



Present

## Synergy for Health Newsletter

Kasara D'Elene, B. Sc., C.N.H.P.  
Professional Herbalist

Michael T. Ashley D.C., P.S.  
Chiropractic Physician

Phone: 425-415-8410  
Toll Free: 800-242-7165  
Web site: [www.truhealth.com](http://www.truhealth.com)  
18001 Bothell-Everett Highway  
Bothell, WA 98012

Thrashers Corner  
20611 (G) Bothell Everett Hwy.  
Bothell, WA 98012  
(425) 487-0487  
Fax: (425) 486-4548

### A BALANCED BIOLOGICAL TERRAIN MEANS A HEALTHY BODY



Environmentalists will fight to keep Earth's delicate balance, knowing that it is necessary for all of us to survive. Your body needs biological balance in order to carry on in wellness too!

Not new to holistic medicine, the science of Biological Terrain had its beginnings more than 100 years ago when Dr. Claude Bernard formulated a theory that the primary cause of most illness and disease was due to imbalances in the underlying biochemistry of the body. This biochemistry was called the Biological Terrain and is the interstitial fluid that bathes and nourishes every cell in our body. Dr. Barnard believed that the disturbances or imbalances in this cellular environment affected the entire body, including the immune system.

We are all biologically and chemically unique, and we react differently to stress, change, health and illness. When left unmonitored, and under prolonged exposure to stressful conditions, the body's biological terrain (cellular level) will lose its vitality and develop illness or disease increases significantly.

The characteristics and condition of the Biological Terrain may affect the entire body. As this fluid travels throughout the body, its strengths, weaknesses and imbalances can become an integral part of saliva, lymph and urine formation. These bodily fluids serve

*Continued on page 3*

### SAVE MONEY THE HEALTHY WAY



Be sure to renew your NSP membership - it is easy and FREE!

Just purchase at least \$20.00 from NSP, and you will get a \$20.00 coupon towards your next purchase.

Did you get you NSP Membership kit from TruHealth; if not, be sure to stop by and pick yours up today!

### ECONOMY SAYS NO, BUT YOUR BODY SAYS HELP!



In today's economic slow down, we are all feeling the stretch on our wallets. TruHealth keeps an up-to-date reference library—for those who can't afford a Health consultation or simply want to gather information on their own.

Our Reference Library will help you understand what products would be best to help you. We also have Health Recipe Cards for both herbal and aromatherapy and product information sheets.

This library is always available. Just come in, browse and find the information that will help you with your health.

This newsletter is the joint effort of TruHealth and Ashley Family Chiropractic and Massage, bringing you vital information for your everyday health

### Pediatric Chiropractic



While childbirth may be tiring for the mother, it is a severe trauma for the newborn infant. Forty to fifty pounds of pressure are exerted on an infant's neck during the birth process, and the baby's head is forced to rotate by 90 degrees while contractions squeeze their small frame.

Such trauma may contribute to several painful conditions with symptoms beginning in the first month of an infant's life. These include infantile colic, ear infections, poor feeding, poor vitality, allergies and asthma.

An encouraging new study from Denmark suggests that chiropractic may be helpful to infants with colic even when more traditional treatments had failed. The data included 316 babies treated by 73 chiropractors in 50 different clinics. Improvement was reported in more than 90% of these children. ([ourworld.compuserve.com/homepages/dr\\_john.htm#colic8](http://ourworld.compuserve.com/homepages/dr_john.htm#colic8))

Northwestern University's Natural Health News reports:

*Continued on page 2*

**Baby Care continued from page 1**

“According to Anne Packard-Spicer, DC, a faculty clinician at Northwestern Health Sciences University, 80 percent of newborns have spinal Subluxations. These misalignments of the spine may cause sleep disturbances, feeding disturbances, irritability, gastro intestinal problems and colic, among other symptoms. Chiropractic adjustments can relieve or prevent these symptoms.

“If the spinal system is not functioning properly, neither will the nervous system,” explains Dr. Spicer. “I have had parents bring screaming babies in for treatment, and immediately after the spine has been adjusted, the child seems to ‘melt’ and the crying stops.”

These adjustments are very gentle and allow the baby’s body to function better. The baby doesn’t complain or feel any pain. Some of Dr. Ashley’s youngest patients and their mom’s are already aware of the benefits of chiropractic care.

