



# Handprints

## Routines of Fall

By now, we have all settled into our fall routines. Between school, work and extra curricular activities for you and the kids the hectic pace of fall has returned.

If these or other stresses are causing your neck to tighten, have a peek at “*Neck pain doesn’t need to be a part of the fall routine*” on pages 1 & 3. This article gives some suggestions on how to help keep your shoulders down and some neck stretches to prevent your muscles from tightening!

For a more full-body relaxation experience, consider Reiki. To find out what Reiki is, check out Karen’s article on page 3 “*Reiki: a hands*

*on approach to wellness*”. Her article describes what it is, and how it can be relaxing.

For those who are planning a new addition to the family, and it’s not going as smooth as hoped; Nancy’s article “*Fertility and Pregnancy*” may offer some helpful suggestions.

Remember to take time just for you and take care of yourself this fall. Vacation and holidays are few and far between, so learn to manage the stress and don’t let it manage you!

## Halton Holistic Hands

Halton Holistic Hands

[www.haltonholistichands.ca](http://www.haltonholistichands.ca)

(905) 632 ~ HAND

Volume 5, Issue 2

Fall 2006

### Sections of Handprints

☞ Neck Care - page 1 & 3

☞ Fertility and Pregnancy:  
Getting to the point- page 2

☞ Reiki: A hands on healing  
approach to wellness - page 3

## Neck Pain doesn’t need to be part of the fall routine!!

We associate the fall with the return of routines and the end of a glorious relaxing summer. As we get busier, we tend to think less about our posture and how much stress we are assimilating into our shoulders and neck. As most people realize, your neck is very important to how you are feeling. A kink in the neck can limit your range of motion and reduce your ability to participate in the activities of daily living.

Headaches and migraines are some side effects from a tight neck. The pain from these can range from the neck, over the skull to the forehead and may include the temples. Some things that you can do to prevent or reduce neck problems are:

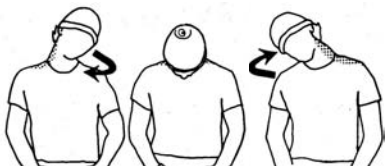
- Keep your neck and body warm – a scarf can prevent cold drafts from tightening muscles
- Keep your shoulders down – try to focus on not raising your shoulders when cold or stressed

- Neck stretches when you start to feel tight or daily to prevent aches. These are best done in the shower or bath, but can also be done in the car, at work or throughout the day. The stretches shown below and on page 3 give some good guidelines on how to do them properly - read the instructions first. Do a stretch till you feel the stretch and NOT PAIN:
  - Roll head (see below)
  - Neck Rotation (see below)
  - Levator Scapula Stretch (see page 3)
  - Upper Trapezius Stretch (see page 3)
  - Scalene Muscles Stretch (see page 3)
- During your daily activities, try to keep your head aligned so that it is not bent to one side or another (For example reading or TV watching). Be mindful during naps or falling asleep at night not to allow your head to flop to one side or another, or the wakeup may be from pain and not your alarm!

Be mindful of your neck. If you find it getting tight and pain starting to creep up your neck or you are getting headaches, come for a massage to stop it from getting worse! A 30 minute massage can break the pattern and help reduce your stress levels so you don’t get to the point where checking your blind spot become Russian roulette!



**Neck Rotation:** Keep your shoulders down and turn you head to one side without tilting it. Repeat for the other side.



**Head Roll:** Good for keeping muscles relaxed and a good warm up for the neck muscles. Roll head from one side to the other, but do not go all the way around to the back. Can be repeated several times.

Continued on page 3

# Fertility and Pregnancy ~ getting to the point

By: Nancy Winlove-Smith

The time has come...you and your partner have decided to start a family and the procreation ritual is stepped up into high gear. Each month's goal is to turn that little paper strip the right color and share the good news to those well meaning relatives that have been saying "so...are you pregnant yet?" If the fertility gods have your current address, a couple of months go by and those first queasy sensations replace your morning coffee. For couples not on the stork's mailing list, the ritual of love making becomes much like an aerobics class; you don't always want to participate, but you do anyway hoping for results. Trying to get pregnant is a lot like watching the kettle boil; it doesn't happen any faster because you are watching it.

