

the centre for Health & Well Being

Remember Health

November 2010

Colour & Sound Therapy

Update from Dr. Verna Hunt

Colour and sound have been used as therapies in health care throughout time. Newly developed technology, the Audiobiocolour System, also known as colour and sound therapy, is now available at the Centre and is a good health enhancing therapy for anyone.

Sound therapy re-harmonizes hearing by stimulating, through filtered music, the frequencies that are not well heard, and filtering out those easily heard according to the results of the specialized hearing test. The music is filtered according to high and low frequencies, and right and left ear. These frequencies stimulate the nervous system and encourage balance between right and left brain. Each sound frequency a human can hear corresponds to a specific part of the body so sound therapy can result in decreased body tension, psychomotor imbalances, developmental problems and negative body memories.

Sound therapy also enhances listening, which leads to improvements in language, reading, writing, and communication. It encourages

attention, intuition, imagination, and self-confidence. Due to the general rebalancing effect, it allows the body to release tension, anxieties and blockages, and re-awakens cellular memory. All this allows one to become more receptive and open toward oneself and others.

Colour has a physical effect on the body. It can shift emotional states and assist in normalizing mental function. Exposure to a colour, colour in combinations and varying sequences acts on the photonic (light) receptors of the skin, which react directly to the specific energy emitted by each colour. One common application of colour therapy occurs when coloured light is used to help newborns recover from jaundice. During your treatment sessions at our office colour therapy may be used to enhance your treatment.

All clients are invited to experience one no charge, non-prescriptive session of Colour and Sound Therapy and learn more about how this therapy can enhance your health.

The Centre for Health & Well Being
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Recipe of the Month

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In October at the Daily Detox lecture held by Tara, she served these delicious muffins, adding to the success of the evening. Try them at home!

Gluten Free Blueberry Muffins

½ cup coconut flour, sifted
½ teaspoon celtic sea salt
½ teaspoon baking soda
6 eggs
½ cup agave nectar
½ cup grapeseed oil
1 tablespoon vanilla extract
1 cup blueberries, fresh or frozen

In a small bowl, combine coconut flour, salt and baking soda. In a large bowl, combine eggs, agave, grapeseed oil and vanilla and blend well with a hand mixer. Mix dry ingredients into wet, blending with a hand mixer. Gently fold in blueberries. Place batter in paper lined muffin tins. Bake at 350F for 20-25 minutes. Cool and serve. *Makes 12 muffins.*

Source: www.elanaspantry.com

Tara Marcinkowski BAH ND works with people at all ages and stages of health. She enjoys working with women's health, digestive issues, weight loss and pediatrics. Tara finds inspiration in the experiences of healthy, daily living and teaching wholistic health is her passion in life.

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Massage Therapy

How Massage Relieves Stress

Massages are more than just a pampering experience, they are a body healing and emotional stress-relieving tool. Doctors know the therapeutic benefits of massage and recommend them to patients who are experiencing pain and/or anxiety.

Tension Relief: Muscles are manipulated during a massage, which relieves muscle tension. Daily emotional stress, playing sports or sitting at a desk all day can cause tension in the neck and the back making the neck and back feel stiff and sore. The discomfort of tight muscles increases stress. Sometimes a person does not even realize that he has muscle tension until the tension is relieved through massage.

Reduced Heart Rate and Blood Pressure: People who are experiencing anxiety can have an increased heart rate and increased blood pressure while under stress. A massage lowers a person's heart rate and reduces blood pressure. A lower heart rate and lower blood pressure induce a calm feeling and give the person a sense that stress is melting away.

Pain Reduction: Massages reduce pain by reducing muscle tension and stimulating blood flow and increasing oxygen supplies to the blood stream. Oxygen is carried through the blood stream to the muscles, inducing healing of injuries and sore muscles. Pain and soreness add to a patient's emotional

stress. The reduction of pain helps to relieve stress.

Human Touch: The feeling of human touch provides comfort and the feeling of acceptance. The intimate caress of a massage lends to a feeling of acceptance and can increase self-esteem. Increased self-esteem and the comfort provided by closeness with another human in a therapeutic setting help to relieve stress.

Massage is a useful tool to aid stress relief and pain relief. Reduction in stress and pain can last for days, weeks or even months after a massage, depending on the individual and circumstances.

Tanya Meyers RMT has been practicing massage therapy in Toronto since graduating from Sutherland-Chan School & Teaching Clinic in 1997. Tanya has experience treating a wide variety of conditions as well as specialized training in Pregnancy and Infant Massage, Labour/Birth Support and Therapeutic Breast Massage.

*Registered massage therapists are available the following days:
Tanya – Wed, Fri & Sat
Amber – Thu*

Did you know most extended insurance plans end December 31? What you don't use, you lose! Don't let those health care benefits go to waste! Rather than letting them run out, why not book your Massage Therapy, Naturopathic and Chiropractic treatments with us now.

THURS NOV 25th, 2010

Amber will be offering a workshop at the Centre on Breast Health that will cover breast anatomy, conditions affecting the breasts, and self-care therapies to use at home.

Space is limited so reserve your spot at 416-604-8240.

Amber Young RMT. Amber's been in practice for 6 years, and devotes much of her work to breast health, lymphatic drainage, cancer survivors, and women who live with anxiety and depression. She is passionate about what she does and works alongside you on your path to wellness.

Monthly Specials

November is the time to do a fall cleanse and this month's specials are here to help. **Core Cleanse** Treatments are available at special rates. Please call or see our website for details. Also on special:

MUCO COCCINUM
reg. \$19.00 sale \$17.00

D MULSION 1000
reg. \$18.00 sale \$16.00

VITAMIN D-1000
reg. \$13.50 sale \$12.00

SOLVAROME OIL
reg. \$18.25 sale \$17.00

SUPER OXI FORMULA
reg. \$38.00 sale \$32.00

LYMPH CREAM
reg. \$21.85 sale \$16.00