



Health, Beauty & Fitness

Everyone can be naturally beautiful

Stress Management 101

Live a More Natural and Stress Free Life



Make sure to select healthy and natural snacks, better for your body, mind and soul

By Cora Rivard, N.D.
Licensed Family Naturopathic Doctor &
Owner of Seasons Natural Healthcare, LLC

Like many doctors, I have seen an increase in patients who have stress-related complaints. Feeling a loss of control and security in the realms of work, relationships, family, or health can weigh in heavily. This burden of stress can quickly lead to issues such as insomnia, recurrent viral infections, muscle tension, headaches, indigestion, constipation, diarrhea, anxiety and poor concentration. The possible long term repercussions can be more serious: hypertension, heart disease, autoimmune disease, depression, to name just a few.

While stress is a normal part of life, the ways in which we perceive and respond to it can have a profound impact on our health. The silver lining

is that it is never too late to reap benefits from changing the way that you respond to stress. And like any other type of workout, it requires continual practice and maintenance to remain effective.

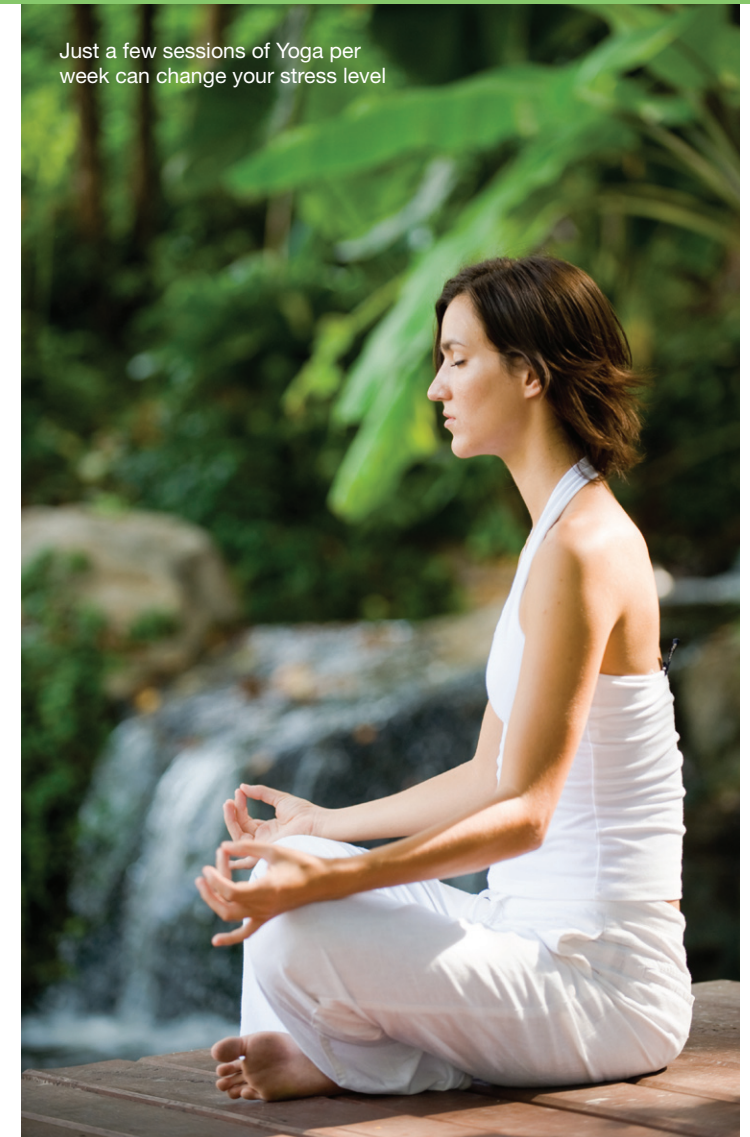
From my perspective as a naturopathic doctor and my unique expertise in wellness care, I would like to share some quick tips about stress management. Whether you work as part of a company, or your work is caring for your children or other family members, there are simple and effective steps you can take to save your health and decrease future medical expenditures. My hope is that you will be inspired to make even one small change today towards a healthier state of mind and body. Not only will you notice improvements in your ability to function at work, but you will also be in a better place to truly appreciate all other aspects of your life.

