Then add the seeds to 1 qt. of water and simmer it down to half that amount. Add this liquid (minus the dregs) to your rice along with more water and cook overnight (as above). Eat this warm twice a day.

Sources: [The Way of Herbs](#) by Michael Tierra, L.Ac., O.M.D. (1998); [The Book of Jook](#) by Bob Flaws (1995).

On another level, we know that massage on a regular basis promotes relaxation and better sleep patterns. It has also been shown to lower stress hormones such as cortisol and adrenaline, while at the same time, increasing the feel-good substances such as serotonin and endorphins. This can be especially helpful to those who suffer from Seasonal Affective Disorder- the winter blahs. This higher protection of endorphins may also help you get through a bout of the flu. Many studies show that if you have a massage at the onset on a cold or flu, the duration or severity of the illness may be reduced. There are also specific acupressure points that positively effect our immune system. Good information to keep in mind this time of year!

Recently updated!

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Achieve Your Peak Potential!

Mark Cochran, D.C.
(208) 664-6359

I've had people say to me, "I don't want to come in to get adjusted right now. I'm going skiing this weekend and I might throw myself 'out of whack.' I'll get adjusted after I get back so I can get straightened out."

That may sound reasonable to many of you. But it's kind of like Mario Andretti or Jeff Gordon saying, "I don't want to get my car tuned up right now. I'm going to be in a race this weekend and I'll probably just throw it 'out of whack.' I'll have it tuned up as soon as I get back so I can get it straightened out." Now, that doesn't make any sense at all, does it? Even if you have never even seen an automobile race, you understand that a racing car needs to be finely tuned *before* the race. It has to be operating at its optimum potential or it will have no chance of winning.

It's the same with your body. Don't you think you should be at your peak potential *before* you hit the slopes? If you're a finely tuned machine you'll spend the day cruising smoothly down the slopes instead of doing the occasional face plant.

Chiropractic does a whole lot more than just get you back "in whack." Chiropractors check for *subluxations* in your spine. Subluxations can interfere with the functioning of the nervous system, that magnificent web of intelligence between your brain and the rest of your body. *Subluxations limit your potential.* This is true even if you don't have any symptoms. *Specific Chiropractic adjustments release your own, natural potential for peak performance and vibrant health!* Whether you plan to enjoy winter sports, holiday shopping or just kicking back and watching football,

Chiropractic can help you reach your peak potential.

It's time for your winter tune-up!

Dr. Mark Cochran is a Chiropractor with a unique, gentle and powerful approach to Chiropractic, health and life. His practice, The Café of Life, is located at 410 Sherman Avenue, Suite 209 (second floor of the Sherman Mall) in downtown Coeur d'Alene. You can reach him at (208) 664-6359 or by email at TurnOnLife@juno.com. Check out his web site at www.TurnOnLife.com.

"Surviving Winter" in The Inland Northwest

Greg Bishop, Certified Rolfer
(208) 659-7303

My personal cure for winter seasonal depression is to go skiing! Nothing lifts my spirits more than floating through powder. For many of us the choice to live in the Inland Northwest was at least partly influenced by the abundance of outdoor activities available here. Let's face it, just getting around on our icy streets and sidewalks is a sport. Rolfering Structural Integration can *help you recover from injury*. It can also *enhance your ability and enjoyment* of ice-skating, skiing, snowboarding, snowshoeing, cross-country skiing and even the luge!

Famous winter Olympians who have benefited from Rolfering include skaters Michelle Kwan, Todd Eldridge and Elvis Stojko. Canadian Olympic silver medallist ('84, '88) and five-time World Free-Skate champion Brian Orser says, "Had I not been Rolfered I would have been in big trouble. When I strain or pull a muscle I bounce back very fast. I see myself skating longer because I haven't had the injuries, which I know is a result of Rolfering."

Iginia Boccalandro, a member of the 1998 and 2002 Venezuelan Luge

Team was so impressed with how Rolfering helped avoid surgery for sciatic pain that she became a Rolfer. She says, "Rolfering has not only put me back together but has also helped me prevent future injuries, by making me more aware of my body."

John Bauer, a member of the 1992, '98 and 2002 Olympic Nordic Ski Team and Rolfering student says "The skilled hands of a Rolfer should be on every athletic team. I can see improved performance. Rolfering is a potent edge to better athletic performance."

