



Handprints

Spring into Summer

Summer has brought the heat and humidity like last year. Escaping the city and going north is how many of you deal with our summers. Have you ever given any thought to your luggage and how to pack without hurting your back or doing road trips and not arriving more stressed and sore than you left? *Making Summer Memories* (below) is an article giving some tips on how to prevent the aches and pains of travel, short or far!

Air conditioning is a great comfort for us during the summer, but especially for those going through menopause. Heat flashes and other symptoms put a large stress on living your lives to their fullest. Nancy's article *Menopause: Alternatives for a Natural*

Transition on page 2, offers non-medicinal suggestions for dealing with the various symptoms you can experience.

I would like to welcome Karen Harkness, registered reflexologist, reiki practitioner and Doula, to Halton Holistic Hands. She has written an article, *Treat your Feet With Reflexology*, page 3, which is great for those who are more active now that the weather is more appetizing to get up and get out!

Remember to keep drinking your water and stay hydrated in the heat! Have a safe and healthy summer!

Halton Holistic Hands

Halton Holistic Hands

www.haltonholistichands.ca

(905) 632 ~ HAND

Volume 5, Issue 1

Summer 2006

Sections of Handprints

☞ Making Summer

Memories - page 1

☞ Menopause: Alternative

for a Natural Transition -

page 2

☞ Treat Your Feet with

Reflexology - page 3

Making Summer Memories Safely: Local or Abroad

At some point this summer (or in the fall) we will all get the chance to get away for a vacation. Whether it be packing for the weekend or for a European vacation, luggage must be packed, put in the car and in the process moved around. Here are some tips for choosing luggage and moving it around:

- Look for a sturdy, light, high-quality and transportable pieces when shopping for luggage, preferably with wheels and a handle. Avoid purchasing luggage that is too heavy or bulky when empty.
- Use smart packing techniques and pack lightly. When possible, place items in a few smaller bags instead of one large luggage piece.
- To lift luggage, stand along side of it and bend at the knees - not the waist. Lift with the leg muscles, then grasp the handle and straighten up. Once you lift the luggage, hold it close to your body.
- Do not twist when lifting and carrying luggage. Point your toes in the direction you are headed and turn your entire body in that direction.
- Do not rush when lifting or carrying a suitcase. If it is too cumbersome, get help.
- Do not carry bulky luggage for long periods of time. Make sure to check heavier items when traveling, rather than carrying them for the duration of the trip.
- Carry light pieces in both hands rather than one heavy item in a hand off to the side. This can decrease stress to the spine. Less weight on any one arm can also reduce the risk of developing "suitcase elbow," a chronic condition similar to "tennis elbow."
- When placing luggage in an overhead compartment, first lift it onto the

top of the seat. Then, with the hands situated on the left and right sides of the suitcase, lift it up. If your luggage has wheels, make sure the wheel-side is set in the compartment first. Once wheels are inside, put one hand atop the luggage and push it to the back of the compartment. To remove the luggage, reverse this process.

- When using a backpack, make sure it has two padded and adjustable shoulder straps to equally balance the weight. Choose a backpack with several compartments to secure various-sized items, packing the heavier things low and towards the center. Slinging a backpack over one shoulder does not allow weight to be distributed evenly, which can cause muscle strain.
- When using a duffel or shoulder bag, do not carry it on one shoulder for any length of time. Be sure to switch sides often.

Like most things, there's a right way to pack the car.

- The successful traveler knows that proper packing is required for a smooth trip. You're less likely to lose, misplace, or simply forget essential items. Check your trunk. Get rid of everything you won't need on your trip. Check the trunk light, the spare tire, and don't bury the emergency kit. Leave the emergency kit till the last, and put in an accessible corner.
- Pack from back to front. Put the bags you'll need at your destination at the rear of the trunk, or under other bags. Put the 'getting-there' bags - travel clothes, medications, supplies for during the trip etc. - in last, where you can easily reach them. Last in, first out.

Remember to take breaks to stretch your legs and backs on longer trips to avoid arriving stiff and sore! Enjoy the summer trips!