1. Schedule personal time on your calendar. Many of us feel “on call” all the time, and this can blur the boundaries between work and home, especially after hours. It is important to establish scheduled times when you are completely unplugged from work. This scheduled time deserves the same degree of respect you would reserve for a meeting with an important customer. (but in this case, it’s you!) Taking a break and protecting your sanity will help you to be more efficient and productive when you are at work.

2. Create some “wind down” rituals to help detach you from your workday in the evenings, and be consistent with bedtimes and waking times. Try getting a massage, taking a warm bath with Epsom salts, listening to music, or enjoying essential oil scents such as lavender, evergreen, ylang ylang or vanilla. Easy, repetitive tasks to get you “out of your head” are helpful to reduce the background noise in your head when you are feeling frazzled. Try jigsaw puzzles, knitting, cooking, or light reading. Avoid watching/reading the news before bed, or watching TV programs that are over stimulating and disturbing.

3. Get outside for a brief walk every day. Even if you only have 10 minutes to get outside in the morning, or during a lunch break, moving your body can help you loosen up those tense muscles and refresh your abilities to focus. When your retinas are exposed to natural sunlight during breaks each day, it stimulates hormones that help to re-establish and maintain your natural circadian rhythm, and you will sleep better at night.

Just a few sessions of Yoga per week can change your stress level



4. Incorporate “relaxing” types of practice into your day. While aerobic activities and weightlifting are important ways to dispel stress and keep you healthy on many levels, it is just as important to introduce slower mind/body activities- Hatha yoga, Tai Chi, Qi Gong, meditation and light stretching are all great ways to help your muscles relax and to teach you the skills to quiet your mind on demand. If you are a high-powered person, it is all the more pertinent to learn how to slow down and create balance in your life.

5. Breathe! Taking multiple breaks each day to take in deep, slow belly breaths (4 seconds to inhale, 6-8 seconds to exhale) actually stimulates the parasympathetic system of your body, which is the antithesis of the “fight or flight” system. Take advantage of this effect and use it whenever you feel like you need a mini break.

6. Think about nutrition. Don't grab that candy bar! Many of us gravitate to sweets and salty snacks when we feel tired and stressed out. In addition to the fact that this is not a healthy way to feed your body, it is important to realize that the instant gratification of the sugar rush and feel-good hormone release will only cause you to crash a few hours later perhaps feeling even more hungry, tired and cranky. The best advice is to keep the junk food completely out of the house, and out of the office. Instead, keep some high protein snacks such as mixed nuts and seeds, yogurt, slices of cheese and whole grain crackers, or apples with peanut butter within easy reach to keep your mood and energy levels more consistent and to help avoid that afternoon slump.

You might find it helpful to sketch a specific plan for yourself. For example, my personal plan for stress management this week looks like this:

1. Turn off computer by 9pm each night, and no phone calls after 9pm.
2. Starting at 9pm, I dim the lights either to watch

a favorite comedy T.V. show with my husband, or to read by lamplight before bed.

3. Deep breathing exercises for at least 3 minutes, twice a day.
4. A 20-30 minute walk outside every day.
5. Two sessions of yoga per week, and one weekly evening playing volleyball for fun.
6. Mixed nuts, sliced apples, or yogurt as a healthy mid afternoon snack each day.