There can many reasons why couples fail to conceive. The first course of action couples should explore is to be tested for the appropriate contributors to pregnancy. Men should have their sperm counts and motility evaluated. The sperm count in males has declined steadily over the years due to a number of environmental factors, and a low sperm count can decrease the success rate of pregnancy dramatically. Smoking, pesticides and heavy metal exposure are all contributing factors to decreased sperm count and a number of studies have indicated that up to 30% of men may be considered "subfertile". Females can have a number of issues that affect the likelihood of conception. The introduction of extra estrogen administered to livestock to improve production results in excess hormones for a women's body to eliminate. The hormones within the body are a delicate balance, and some women respond more negatively to external factors than others. The peaks and valleys of disrupted hormonal cycles can result in early or late release of eggs to be fertilized and interferes with successful attachment of the egg to the uterus.

Everyone is anatomically different; eyes are not the same distance apart in every individual, some of us are taller, shorter, wider or thinner. These anatomical differences can apply to our reproductive organs also. A woman who has a vagina or uterus in an inverted or otherwise different position may be faced with a novel set of difficulties. Sperm prefer a rather straight forward approach;... enter... race to the finish... and impregnate the egg. The sperm has very limited problem solving capabilities

and is not equipped with On Star technology. Sperm which face detours are much like a guy who won't ask for directions; your husband may reach his point of destination, however the sperm may not.

Stress affects the fertility of both men and women. When we are anxious, worried or afraid, chemical changes within the brain stimulate the release of many additional hormones which may interfere with hormones specific to reproduction; a protective mechanism to prevent pregnancy in dangerous situations. The brain does not differentiate between real danger (you just a found a poisonous snake in your toilet) or imagined. The stress most modern couples think about are situations that are not life threatening, however may still interfere with conception.

In-vitro fertilization has become the modern day holy grail for couples struggling to conceive. The procedure to achieve labor is also very labor intensive. The success rate for women under 40 ranges from 0 to 50%; over 40 years of age it drops to about half of that. The price of in-vitro can be as high as \$10,000.00 not including emotional cost.

Clinics vary in procedures and success rates, so couples should be very diligent when seeking out treatment.

Acupuncture, herbs and nutritional education may be the real answer for couples who have their hormones intact. According to Dr. Lorne Brown of Vancouver, who specializes in acupuncture for conception support, the procedure has been widely recognized in British Columbia and is now being promoted on the east coast by the Moncton fertility clinic. At the Center for Reproductive Healing in Marietta Pennsylvania they estimate a pregnancy success rate of 35% with acupuncture and herbs and for those opting for in-vitro fertilization using acupuncture before procedure; a

90% success rate compared to 50% without acupuncture. At present McMaster University is currently undergoing studies to evaluate acupuncture's role in supporting in-vitro fertilization techniques.

The cost for alternative fertility consulting is about one third of in-vitro fertilization. Herbs and supplements are recommended as opposed to drugs; nervous and reproductive systems are supported through the use of acupuncture, increasing blood flow through the tissue and releasing the "anti-stress" hormones.



**Remember to consult a trained herbalist before taking herbs or supplements to avoid interactions with current medications, other supplements and to ensure good quality herbs.**



**20% discount on a 90 minute initial consultation for infertility until December 31st**

**Nancy Winlove-Smith is a Herbal Technician and Contemporary Medical Acupuncturist, as well as completing a Herbal Medicine (Phytotherapy) Diploma from the Mohawk/McMaster University Health Sciences program.**  
**Available for appointments Tuesdays & Wednesdays 3 - 7pm and Saturdays from 9am - 1pm**

# Reiki: A hands-on healing approach to wellness

By Karen Harkness

The origin of Reiki, or hands-on healing, can be traced back to ancient Tibet, thousands of years ago. Mikao Usui of Japan rediscovered this technique in the mid 1800's. The tradition of Reiki was an oral one and was passed on by master-to-master and student-to-student. The story of Usui, often called Dr. Usui, though he was not a medical doctor, has many versions depending on who tells it.