*“Vivian was less than a week old and would scream all the time. We believe this was because she was born face first. Her neck was sore and her face was swollen. We were unable to comfort her because movement made her pain worse. My midwife suggested I take her to a chiropractor. Dr. Ashley was referred to me. He was nice and reassured me regarding the chiropractic manipulation. The next two days, Vivian cried a little less, but after the second visit, her crying stopped. It was like night and day. I was so impressed, that I went to see Dr. Ashley for myself and he helped me get rid of my chronic back pain. Vivian is two months old now and a beautiful baby.”*

Jessica Hellgrove,  
Everett, Washington

**FOR YOUR HEALTH—EXERCISE!**

Since we no longer hunt our food, work in the fields or build our own homes, we need to prioritize time for taking care of our bodies—the ultimate machine. You know if you don’t use a piece of machinery for long periods of time, it will require some work to get it going again. Is this what you are doing to your body? Exercise is one way to keep your ultimate machine well oiled and ready to go.

The American Heart Association gives these helpful hints for exercising at home, work and play.

**At Home**

In addition to doing a regular workout on your home exercise equipment, you can:

Do housework yourself.

Work in the garden or mow the grass.

Go out for a short walk before breakfast or after dinner or both! Start with 5-10 minutes and work up to 30 minutes.

Walk or bike to the corner store instead of driving. When walking, pick up the pace from leisurely to brisk. Choose a hilly route. Walk the dog.

Park farther away at the shopping mall and walk the extra distance. Wear your walking shoes and sneak in an extra lap or two around the mall.

Stretch to reach items in high places and squat or bend to look at items at floor level.

**At the Office**

Brainstorm project ideas with a co-worker while taking a walk.

Walk down the hall to speak with someone rather than using the telephone or e-mail.

Take the stairs instead of the elevator. Or get off a few floors early and take the stairs the remainder of the way.

Walk while waiting for the plane at the airport.

Take along a jump rope in your suitcase when you travel. Jump and

do calisthenics in your hotel room.

Participate in or start a recreation league at your company.

Form a sports team to raise money for charity events.

Join a fitness center or Y near your work. Work out before or after work to avoid rush hour traffic, or drop by for a noon workout.

Schedule exercise time on your business calendar and treat it as any other important appointment.

Get off the bus a few blocks early and walk the rest of the way to work or home.

Walk around your building for a break during the workday or during lunch.

**At Play**

Plan family outings and vacations that include physical activity (hiking, backpacking, swimming, etc.)

See the sights in new cities by walking, jogging, or bicycling.

Make a date with a friend to enjoy your favorite physical activities. Do them regularly.

Play your favorite music while exercising, something that motivates you.

Dance — with someone or by yourself. Take dancing lessons. Hit the dance floor on fast numbers instead of slow.

Join a recreational club that emphasizes activity.

At the beach, get up and walk, run or fly a kite.

When golfing, walk instead of using a cart.

Play singles tennis or racquetball instead of doubles.

At a picnic, join in on badminton instead of croquet.

At the lake, rent a rowboat.

Natural Lighting  
Full-Spectrum lighting for  
your home or office  
G. Mistry (Owner)  
425-373-0750

as indicators of what is happening at the deepest cellular level.



Now, through QFA monitoring, we can assess how stress, etc. affects your body at its cellular level. This monitoring involves assessing the biological fluids of urine and saliva.

#### What is a QFA?

The body can store toxins and chemical insults, monitoring can reveal underlying patterns and imbalances.

The QFA 300™ (an FDA approved device) provides data regarding the pH (alkaline-acid balance), redox (data regarding the level of electrons in the biological fluids) and resistivity (the level of minerals in the fluids) values of the fluids. Or to put it in lay terms, we will monitor how you are digesting your foods, producing energy and eliminating toxins.

The QFA 300™ is designed to monitor subtle and specific parameters of the Biological Terrain environment—giving the customer a quantitative analysis instead of just guessing at what is going on in their body.

#### How is the assessment done?

Generally, after a 12-hour fast, you will bring in a urine sample and give a saliva sample. Small amounts of these samples are placed into this computerized device. Within minutes the QFA 300™ provides important data.

What will I do with the information once the assessment is complete?

Monitoring the Biological terrain provides subtle data that may provide answers to questions like: "How can I maintain health?" What type of diet is best for me?" and "How can I help my body to enjoy greater vitality and longevity?"

Come into the store to find out more about your Biological Terrain and the QFA 300™. Our California clients can visit a local herbalist, Shelly Royce in Santa Clara, 408-247-3646, who will perform the assessment and send the results to TruHealth for evaluation.

*"Kasara is a delightful and optimistic person. She shows genuine concern and follows through. She has helped to ease my chronic sinus and allergy symptoms. She has made progress where medical doctors couldn't. I still have little bouts but not like before."*

Marlene Mallory, Cupertino

## THE BENEFITS OF MASSAGE



No longer is massage just for pampering and relaxing; massage therapy has become an integral part of keeping the body well.

Your body has the innate ability to heal itself, and the goal of massage therapy, along with Chiropractic, is to help the body in its quest for well-being. Through systematized manipulation of soft tissues this goal is accomplished.