As a final note, it is important to pay attention to the unique ways that stress can affect you. Be alert to the first signs, whether it is a tightening sensation in the neck or shoulders, or feeling the heart pound or flutter, or just feeling a bit irritable; this is the time to take a break, breathe



Think about planning ways to relieve stress into your weekly schedule just like your business meetings or your child's after school activities

slowly and deeply, and count to 10. The sooner you learn how to defuse a stressful internal response, the better you will feel later in the day (and throughout your life!) **NNE**

Dr. Cora Rivard received her doctorate in naturopathic medicine from National College of Naturopathic Medicine (NCNM) in Portland, OR. NCNM is the oldest accredited graduate program for naturopathic medical training in the country. Dr. Rivard is a published author and writes a monthly newsletter on naturopathic medicine. She received her Bachelor of Science in Health Sciences at James Madison University in Virginia and is the owner of Seasons Natural Healthcare, LLC in Derry, NH.



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Beauty is More than Skin Deep

Ideas for the Mind, Body and Soul

By Susan Mulcahy, *Naturally New England*

One of the best ways to make your life more eco-friendly and healthy is by taking some time for yourself. But with work, family, home, and travel how do you find the time? It's important to understand that taking care of ourselves and taking time for ourselves is part of the "green" living process. One of the best gifts we can give to the people in our lives is to be happy and healthy. But where do you start? Here are some ideas for your mind, body and soul.

There are many manufacturers throughout New England who offer natural and organic product alternatives. (For resources see page 178).



Consistency is the Key: It's important to have a daily routine that incorporates wellness. "Take a little time every day to do something which supports wellness until it becomes your lifestyle. For example, start the day by drinking lemon in warm water. Then try and spend 10 minutes on the rebounder to stimulate your lymph system," says Cathie Barre, owner of Jivana Spa in Burlington, VT.

Think about taking a walk in the morning or during your lunch break. Years ago when I worked at an office building in the city, many people made it a point to walk and do their errands during their lunch hour. Walk to the post office or to get a healthy snack. Ask a friend to go with you or simply walk to the nearest park and sit in silent meditation.

Rid Your Beauty Regime of Chemicals: Many of the beauty and skin products we use everyday like soap, toothpaste, deodorant, and cosmetics are loaded with chemicals that are bad for our bodies. "Everyone is becoming more aware of the number of chemicals, pollutants and toxins that we are all being exposed to on a daily basis," states Karen Clickner Director of ISIS Holistic Clinic & Body Purification Spa in Brookline, MA. "This is the reason for the rapid increase in the number of cases of 'Multiple Chemical Sensitivity' which can debilitate the body over time. Because of this awareness, people are making choices to limit their exposure to unnecessary fragrances, additives, colorings, and preservatives."

Karen LaRoche of Moodz Spa in Massachusetts believes beauty products are one of the best places to start for people who want to evolve into a more eco-responsible lifestyle. "People who want to start on the natural path to beauty should think about all the products they use and read labels. There are a lot of companies who claim to be all natural and organic but have only a few ingredients that actually are."

Look for products that are "Certified Organic" or "Certified Raw". From my own personal experience I can tell you they made a huge difference in the long run. Be patient, it takes some time for your skin and body to get used to something new. Always try a new product on a limited basis and do a skin patch test (try it on a small part of your skin like your wrist to make sure you have no adverse reaction). Make sure to read labels to understand exactly what's in each and every product you put on your skin and in your body. A good rule of thumb when it comes to understanding product labels: if you can't pronounce it or know what the first four ingredients are-- put it down!

Try a Holistic Spa Treatment: As we become more educated about how the human body responds to beauty products and treatments, holistic treatments are becoming more popular throughout New England spas. At Clickner's spa ISIS they are 100% focused on holistic treatments and therapies. "We are unique because all of our therapies that we provide are for the health of the body and the skin, not something that provides beauty at any cost. So not only will someone find paraffin treatments, mud therapies and facials, but acupuncture, colonics, yoga and massage. We follow the Chinese Five Element Theory which states that the skin is a pathway to all of the body's organs. This makes each symptom seen in the skin a reflection of a deeper organic disturbance such as eczema when the liver is congested. By understanding these symptoms, not only can the skin be treated, but that very treatment can change the energy of the corresponding organ. This is the way to achieve lasting results not only with the skin today, but the skin of tomorrow, next week and next year. All of our therapies, products and techniques are directly from the mountain health spas of Europe and are overseen by our in-house Naturopathic Physician."

