



Handprints

Health for the Holidays

The holiday season is well underway and many of you are running frantically from store to store buying last minute gifts. Remember, the theme of the season is celebrating the gifts in our lives, including family and friends. Really take the time to enjoy gatherings with family and friends.

While you are out and about, try to keep those shoulders down and keep the neck covered up in the cold. Carrying packages and bags can strain your neck and shoulders. Try bringing bags back to the car between shops - if you get really lucky finding presents. The quick walk outside will give you some fresh air and a break from the crowds - in case your nerves wear thin!!

This issue is focusing on your health. 'Tis the season for headaches. See "Dealing with Headaches" below to help avoid these nuisances at such a busy time of year.

Nancy and I are often asked what a herbalist does. "Herbal Medicine" gives a better idea of

Dealing With Headaches

Everyone has had to deal with some sort of pain in their head at some point and it can be very detrimental to enjoying your life. In this article, I hope to give you some guidelines to examine your headache patterns and some tips on how to help prevent them!

Headache experts estimate that most of all headaches are tension headaches (caused by muscular tightness) and only a few are migraines (the cause is still not clear even within the medical community).

Headaches can be a sign of underlying health problems. People who suffer from frequent headaches may be reacting to certain foods or food additives. Some examples include wheat, chocolate, and monosodium glutamate. As well, your diet may have deficiencies in some vitamins and minerals. If you think that your diet could be contributing to your headaches, make an appointment with Nancy. (see page 2)

Some other ways to help headaches:

- Eat a well balanced diet
- Practice deep breathing exercises. A lack of oxygen can cause headaches
- Always seek and treat the cause of the headache not the

what Nancy can offer to help improve your health with herbs.

I know that the white stuff has just made a brief appearance and we always keep our fingers crossed that this years snow will be like last years! Just in case it is not, "Shoveling Safely" is a reminder how to shovel without it being a back breaking exercise!

I would like to take the time to say thank you to every one for making this year at Halton Holistic Hands a very successful one! In case I have missed anyone I would also like to say thank you for all the referrals for the clinic. I am so grateful that we are able to provide you with services that can improve your health! Have a healthy and safe holiday!

Halton Holistic Hands

Halton Holistic Hands

www.haltonholistichands.ca

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symptom. Long term reliance on over-the-counter pharmaceuticals can make chronic headaches worse by interfering with the brain's natural ability to fight headaches

- Apply cold compresses to the spot from which the pain is radiating, for up to 10 minutes. Leave a damp washcloth in the freezer for 10 minutes or use a gel pack wrapped in a thin towel
- Apply a heat pack or hot water bottle to your neck and shoulders to help with tight muscles or come in for a massage to help relieve muscular tightness. To help keep muscles loosened do daily stretches for your neck
- For sinus congestion, MLD can really help with the drainage. After the treatment I will show you how to do self massage to continue the draining at home
- Be sure to get sufficient sleep
- If you suffer from more than the occasional headache keep a log to help your healthcare provider diagnose your condition. Keep a log noting the time of each headache, describe the pain, it's severity, location, duration and stress/activity levels prior to the headache

I hope these ideas will help keep you headache free!

Herbal medicine is also called botanical medicine or phytomedicine, and is defined as the use whole plants or parts of plants to prevent or treat illness. Plant parts used include seeds, berries, roots, leaves, bark, or flowers. The use of various herbal remedies and preparations are described throughout human history representing the origin of modern medicine. Finding healing properties in plants is an ancient idea. People in all continents have long used hundreds, if not thousands, of indigenous plants for treatment of various ailments dating back to prehistory. The use of and search for drugs and dietary supplements derived from plants have accelerated in recent years. Pharmacologists, microbiologists, botanists, and natural-products chemists are combing the Earth for phytochemicals and leads that could be developed for treatment of various diseases. In fact, many modern drugs have been derived from plants. Some of the most effective drugs are plant based, such as aspirin derived from bark of willow, digoxin derived from foxglove, quinine derived from the bark of cinchona, and morphine derived from the opium poppy.

