

COMMUNITY NEWSLETTER

Issue#5 - October 2011

Autumn is here!

A WORK PHILOSOPHY TO CHANGE YOUR DAY!

What if work was not about 'providing for your family', 'doing what your boss wants you to', 'doing what your parents wanted you to do'?... What if work had a greater purpose?
It can.

The following four principles are things to reflect upon while you are at work. Let work be a place of purpose and enjoyment, where you get to receive and feel fulfilled. Below, (in order of importance) are the four reasons we go to work,

1. To learn about yourself. This is done through reflecting on the people, interactions and circumstances that arise from day to day. Examine your choices and actions and ask "what is this trying to tell me"?
2. To share that of who you are with others. Share through knowing and experience, and teach by example.
3. To perform a task. Things need to be done, no matter what your job is.
4. To get paid. We all need to support our lives.

Many would reverse this list and believe we go to work primarily to get paid. When you realize that work is there so you can learn about yourself first, you will find more meaning and purpose in your life - no matter the job.



NEW DIRECT BILLING INSURANCE COVERAGE

We are happy to announce that we have added Telus - Great West Life and Green Shield to our direct billing insurances in addition to Blue Cross. To make the process easier, check with your insurance company to know what percentage they cover, the limit amount for the year, and when your plan renews every year. Simply have your details with you and Annette will be happy to direct bill your appointments.

NEED A LIFT?? FACE LIFT THAT IS ~ AND FEEL BETTER TOO!

Our new acupuncturist, Christine Ouellette, is a certified Facial Rejuvenation practitioner.

FACIAL REJUVENATION ACUPUNCTURE

Facial acupuncture treatments bring out the most radiant, natural beauty of each individual by rebalancing the body's basic constitutional needs, which in turn is reflected in the face.

As a result, it enhances overall health and prevents excessive and premature aging while helping to maintain youth and beauty.

Facial rejuvenation can help with:

- o muscle & skin tone
- o tightens pores
- o collagen production and its dispersal
- o healthier complexion
- o dark circle / bags under the eyes
- o droopy eyelids
- o dehydrated skin by improving circulation
- o fine wrinkles and diminish deeper ones
- o hormone imbalances that lead to acne
- o brightens eyes / eliminate redness
- o rosacea / protruding veins
- o double chins and sagging jowls

Testimonial

I received one treatment and the result was amazing! I felt better overall, but the changes in my face, the lift, the glow, the change was amazing. ~ Anne Desneiges

I thought it was brilliant, the results were immediate. My dark circles were noticeably reduced after just one treatment. I looked like I had botox...my forehead was like a freshly Zambonied ice rink in February! :) ~ KJ

NOVEMBER

Look forward to info about our new stretching workshop!

OCTOBER NEWS & INFO

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Monthly Talk

INNER HEALING

Introduction to the basic concepts of stress and healing

Thursday, October 20th, 2011

6:30-7:30pm with Dr. Anne Desneiges

Dr. Desneiges will go over the concepts of self-healing, the causes of disease, tools for you to use and how she personally assists people in enhancing their Inner Healing.

During this 1 hour talk, you will learn:

- how crucial your nervous system is to your daily functioning
- how your posture determines your life expectancy
- how your posture reflects your emotions
- how to respond to stressful situations constructively
- tools to accelerate your healing

She will also be doing a demonstration on a few people so you can see the goals and results of a regular session. (Please reserve your seat)

Calcium/Magnesium

Calcium and Magnesium are minerals that are essential in our health. Besides being an important part of bone formation, a good quality Calcium/Magnesium supplement can also:

- help muscles relax
- prevent leg and foot cramps
- help you sleep better
- help a stomach upset
- and help with constipation!!

Our Berry flavour Calcium/Magnesium has been a hit for years; now, we also carry Blueberry flavour.

A Good Night's Sleep

People always ask me: "what is the best way to sleep"?

There are 3 basic sleep positions: stomach, side and back. I will go through each one in the next three newsletters.

1. Stomach Sleeping

Bad news - If you sleep on your stomach - try not to.

This is actually the worst position to sleep in. It's hard on your lower back, your neck, and even your jaw. It can create a twist in your spine as most people sleep with one leg up, or an arm bent under them.

Stomach sleeping can feel comforting because it's an instinctual position to protect our most vulnerable area (belly). So, what's a solution?

The next best thing is sleeping on your side, with your arm over a big pillow against your chest. This will give you the sensation of protection you get when on your stomach. As well, the pillow will keep your shoulder from collapsing forward and possibly, keep you from reverting back to being on your stomach.

Having a pillow in between your knees can also help your hips from twisting forward, and may relieve back pain as well.

Next week: how to maximize side sleeping.

For more information or to sign up for any of our talks, please register with Annette:

***423-1935 or by emailing
info@innerwavescentre.ca***