Prevention is Important: While spas and medical facilities can help with the various ailments and conditions you may have, the best "medicine" is prevention. At ISIS, Clickner deals with all types of clients. "Our spa is actually a body clinic where programs are designed to address not just the skin, but the digestion, the circulation, the

"Many products for the skin that are used in standard treatments in American spas contain artificial and synthetic ingredients which can produce allergic reactions in some people. Providing skin care that is natural and organic allows the body to actually detoxify itself and to cleanse the tissues of irritating substances, bacteria and trapped oils thus restoring perfect skin."

– Karen Clickner, N.D., L.M.T., L.C.T.
and Director, ISIS Holistic Clinic &
Body Purification Spa
www.isisboston.com



“People want to remove the harmful chemicals from their lives, and enjoy a healthy beauty alternative. We know that there are many health conscious people and people suffering from chemical sensitivities that are looking for all-natural beauty products that truly are 100% natural. I think today people want to help support the environment, so by using organic products we are supporting organic farmers—and in many cases the local community. All it takes is people changing to make a better choice.

– Karen LaRoche
Owner, Moodz
www.moodz.com



If you can't pronounce what's in it—don't use it. Make sure you know what's in the products you use.

glands, and the metabolism. We work with more than 75 diseases and body conditions to educate each person to understand their inherent weaknesses, what nutrients their body uses most and how to support their body every day to prevent illness, disease and degeneration. We can provide solutions using diet, natural therapies, herbal formulas, nutritional concentrates and body cleanses, all based on European research. We have an in-house high grade herbal lab which allows us to create individualized herbal formulas for each client and even design personalized body cleanses with coaching and support.” Clickner’s therapies are focused not only on healing but prevention as well.

Barre also believes that prevention is extremely important. “Getting a massage every week can boost your metabolism, support detoxification, and help tone your body. Holistic treatments can really help keep your body running at its best. At Jivana, we believe that prevention is less expensive than illness.”

Reduce Stress: Experts agree that stress is one of the most disruptive things to the human body. Try to avoid excess stress in your daily life. One of the best ways to overcome stress is with diet and exercise. There is no better way to relieve tension than by working out. Even if it is a simple walk or playing in the yard with your children-- get moving! Another helpful tip for people dealing with stress is to simply take a step back. Whenever I feel really stressed out and overwhelmed I ask myself a question; “What can I do right now to help this situation?” If the answer is “I can't really

do anything at this moment,” I try to relax until I am in a position where I can do something about it. We all deal with situations better when we are rested and clear headed.



While many health conditions are now treatable, prevention is the key to a happy and healthy life.

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Susan Mulcahy's Advice on Eco-Friendly Beauty :

1. Look for "Certified Organic" or "Certified Raw" products
2. Make sure you can read and understand labels
3. Step outside the box and try a holistic or natural treatment
4. Be patient, like anything it takes time to adopt a new process into your lifestyle
5. Surround yourself with positive influences—people who are encouraging
6. Drink plenty of water (it's an oldie but goodie)