Touch is the core ingredient of massage therapy. Therapists learn specific techniques for massage and use their sense of touch to determine the right amount of pressure to apply to each person and locate areas of tension and other soft-tissue problems. Touch also conveys a sense of caring, an important component in the healing relationship.



#### Massage Facts

When muscles are overworked, waste products can accumulate in them, resulting in soreness, stiffness, and even spasm. Massage improves circulation, which increases blood flow, bringing fresh oxygen to body tissues. This can assist the elimination of waste products, speed healing after injury, and enhance recovery from disease.

Therapeutic massage can be used to promote general well-being and enhance self-esteem, while boosting the circulatory and immune systems to benefit blood pressure, circulation, muscle tone, digestion, and skin tone.

**The American Massage Therapy Association offers these "Evidence of Massage Found in Research"**

**Massage really works for**

#### chronic low-back pain

People who get massage for sore muscles and pain have long said that it gives them relief and helps them get back to regular activity. Recent research on the benefits of massage for some types of back pain has shown that massage is effective in both relieving chronic low-back pain and for controlling some back pain.

#### Massage really works to relieve stress and aid relaxation

After a massage, people say they "feel good" in a general sense. They also report a greater sense of well being. When someone "feels good", they usually "hurt" less, too. Massage has been shown to reduce blood pressure and heart rate, and to increase blood and lymph circulation. Massage also has been shown to increase endorphins, the body's natural pain killers.

#### Massage really works to boost the immune system

Your body's immune system helps you fight off infections and illnesses, and it helps you recover from injuries. When you are under stress, the immune system may not always work the way it should.

*"Gem has been massaging me for more than a year now. Before I received my first massage, I suffered from headaches, shin splints and Plantar Fasciitis (since high school and I'm now 56). I was having a difficult time being mobile. Now my symptoms are gone and I feel cured. Gem is truly gifted and has an innate ability of finding where your tension is and what is wrong with your body. She lives up to her name!"*

Constance Kessinger, Bothell.

#### SERVICES AT TRUHEALTH

- \* Health Consultation
- \* Iridology Consultation
- \* Muscle Testing
- \* Quantitative Fluid Analysis
- \* Custom made Flower Essences
- \* Custom made Essential Oils
- \* Reiki
- \* Food Consultation
- \* BodyGem (Get your RMR—resting metabolic rate—how many calories you burn in a day at rest).

Our brochure has changed—come in to pick up a new copy!



## ESSENTIAL OILS THE AFFORDABLE WAY

If you're finding high-quality essential oils expensive, visit TruHealth. We sell several types of bottles, with assorted tops to make an oil combination just for you and your needs. Not compromising with oils that contain toxins or synthetic ingredients, we sell the oils by the drop and use a base of your choice: witch hazel, Nature's Fresh enzymes, or Massage oil. We can also customize formulas for you or your friends. These healing oils are \$10 plus the oil drop and also make wonderful Holiday gifts.

### Tru Health

#### HOURS

Monday and Saturday  
12:00 pm-5:00 pm  
Tuesday through Friday  
10:00 am-7:30 pm



18001 Bothell-Everett Highway  
Bothell, WA 98012

## UPCOMING CLASSES

Essential oil spa party - You deserve it! Learn how to pamper yourself! Ask how to have this party in your home.

**Making Essential Oil Gifts** – True gifts come from the heart. Learn how to make wonderful gifts that will so you truly care and relax the recipient!

**Muscle Testing** – Learn how to communicate with your body. Discover how to prevent illness and promote health.

**Iridology** – Reading the Iris is a wonderful diagnostic tool. Your eyes tell all—where your body is weak and where it is strong. Learn how to use Iridology to attain wellness.

**Herbal Certification** – Become a certified Herbalist in this six-month class. Each class is limited to 25 students.

**Sugar Free and Wheat/Gluten Free Cooking Classes** – On a restrictive diet and can't find healthy products in the grocery store? Learn how to prepare healthy food that tastes good and you can enjoy.

Stop by or call the store for times and dates for these classes!

## A TRULY HEALTHFUL RECIPE

### Make Your Own Mayo

8 oz of tofu  
1/4 c water  
2 tsp sesame or olive oil  
1 Tbsp lemon juice  
1 Tbsp mirin (sweet rice cooking seasoning) or brown rice vinegar  
1 Tbsp mellow white miso  
optional sprinkle of dill, paprika or other favorite seasoning

Slice tofu and steam for just 3 minutes.

Blend all ingredients together until smooth and creamy. It's best to do it in a food processor or blender. Keeps refrigerated for 2-3 days. If it separates, just re-blend.

Dr. Ashley's hours  
M,T,W,F - 9-7  
Other times by Apt.

PRSR STD  
U.S. POSTAGE  
PAID  
LYNNWOOD, WA  
PERMIT #126

Member of South Snohomish Chamber of Commerce