Plants, like humans, have distinct personal qualities. They are described in terms such as "stimulating", "adaptive", "hypnotic" or "sedative" which indicates how they may affect the user. It is nice to know what kind of plant you are dealing with when your health is involved. Plant cells contain hormones, hundreds of thousands of chemicals in perfect balance that can integrate with your own cells because your body recognizes them. Plant metabolites originate from the same types of growth processes that happen in our body every day. If one realizes that 30% of all drugs today contain a discovered plant chemical, the herbalist becomes a very important partner in developing individual options for the use of plants for your long term health plan. A certified herbalist is trained in human and plant anatomy and physiology; this is to enable the practitioner to integrate the properties of plant with the individual. A certified herbalist will have varied training that includes clinical practice and training from an educational institution. Chemical plant identification and its effect on the human body is not a hobby; it requires study and training.

Herbal medicine aims to return the body to a state of natural balance, so that it can start healing itself. Different herbs act on different systems of the body.

Medicinal plants can be used by anyone, for example as part of a salad, an herbal tea or supplement, although some herbs considered dangerous are restricted from sale to the public.

Herbal remedies are taken internally or applied to the skin. Fresh herbs can also be incorporated into the diet. There are various methods of intensive herbal treatment:

Tinctures are made by soaking the flowers, leaves, or roots of the chosen herbs in alcohol. These keep well and are easy to store.

Infusions are less concentrated than tinctures. Infusions are made by soaking an herb in hot water for 10 to 15 minutes. The resulting infusion can be used as a tea, or it can be applied externally to the skin.

Cold infusion involves soaking an herb in cold water for a long period, from 2 to 12 hours. It can then be either swallowed or applied to the skin.



The first generally accepted use of plants as healing agents were depicted in the cave paintings discovered in the Lascaux caves in France, which have been radiocarbon dated to between 13,000 - 25,000 BCE.

Decoctions are similar to infusions but are made from roots, barks, nuts, and seeds.

Washes are external applications of cooled tea.

Poultices are pastes made from bruised fresh herbs or dried herbs moistened with hot water. They are placed on a clean piece of cotton and then on the affected area.

Herbal teas: There are two methods of making herbal teas, infusion and decoction. Infusion is steeping lighter parts of the plant (leaves, flowers, light stems) in boiled water for several minutes. Decoction is boiling tougher parts, such as roots or bark for a longer period of time. Herbal teas are often used as a home remedy, and as an alternative to tea and coffee.

Fluid extracts: Fluid extracts are stronger than herbal tinctures, and can be made with alcohol or glycerin.

Powdered herbs and tablets: Herbs that are dried and (sometimes) certain parts are separated out then diced to powder fine consistency. Powdered matter can then be compressed or put in an empty pill coating to form a tablet.

Herbal ointments: An ointment or salve is a semi-solid preparation made to be applied to the skin. Depending on the purpose for which it is designed and its method of preparation, the texture can vary from very greasy to a thick paste. The simplest ointments use petroleum jelly as a base. In traditional ointments, a combination of carrier oils is used that helps them to be absorbed through the skin, plus hardening agents to create the desired texture.

Essential oils: Extraction of volatile liquid plant materials and other aromatic compounds from plants gives essential oils. These plant oils may be used internally in some forms of herbal medicine as well as in aromatherapy.

Herbal supplements: Herbal supplements tend to be commercial products in tablet or capsule form manufactured and marketed by the health food industry for sale in retail outlets to the general public, although there are some types that are sold only to healthcare practitioners for prescription.

A common misconception about herbalism and the use of 'natural' products in general, is that "natural" equals safe. However many plants have chemical defence mechanisms against predators that can have adverse or lethal effects on humans. Examples are poison hemlock and nightshade, which can be deadly. Herbs can also have undesirable side-effects just as pharmaceutical products can. These problems are exacerbated by lack of control over dosage and purity. Furthermore, if given in conjunction with drugs, there is danger of 'summation', where the herb and the drug have similar actions and add together to make an 'overdose'.