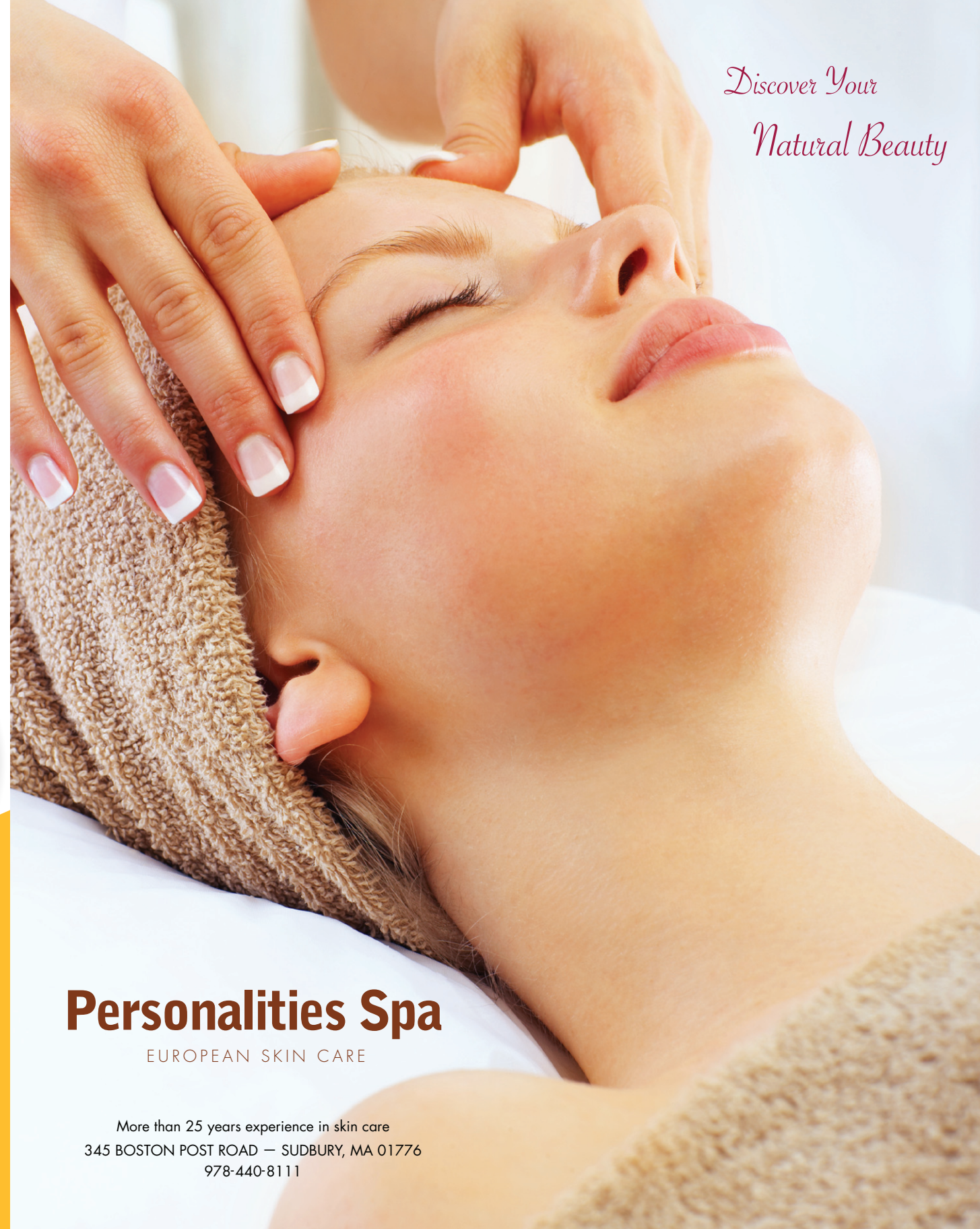
Surround Yourself with Positive Influences: One of the things we don't realize is how much the people and relationships in our lives affect our physical condition. The older I get the more I realize that life is just too short to tolerate people and things that negatively impact my health. It's important to surround yourself with positive influences—people that have a helpful effect on your well being. Be careful of relationships that absorb too much of your time and energy. Spend time with the people that mean the most to you and support your goals. Why do you want to spend time with people who don't have a positive attitude? In turn make sure that you are an encouraging force to the people around you. You need not feel guilty about purging certain people out of your life. Living healthy means being with people who are supportive of your lifestyle.