Menopause: Alternatives for a Natural Transition

By: Nancy Winlove-Smith

Menopause is the absence of a period for twelve consecutive months and this transition of life can vary greatly from woman to woman. The average age of onset for menopause is 51; however, there are many women who experience menopause at a much younger age. The assumed offender in this midlife melodrama is the female hormone, estrogen. Estrogen is a major support player in our bodies affecting thyroid function, bone mineralization and the integrity of sexual glands; a decrease in estrogen levels can have debilitating effects on a woman's health. Symptoms differ greatly from woman to woman depending on their lifestyle, diet and hereditary factors, and it is important to seek out advice from specialists when considering alternative therapies.

There is continuing controversy regarding the use of synthetic hormone replacement therapy (HRT); making the use of alternative therapies such as acupuncture and herbs is an attractive option. Women who have a family history of estrogen sensitive cancers must consult a physician before deciding on any type of hormonal therapy; natural or synthetic.

Mood Swings

The fluctuations in hormones may result in "moodiness" in some individuals. This irritability is similar to PMS and can be very unsettling and contribute to a feeling of depression. There are number of herbs that may address this hormonal imbalance such as evening primrose, chasteberry, or black cohosh. Hormonal levels in women can differ greatly depending on their family history and diet. Many meat and dairy products have been supplemented with hormones to increase production and are stored in the fat of the animal; these hormones are incorporated into human body fat when consumed. The liver which is responsible for eliminating excess hormones may be adversely affected. These product enhancers were not part of our diet in the past



and are suspected to contribute to an increase in adverse menopausal symptoms. Women who consume excess meat and dairy products may experience exaggerated symptoms as a result of circulating dietary hormones. Liver function and body mass contribute to the storage and elimination of excess hormones whether they are naturally produced or consumed in foods. A diet with an emphasis on fruits, vegetables, organic meats and dairy, combined with efficient liver function can support the transition from menstruation to menopause. For those individuals who

do not have dietary contributing factors, acupuncture has been found to be effective by supporting the central nervous system. Acupuncture stimulates the production of natural opioids which induce a calming affect and an overall sense of well being in the individual.

Fatigue

Nervousness, night sweats and increased urinary function may contribute to interrupted sleep. Eliminating beverages after 7 pm may reduce trips to the bathroom at night which disrupt the sleep cycle. Melatonin is a hormone that is related to our sleep cycle and may be used short term for extreme insomnia which results



in exhaustion, interfering with a woman's daily activities. Calcium is a natural muscle relaxant and important nutrient for menopausal women. Decreases in estrogen affect calcium absorption and night-time restlessness can be the result of muscles not receiving adequate calcium from the blood stream. A calcium supplement

should contain Vitamin D and magnesium for proper absorption and taken before bed may promote a more restful sleep. Herbs such as black cohosh and sage may be affective in reducing night sweats. Our sleep and wake cycles are directly affected by the amount of sunlight we are exposed to. Morning sunlight entering the eye has been shown to reinforce the set waking/sleep cycles within our bodies. Viewing sun light first thing in the morning on a regular basis will reinforce routine sleep patterns.

Vaginal dryness

At last sex with no worries about pregnancy! One catch.... the hormone that put the "oooo" in the "ahhh" is now replaced with "ouch"! The decrease in estrogen can be increased by natural phytoestrogens found in products such as flax oil, fenugreek, evening primrose and black currant oil. Many articles suggest the use of soy products, however many soy products have been genetically altered and may not be a good source of "natural" plant estrogen. When choosing flax seed oil supplements, look for those with high lignin content as those products will contain the maximum amount of plant estrogens. Vitamin E has been found to be effective externally for excessive drying and

cracking of the vaginal area. Plant estrogen supplementation is not recommended for those women who have a family history of estrogen related cancers.