2002 U. S. Olympic Nordic Ski Team member and World Champion Wendy Wagner says "There's a lot to be gained in performance from being rolfered. Rolfering changes things more long-term structurally and I'd recommend using it on a regular basis."

World Renowned Extreme skier, John Egan is a popular Warren miller ski film star. He says, "The rejuvenating effects were incredible!"

Kristen Ulmer is a former World Champion Extreme skier and has been revered as the "best female Extreme skier" for the past 8-9 years. "After knee surgery I had excruciating pain and could not drive or walk." Rolfering brought her hips and ankles back into alignment and the pain disappeared. "It healed so fast I can't believe it!" says Kristen. "The expected 6-month recovery time was cut in half".

Other athletes who endorse Rolfering include Charles Barkley, Phil Jackson, The Phoenix Suns, Joe Green, Ernie Els. Still others have found relief through Rolfering for flat feet, scoliosis, back pain, neck pain, disc problems, leg-length differences, hip or pelvic imbalances, sciatica, emotional scarring, sleep disorders, chronic tension and stress, head aches, ADHD, repetitive motion injury and more. You don't have to be a world class athlete to benefit from Rolfering Structural Integration. You don't even need to be an athlete, just a person open to *your own body's potential for change*.

Network Care for Your Winter Health

Joel R. Hall, D.C.
(208) 665-2078

Winter is thought of as cold and flu season. Many remedies are sold to treat our winter “diseases.” Doctors are kept busy by folks going in with their concerns (which is associated to, but different from the symptom), but the medical model doesn’t consider it, they look past the concern to focus on the symptom and treating it.

I look at my symptoms as my body’s hints to me. If I’m unable to listen to a benign “disease” like a cold, unable to take the time when I’m well and have resources for healing, what will it take? Must my life be in jeopardy for me to listen? Wouldn’t I have better options before I’m at the end of my rope?

Sometimes, not feeling well is a by-product of your body healing itself. Another time it may be your body asking you to rest so that you have the energy to fight off the infection. If I judge my fever to be a “bad” thing and reduce it by treating it, my body is less able to fight the infection that triggered the fever. Pediatric doctors have recently decided that it is not only safe, but beneficial, to allow children to have higher fevers than was previously accepted. Most medicines, while perhaps making you feel a little better, are hindering your body’s ability to accurately perceive and engage in its environment, both internal and external. Recent studies have shown that while medicated people’s colds are slightly less symptomatic, they last longer.

Do you take vitamins and other supplements to support your immunity when you are well, before you have a cold? How about developing a support system now to help you with family responsibilities when you need some time for healing? A supportive community is

one of our greatest boosters of health as it frees us to take care of ourselves. You’ll also find that you don’t need to be sick to appreciate this support.

Network Care helps a person breathe easier, enhances relaxation and the sense of well being, and reveals the safety of being fully in your body. Network has been shown to help people listen more effectively to their subtle, inner cues. They make better decisions of diet and exercise that helps them be able to respond more proactively for their health. Not as a treatment for something that’s gone wrong, but in preparation for a more whole life, and for the challenges of the next crossroad in their life. Network Care feels good, and it’s good for you.

Will you wait until you’re sick, or do you do something now to help your body have the strength, flexibility, and capacity to be healthy? It’s not necessary to be sick before we do things to help us be healthier. Getting rid of the symptom is about surviving, healing is thriving. The best time to work toward greater health is when we are our healthiest. Let’s get started!

Joel R. Hall, D.C. is available for consultations and appointments for people of all ages. Joel has studied Network Care for the last decade and has been a facilitator at numerous international Network seminars for the last five years.

The Winter Blues - Depression, Colds and Flu

John Hyatt
(208) 667-6741

Winter problems that can get us down include depression, colds and the flu. In the winter months we are indoors more. Whether we are alone or sharing the holidays with friends

and good neighbors, we often forget how important good nutrition is for us and indulge ourselves in more than a few treats and sweets, or a few more servings or that once a year bird we all enjoy so much. As a result we are often leaving our bodies depleted of the kind of nutrition it really needs.

For many this time of year depression can be a problem. Depression can result from lack of sunshine and the vitamin D it provides us naturally. So, vitamin D supplementation can be essential for many people in the winter months. A good balanced diet and exercise not only meets our nutritional needs but can help us to feel good about ourselves as well.