Do Something Special: There are so many new spa therapies and treatments out there—so start to think outside the box. At Moodz, LaRoche is offering some unique natural treatments.

"Our 'Herbal Poultice' massage is quite exclusive to Moodz. This authentic blend of all natural aromatic Thai herbs is an excellent way to soothe sore muscles and relax. Combined with a traditional Thai massage treatment or used on its own, this steamy herbal poultice helps to alleviate pain and inflammation, draw out toxins from tired muscles, and increase circulation." Natural and organic treatments are different from a traditional manicure or pedicure (although many places offer those now too), and are designed especially to help both body and soul.

"We believe natural beauty radiates from a state of wellness. A balanced body is a nourished body, as well as a detoxified body. Our ancient and traditional European spa treatments have a foundation in Ayurvedic, Tibetan and European spa medicines which focus on detoxification and rejuvenation therapies," says Barre. "Anyone who loves the spa experience will benefit from the deeper level of healing one receives at a holistic spa and natural treatments. If you are looking for more transformative spa experiences, look

Spa treatments and therapies are no longer just for women. Look for spas and centers that specialize in treatments for men.



Discover Your
Natural Beauty

"Anyone who loves the spa experience will benefit from the deeper level of healing one receives at a holistic spa and natural treatments. If you are looking for more transformative spa experiences, look for a spa that has a variety of therapeutic treatments, hydrotherapy, sauna and other detoxification therapies."

— Cathie Barre
Owner, Jivana Spa
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Always try a new product on a limited basis and do a skin patch test (try it on a small part of your skin like your wrist to make sure you have no adverse reaction). Make sure to read labels to understand exactly what's in each and every product you put on your skin and in your body. A good rule of thumb when it comes to understanding product labels: if you can't pronounce it or know what the first four ingredients are-- put it down.

Think about trying something new like a holistic or organic spa treatment. These treatments allow you to relax and rejuvenate.

for a spa that has a variety of therapeutic treatments, hydrotherapy, sauna and other detoxification therapies." Jivana was recently named one of the Top 10 Spas in the country by Organic Spa magazine.

Spa Therapies are not Just for Women: One of the traps we fall into is thinking that beauty treatments and therapies are just for women. Men should have as much right to enjoy natural and organic wellness as women do. I firmly believe that organic massages and pedicures are one of the best things men can do for themselves. It really helps get rid of dead skin and helps circulation. These massages will also help you to get the most out of your workouts and hobbies (such as running or golf). Many spas now offer special therapies for men and even treatments for couples. So think about sharing your experience with someone you care about.

What's important to do when thinking about health and beauty in a new way is to adopt a new outlook on what you think "beauty" is. LaRoche understands that changing your life means changing your mentality. "People want to remove the harmful chemicals from their lives, and enjoy a healthy beauty alternative. We know that there are many health conscious people and people suffering from chemical sensitivities that are



Look for beauty products that are "Certified Organic" and/or "Certified Raw" and full of vitamins and antioxidants.

looking for all-natural beauty products that truly are 100% natural. I think today people want to help support the environment, so by using organic products we are supporting organic farmers—and in many cases the local community. All it takes is people changing to make a better choice." So think about creating a new philosophy of beauty and wellness. It could help you stay healthy, happy and strong for years to come. **NNE**

Beauty is More Than Skin Deep

Unfortunately, its motor is inside playing video games.



Kids spend several hours a day playing video games and less than 15 minutes in P.E. Most can't do two push-ups. Many are obese, and nearly half exhibit risk factors of heart disease. The American Council on Exercise and major medical organizations consider this situation a national health risk. Continuing budget cutbacks have forced many schools to drop P.E.—in fact, 49 states no longer even require it daily.

You can help. Dust off that bike. Get out the skates. Swim with your kids. Play catch. Show them exercise is fun and promotes a long, healthy life. And call ACE. Find out more on how you can get these young engines fired up. Then maybe the video games will get dusty.