Nancy Winlove-Smith is a graduate of the Mohawk/McMaster Health Science Herbal Medicine Diploma program and a Certified Contemporary Medical Acupuncturist.

Available for appointments Wednesdays 3 - 7pm and Saturdays from 9am - 1pm

Plant medicines can be an option to sustain and maintain your health, but only if you have an educated, assessment from someone trained in Herbal medicine. Because herbal medicine addresses an important health-care need, its continued integration into mainstream medicine should benefit everyone.

References: [Medicinal Plants: A Powerful health aid?](#) By Jin Suk Lee. The Scientific Quarterly; issue 2:sept-nov 2006. [Herbalism](#). From Wikipedia, the free encyclopedia

Shoveling safely

So far, we have been spared the snow. I know that you ski and snowboard lovers are disappointed, but I hear if you go north they have snow! We all know that in the months ahead we will get our fair share of the white stuff. Hopefully, we can avoid any bad shoveling episodes if we follow the suggestions below.

- Do not shovel with cold muscles! Shoveling is a form of exercise and the body needs to be warmed up before you go and do strenuous work. Do some jumping jacks, go on a treadmill or exercise equipment for 5-10 minutes
- Make sure the shovel is not too heavy or holds too much snow for you. Trying to do a quick job with a larger shovel may cause you to injure yourself—snow can be really heavy. They now have a very wide selection of shovels with different ergonomic designs—maybe its time to shop for a new shovel
- Work in straight lines when shoveling. When lifting the snow, don't twist or you could hurt your back, and make sure that you lift from your knees and not your back! Alternate the side you lift the snow with to keep your body evened out
- If you think you may have overdone it make sure you lie down (not sit) to help take pressure off of your back. A nice warm epsom salt bath might also be in order! And don't forget to keep up with your massage appointments!

CHRISTMAS GIFT IDEAS

Gift Certificates:

~ Massage Therapy ~ Reflexology ~ Reiki ~ Supplement Consultation ~ Iridology Consultation ~
~ Aromatherapy Facial ~ Introduction to Massage for Couples ~ Herbal Medicine Consultation ~

Thermaphore (moist heating pad) \$105 + tax

Scent Ball (car or room) \$19.95 + tax

Essential Oils (inquire at the office for pricing)

Hand Paraffin Wax Bath – These are wonderful for the hands. They provide a deep moist heat which pamper your hand, restore some moisture and are especially helpful for those who suffer from arthritis.

Relaxation Basket – Include bubble bath, candles, relaxation CDs and a small pillow for the head to rest on! For those who enjoy scents contact me about adding essential oils to personalize your gift or even an aromatherapy facial gift certificate!!

ARE YOU GETTING THE MOST OUT OF YOUR SUPPLEMENTS?

When do you take your B Vitamins (niacin(B3), thiamine(B1), B complex, etc) ?

(may keep you up at night)

Do you take your calcium by itself or with other minerals?

(does not absorb into your body without magnesium in the proper ratio)

Do you know how much of each vitamin/mineral you should be taking?

(our needs vary throughout the year depending on diet and stress levels)

Do you take a multi and are not really sure about what doses of each vitamin or mineral you get?

(the mix of vitamins and minerals can cancel each other out and you don't absorb most that are included)

If you want to make the most of the hundreds of dollars you invest in supplements come see Nancy with all of your supplements and she can set you on the right path!

45min Consultation \$60



Halton Holistic Hands

massage therapy and wellness clinic

**5295 Lakeshore Road Unit 4,
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(On Lakeshore Road, west of Burloak Drive,
behind the PetroCanada gas station)

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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
- Eucalyptus \$7.50*
- Lavender, Tea Tree, Clarity, Breathe With Ease, and Citrus Alive \$10.00*
- Lavender Mist, Ginger Snap, Interlude, and Solstice \$12.00*
- 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*