Reiki is the Japanese word for Universal Life Force Energy. When the "Rei" and "Ki" are broken down in to their two components parts, the Kanji (Japanese alphabet) definition for Rei is universal, transcendental spirit, mysterious power, and essence. Ki is described as the vital life force energy, very similar to the Chi of Chinese acupuncture.

Reiki is a holistic, non-invasive technique used to accelerate mental and physical healing. It increases the body's natural ability to heal physical ailments and release the cause of disease. Because Reiki does not interfere with medical treatments, bodywork or other forms of therapy, it can benefit and enhance their results.

During a Reiki treatment, the therapist's hands gently rest on specific areas of your body. The therapist acts as a "channel" for the Life Force Energy, which is then directly drawn-in and dispersed where needed by your body. Reiki is a very powerful and effective, yet subtle, form of intuitive energy therapy.

Reiki affects each person differently, but it always acts wherever the receiver needs it most. If you suffer from stress, you may react with physical symptoms, such as headaches, stomach aches, frequent colds, kidney pains and general digestive disorders. These symptoms are the expression of excessive negative stress, accompanied by an imbalance of the energy system. To relieve these symptoms your energy needs to be restored. Reiki can balance the energies in the body, helping you to let go and relax, reducing stress. At the same time, it promotes the development of positive reactions to stressful situations. In other words, not only the symptoms, but also the causes can be healed.

Reiki strengthens and harmonizes the immune system. We constantly use life force energy without replacing it. Reiki helps us to replenish and add to our energy and, in this way, helps to create a healthy body.

An anecdotal story for you from my files... One client I had was going for acupuncture 3 days a week. She came to me because she was having trouble tolerating the needles and felt she couldn't relax during a session. I suggested she come the night before her acupuncture sessions to see if it would help. She was skeptical, but agreed it couldn't hurt to try. During the first session she was nervous and talked for the whole hour. I just did the treatment and let her process as she needed to. The next day she called to say that her acupuncture session seemed to hurt less and she was more relaxed. She thought maybe it was coincidental. I encouraged her to come for another session. She came back and this time only talked through half our treatment, falling asleep in the last half. Again she called the next day to say it the acupuncture seemed easier to manage. We did a total of 4 sessions (Each time she became more relaxed on my table and sleeping through the whole hour). By then, her acupuncturist (a doctor of Traditional Chinese



## KAREN HARKNESS RRPR

Karen Harkness has been providing healing touch in various forms since 1990 and is committed to facilitating the healing and personal growth process. In 1997, Karen became a Reiki II practitioner and then became a certified Reflexologist through the Ontario College of Reflexology in 2002. Karen completed training as a Palliative Care Volunteer (Fall 2005) and has used reflexology and reiki, when needed or requested, with much success during support visits.

Medicine from Beijing) asked what she had been doing differently in the past week as her body's response to the treatments had accelerated and shown more progress than in the month before. She told the doctor She was having Reiki treatments the night before. The response from her doctor was, "Ah, Reiki...keep it up!"

Some people are very new to the concept of working with the body's energy system as a way of facilitating and promoting healing, and due to not having had an opportunity to work on that level, can have fears. Some of these fears are of being "too open" and that the practitioner will "know" too much. As with any good healthcare provider, be it alternative or traditional, the client's confidentiality is always maintained. The insights gained through a session with a Reiki practitioner can lead to a breakthrough, or in some cases nothing at all. Often, it can just be a nice way to destress and relax!

## Neck Stretches (con't from page 1)



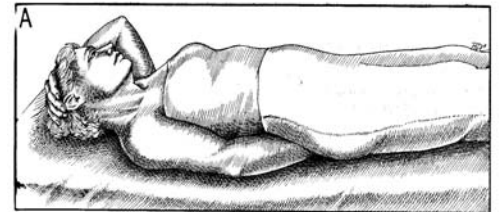
### Levator Scapula (Arm Pit Stretch):

Start with your head facing forward and turn your head 45°. Bring your head down so you are facing your armpit. The hand you are facing can give an extra pull, remember to keep other shoulder down. Repeat for the other side.