A Public Service Message brought to you by the American Council on Exercise, a not-for-profit organization committed to the promotion of safe and effective exercise



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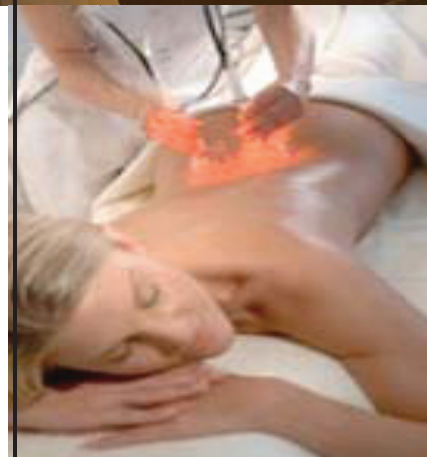


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Health, Beauty & Fitness Resources



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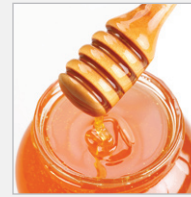
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113 Church Street, Burlington, VT 05401
Phone: 802-660-4772, www.jivanaspa.com

Jivana is a holistic eco-friendly spa, offering a unique variety of therapeutic spa treatments. We use 100% organic and natural products known for their healing properties, with consistent and effective results. With our focus on detoxifying and rejuvenating treatments and programs, our purpose is to help each person achieve their individual wellness goals.



L'BriPure n' Natural

640 Perkins Drive, Mukwonago, WI 53149
Phone: 800-742-8828, www.lbri.com

At L'Bri Pure n' Natural, we are committed to advancing products and opportunities that develop a lifetime of self-confidence while enhancing personal appearance and self-esteem within a supportive and nurturing environment. We are dedicated to promoting the development of individuals to achieve their fullest potential, enabling them to accomplish whatever they desire.



Manor Hall Soap Company

115 Marmon Street, Springfield, MA 01129
Phone: 413-782-4222, www.manorhallsoapcompany.com

Step inside the Manor, where natural olive oil soap bars are made by hand. We love olive oil because it's so wickedly soft and gentle on your skin. Full of antioxidants, olive oil attracts moisture, while still allowing your skin to breathe. So, visit the Manor and give yourself some serious skin softening fun.

Health, Beauty & Fitness Resources



Moodz

556 Massachusetts Avenue, Acton, MA 01720
19 Pelham Island Road, Wayland, MA 01778
Phone: 978-263-3017, www.moodzspa.com

It is our hope that your experience with us is unforgettable. At MOODZ Spa-Salon-Boutique, you can expect world class service and superior salon and spa products from around the globe. At MOODZ you will find a conscientious group of motivated professionals dedicated to enhancing your life, your health, and your appearance.



New England Naturopathic Center

288 Highland Avenue, Cheshire, CT 06410
Phone: 203-271-1311, www.nenaturopathic.com

New England Naturopathic Center, LLC provides specialty medical care in the field of Naturopathic Medicine. Dr Debra Anastasio is a graduate of Southwest College of Naturopathic Medicine and is licensed in the State of Connecticut to practice Naturopathic Medicine. Visit our website for more information on health and healing.



Personalities Spa

345 Boston Post Road, Sudbury, MA 01776
Phone: 978-440-8111

Beauty the natural way. At Personalities Spa we offer treatments and programs for everyone. Our professionals are experts in skin care. Discover your inner peace and beauty with our natural products and treatments. Call us and begin your path to wellness.



Plum Island Soap Company

205 Northern Boulevard, Plum Island, Newburyport, MA 01950
Phone: 978-465-0238, www.plumislandsoap.com

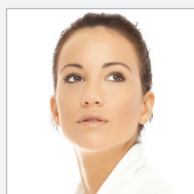
We carry a full line of natural bath and body products for everyone. Every single ingredient is totally pure, including our chosen scents. Everything we offer comes from the finest essential oils imported from all over the world. You can shop with us 24-hours a day, seven days a week on our website.