For some of us this is not enough, especially if we are also battling with colds and flu. When we are feeling down our immune systems can also become compromised. There might be other nutritional deficiencies that must be corrected. Are we getting the nutrition we need from our foods? Good cellular communication is a must in order for our bodies to work the way they are designed to: absorb, assimilate and manufacture what our bodies need. Sometimes we are missing just one or two key nutritional supplements that can make all the difference in the world. Without them, these little colds and flu can just be symptoms of a greater problem- a compromised immune system. Sometimes even this is not enough and there are deeper underlying causes that need to be addressed. We can help. Our testing and evaluation can reveal the causes of this and many other problems and our noninvasive therapies can correct these problems.

For more information on this or related topics or if you would like to make an appointment call us at (208)667-6741.

UPCOMING EVENTS

Tree of Life Center, 1125 N. 3rd Street, Cd'A, Call Janice Puente at (208) 664- 3994

Awareness through Movement®: Mondays, 7:00 p.m.

Coming in February: "Say Goodbye to Back Pain," Feldenkrais Awareness Through Movement workshop, call for info

Joel R. Hall, D.C., 1802 North 15th Street, Cd'A, call 665-2078 for information. Please R.S.V.P. for events.

Somato Respiratory Integration (SRI) healing workshops: \$40 for a four-hour healing workshop, limited to six participants, 11 a.m.- 3 p.m., offered on these Saturdays: 12/14, 1/18, 2/22.

Network Talks: one hour intro to Network offered at no charge, Thursday nights at 6 p.m.: 12/12, 1/9, 1/23, 2/6, 2/20.

Life Center Therapies, 1319 Government Way, Cd'A. Call (208) 667-3813 for more information.

Yoga Classes (all levels): Mondays 5:30 to 6:30 p.m.; Tuesdays 5:30 to 6:30 p.m.; Wednesdays 6:00 p.m. to 7:00 p.m.; Thursdays 7:30 to 8:30 a.m. (expert beginner to intermediate) & 11:00 a.m. to noon (women only).

Group Meditation: 1st and 3rd Saturday of every month, 10:00 to 11:30 a.m. Readings, introduction to sitting and walking meditation and group discussion.

Reiki Healing Arts, 1620 B Northwest Blvd., Suite 103, Cd'A. Call 665-5862 for registration and information.

First Degree Reiki Class with Susan Mitchell: January 17, 18, 19.

Friday 7- 9 p.m., Saturday 9:30 a.m.- 4:30 p.m., Sunday 9:30 a.m.- 12:30 p.m.

Cafe of Life, Mark Cochran, Chiropractor. 410 Sherman Avenue, Suite 209, Downtown Cd'A. 664-6359

Free Wellness Seminars offered Mondays at noon and Thursdays at 6:30 p.m. Reservations required. Other seminars available to your group by special arrangement.

North Idaho College Community Education. Advance registration required. For more information call NIC at (208) 769-3333, or Dr. Mark Cochran at (208) 664-6359.

A New Vision in Health Care. February 5 and 12, 7:00 to 9:00 p.m.

Natural Health Care for Kids and Pregnant Moms. February 19, 7:00 to 9:00 p.m.

NHRA Practitioner's Directory

The Natural Health Resource

Alliance (NHRA) was formed to bring practitioners of holistic or complementary health care together to serve as an educational resource for the public and ourselves, and to advocate freedom of choice in health care.

Here is a list of who we are and our specialties.

Visit our web site for additional healing resources: www.geocities.com/cdanhra

You can email our editor, Joel Hall, at revieweditor@earthlink.net.

Acupressure

Cathy Kraus, 676-0561

Acupuncture

Dr. Barbara Boss, 659-9697

Bach Flower Essences

Sue Denton, 667-3516

Chiropractic

Dr. Mark Cochran, 664-6359

Dr. Joel R. Hall, 665-2078

Dr. Lucia Thompson, 667-7514

Counseling

Jeffrey Douglass, 667-8387

Virginia Ellen, 665-9989

Charles Lightwalker, 687-3885

Dentistry

Dr. Curtis Eastin, 667-4844

Feldenkrais Method

Janice Puente, 664-6996

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Dr. Barbara Boss, 659-9697

Holistic Kinesiology

Debbie Markley, 765-0678

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Immunotherapy

John Hyatt, 667-6741

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Victoria Dickinson, 667-5702

Lorrie Downs-Cary, 667-3813

Glen J. Erickson 267-2547

Pearl Ko Fleck, 765-0678

Cathy Kraus, 676-0561

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