**Upper Trapezius:** Stabilize your shoulders by either holding your hands behind your back (shown right) or sit on your hands and gently bring your head to one side and hold. Repeat for the opposite side.

**Scalene Muscles:** Stabilize one shoulder (picture A) and bring head to the side (similar to upper traps stretch) (picture C). Turn head away from stabilized shoulder and then bend to the side (picture B). Turn head toward the same side as the stabilized arm and bend to the side (picture D). You can add extra stretch with your other hand. Repeat for the other side.





# Halton Holistic Hands

massage therapy and wellness clinic

**5295 Lakeshore Road Unit 4,  
Burlington, On L7L 1C7**

(On Lakeshore Road, west of Burloak Drive,  
behind the PetroCanada gas station)

~ (905)~632~HAND (4263) ~  
~ toll free: 1 (866) 377~HAND ~

[www.haltonholistichands.ca](http://www.haltonholistichands.ca)

[info@haltonholistichands.ca](mailto:info@haltonholistichands.ca)

### Halton Holistic Hands Hours:

Monday to Thursday: 10am to 7pm

Friday: 10am to 5:30pm

Saturday: 10am to 4:00pm

Sunday: Closed

### **Childbirth Education Classes - Prenatal Classes**

#### **Content includes:**

- \* Anatomy and physiology of pregnancy, labour and birth
- \* Stages of labour and emotional responses
- \* Pain reduction methods (natural and pharmacological)
- \* Breastfeeding
- \* Newborn characteristics and care
- \* Infant massage **AND MORE.....**

**For more information please contact the office!**

*Anniversary, Baby Shower or Birthday:  
Great Gift Idea - Gift Certificates available!*

### Services Price List

#### **Registered Massage Therapy**

30min ~ \$45.00    45min ~ \$60.00    60min ~ \$75.00  
75min ~ \$85.00    90min ~ \$100.00

Introduction to Massage for Partners (90min) ~ \$100.00

Infant Massage Instruction (45min) ~ \$50.00

#### **Reflexology or Reiki**

60min ~ \$65

#### **Holistic Consultations**

(Iridology, Herbal Medicine, or Medical Acupuncture)

30min ~ \$45.00    60min ~ \$75.00    90min ~ \$100.00

#### **Cosmetic Acupuncture**

60min ~ \$75

Pre-book 14 ~ 60min for \$1000.00 (pay as you go)

Prepay 10 ~ 60min for \$700 **or** Prepay 14 ~ 60min for \$950

#### **Doula Services**

Please inquire for fees

#### **Lactation Consultation**

60min ~ \$75.00

All prices include GST

**If you do not wish to receive the Handprints please let me know either by phone or email and I will remove you from the mailing list!**

### **Halton Holistic Hands**

#### **Products For Sale:**

Scent Ball Diffuser \$19.95\*

Car or room diffusers available

Essential Oils 10mL \$7.50 - \$12.50\*

Scents in stock: Lavender Mist, Ginger Snap, Citrus Alive, Interlude, Solstice, Breathe With Ease, Clarity, Lavender, Tea Tree and Eucalyptus. Other scents available - contact the office.

Essential Oils: Personal Blend 5mL \$6.00\*

Scented Massage Lotion 30mL \$5.00\*

Scented Epsom Salts (single use) \$3.00\*

Epsom Salts (single use/4lb) \$2.50/\$7.50\*

Thermaphore 14"x27" \$105.00\*

\* PRICES DO NOT INCLUDE TAXES \*

#### **~ Gift Package ~ Gift Wrapped ~**

Massage Gift Certificate

Scent Ball Diffuser and Refill Pads

5mL Essential Oil Blend

Scented Epsom Salts (single use)

30min - \$80.00 incl. taxes

45min - \$95.00 incl. taxes

60min - \$110.00 incl. taxes

*Payment Methods: Cash, Cheque,  
Visa, MasterCard and Debit*