Satori Mind Spa

37 Talcott Road, Williston, VT 05495
Phone: 802-498-5555

Satori Mind Spa is a unique light and sound therapy, internal energy healing experience. Our state of the art sound table with specially produced entrainment music is designed to facilitate non-ordinary states of consciousness in which instant effortless meditation occurs. The Mind Spa induces deep energetic relaxation that restores natural balance and harmony to the mind/body complex, and subtle bio-energy systems.



Seasons Natural Healthcare

43B Birch Street, Suite #3G, Derry, NH 03038
Phone: 603-434-6040, www.seasonsnatural.com

Seasons Natural Healthcare, LLC is the private naturopathic medical practice of Cora Rivard, a state-licensed naturopathic doctor (N.D.). Whether you have been struggling with a chronic illness and would like a second opinion, or you are interested in using natural medicine to prevent disease, or you are simply ready to learn how you can balance and optimize your health, then Seasons Natural is the place for you!



Soul Serenity Wellness Spa

24 Vernon Street, Newburyport, MA 01950-3806
Phone: 978-463-2828, www.soulserenitywellness.com

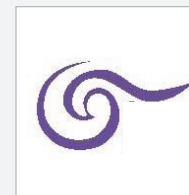
Come visit Soul Serenity Spa for our organic treatments. We feature the "Lunch time Face Lift" an all natural face lift without surgery or chemicals. Soul Serenity organic spa is pleased to feature an exclusive organic product line from Australia.



Strong House Spa

694 Main Street, Quechee, VT 05059
Phone: 802-295-1718, www.stronghousespa.com

We offer a wide variety of services for every member of the family. We are a therapeutic facility specializing in an array of high quality treatments in a tranquil spa atmosphere. From relaxation to detoxification and injury rehabilitation we can be part of your total health care program.



Southern Maine Integrative Health Center

69 York St., Suite 4, Kennebunk, ME 04043
Phone: 207-985-3079, www.southernmaineintegrativehealth.com

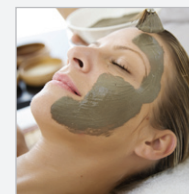
Our holistic approach to healthcare combines the best of traditional and nontraditional medicine. Whether you are looking for a traditional Family Practitioner or a more integrated approach, we take the time to listen to you and answer your questions, helping you create the healthcare program that best fits your needs. Our "whole person" approach to medicine goes far beyond treating specific symptoms.



The Body Deli

Palm Dessert, CA 92260
Phone: 760-340-3731, www.thebodydeli.com

Inspired by the concept of natural living and driven by the science of "living foods," the Body Deli's products are designed to provide nutrition for the skin inside and out. All the products are handmade in small batches and incorporate raw, fresh, natural, and organic ingredients – including organic yogurt, amino acids, fresh fruits and vegetables, and all-natural plant oils.



Torf Spa

Middlebury, CT 06762
Phone: 877-811-1008, www.torfspa.com

Torf, LLC is the exclusive importer of Torf Krasno (Czech Republic) and Moor Mud (BALNEO-Peat) natural therapy products and skin care. Moor mud is a therapy quality organic substance, product of natural decomposition of multitudes of plants under special conditions. Unlike other mud used in the spa industry, Torf Moor Mud contains virtually no clay (less than 3%) and consists of organic residue of herbs, flowers and grasses.



W3ll People

Austin TX. 78704
Phone: 512.366.7963, www.w3llpeople.com

W3LL PEOPLE™ is an evolutionary concept in organic skin care created by a Cosmetic Dermatologist, Makeup Guru and Treehugger. W3LL PEOPLE offers a modern, safe, exclusive choice in skin care, scent and cosmetics with advanced all-natural and organic products packed with medical-grade, bioactive ingredients that work - and don't increase the mounting toxic load we all face. Visit us to find out how you can be W3ll.