Hot Flashes

The primary cause of hot flashes is the reduction of estrogen. Plant estrogen supplementation can be an alternative. Other conditions may trigger night sweats and should be diagnostically tested before attempting to self medicate. Iron deficiency, which is common in women can produce "hot flash" type symptoms. Thyroid dysfunction also increases in women as they age; a change in the metabolic rate set by thyroid hormones may mimic menopausal hot flashes. Iron level and thyroid testing should be evaluated yearly by your family physician to ensure you are receiving appropriate treatment.

A consultation with a trained herbalist can help you differentiate which herbs may be suitable for supplementation. Acupuncture can be effective in reducing "menopausal stress" and provide mood stability during a period when the body is adapting to many physiological changes.

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.

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 Wednesdays 3 - 7pm and Saturdays from 9 - noon

Treat Your Feet With Reflexology

By Karen Harkness

Now that the nicer Spring weather is here and Summer is just around the corner, it's a good time for one of my favourite pastimes...walking. There is much to explore and discover and walking is the best way to take it all in.

Nothing is better for your soul (not to mention your physical health) than putting on your favourite foot gear and spending the day walking, hiking or jogging through some of Halton region's parks, trails and, yes, even shopping malls. However, a full day of the aforementioned activities can be hard on your feet.

We totally underestimate the importance of our feet. Our feet have a very important job to perform – they get you to where you need to be to do your great work and help you balance and stay upright.

Did you know that your feet have a combined total of 14,000 nerve endings (no wonder some of us are so ticklish) and 52 bones (that's over 1/4 of the body's total number of bones)? As well, it is said that by the time we are 70 we will have walked the equivalent of three times around the world. Astounding!

So, how do you treat your feet *and* benefit your whole body at the same time so that you can continue to be happy, healthy and active in this great region of ours? One way is to have a reflexology treatment to relax your feet, de-stress your body and improve your overall circulation.

What is reflexology, you ask?

Reflexology is an ancient art, a science and a healing therapy. Mapped out on your feet (and hands) are reflex points, which correspond to every organ, gland and part of your body. When you are ill or stressed these points become sensitive and sore to touch as toxins build up. These toxins cause blockages in your body, which prevent your energies from flowing freely. By working over the areas of congestion, the blockages are released, which helps to increase the circulation and bring the body back to a state of balance, harmony and relaxation while encouraging the body to self-heal.

Reflexology may be performed on everyone, from the newborn to the aged. It encourages you to breathe, to relax and to let go of stress. Stress has been suggested as the cause of a great many illnesses, and can run you down. How you manage the stresses and strains of

everyday living will determine how healthy and happy you remain. The vast majority of clients usually realize the benefits of reduced stress and increased circulation from a reflexology treatment, which will in turn minimize physical symptoms and stimulate the body's self-healing mechanism.

“Your feet walk upon the earth and through this your spirit is connected to the universe. Our feet are our contact with the Earth and the energies that flow through it.”

- Jenny Wallace, a full-blooded Cherokee Indian from North Carolina who says the clan of her father (Bear Clan) believe feet are important.

How will I feel afterward?

How you respond to a treatment will depend on your body on any given day because your body is constantly changing. If you have a cold or other infection, you may feel tired after having reflexology or your cold may seem as though it is getting worse for a short time because of the toxins coming to the surface to be released from your body. Remember, your body knows what it needs to bring it back into balance. It's best to free yourself from expectations about how your body may react to reflexology.

Having said that, in most cases you will feel more relaxed after reflexology and if you are under stress it can help you to face the world again!

My favourite comment from a client after receiving a treatment is: *“I feel amazing, I feel relaxed and my feet feel happy in my shoes!”* I think that says it all.



Have fun walking, everyone, and may your feet always feel happy in your shoes!

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. In 2004, Karen trained with CAPP Canada (Childbirth and Postpartum Professional Association of Canada) and added the role of Labour Doula to her roster of services, supporting women through their labour and delivery process. She has attended numerous births in a variety of settings including operating rooms for cesarean sections. Karen completed training as a Palliative Care Volunteer (Fall 1995) and has used reflexology and reiki, when needed or requested, with much success during support visits.



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 ~

NEW and IMPROVED:
www.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

Thai Massage (until July 25th)

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

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*