

# NATURAL BALANCE NEWSLETTER

SPRING 2004

Helping bring balance back into your life!

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## TOXINS IN THE HOME

Have you ever thought about what effects the chemicals that you use in your home have on your family's health, your pet's health, and the environment? The following household products may contain toxic chemicals: paper products, dish and dishwasher detergent, laundry detergents, and household cleaners. Most of these household cleaners contain petroleum-based products, which contribute to air and water pollution. The chemicals in our cleaners are the leading contributor to air pollution inside our homes. One study by the EPA concluded that indoor air is more toxic than outdoor air. Air quality officials have found that household cleaning products are the second leading cause of air pollution after emissions from automobiles. Many of our toxic household cleaners are considered hazardous waste and should be disposed of appropriately. When cleaners are disposed of into our garbage they eventually end up in the landfill. There the toxins can leak into our groundwater, or may pollute local streams and harm wildlife.

Besides environmental concerns there are health concerns. While using toxic chemicals you may

notice subtle symptoms, including headaches, rashes, or breathing difficulties. The following health conditions are caused and/or worsened when using household chemical toxins: asthma, allergies, fibromyalgia, developmental disorders, and cancer to name a few.

Read your household cleaner labels to determine if it contains toxic chemicals. The following is a small list of toxic products: ammonia, alcohol, bleach, glycol, lye, hydrochloric/fluoric acid, oxalic acid, petroleum based detergents, and phosphates. **Manufacturers are not required to list products on their labels.** If they don't list their products then they are probably toxic.

When you buy natural cleaning products, look for manufacturers who do list their natural ingredients on the label and purchase cleaners containing non-petroleum-based surfactants that are chlorine and phosphate free, that claim to be "non-toxic" and that are biodegradable. You can also make your own natural recipes and save money. Make your home a toxic free home today and help the environment, as well as your own health.

Information taken from [www.seventhgeneration.com](http://www.seventhgeneration.com) and Karen Logan's book, *Clean House, Clean Planet*.



## MAKE YOUR OWN CLEANING PRODUCTS

Making your own non-toxic and environmentally safe cleaners is as easy as 1-2-3. There are many inexpensive, natural alternatives that will replace your regular, toxic household cleaners.

*Here is a list of some environmentally safe products that can be used alone or together.*

**Baking soda:** deodorizer and mild abrasive

**Liquid Vegetable Oil Based Soap:** dirt remover

**White vinegar:** powerful deodorizer and great as a cleaning rinse

**Lemon Juice:** naturally acidic cleaner

**Salt:** grease buster, antibacterial, power cleaner

**Essential Oils:** fresh, clean scents, and antibacterial

**Purified Water:** universal solvent

To research different formulas for natural cleaning products visit the following website:

<http://www.pathtofreedom.com/links/home&family/homemadecleaners.shtml>.

For more ideas read Karen Logan's book, *Clean House, Clean Planet*.

## AROMATHERAPY

Aromatherapy uses essential oils (which are extracted from herbs, flowers, resin, woods and roots) in body and skin care treatments. This technique was used by Egyptians, Greeks and Romans as a healing technique by helping to aid in relaxation, improve circulation and help the healing of wounds. Each essential oil has its own unique characteristics and benefits. You can use essential oils in your bath to make the experience more relaxing than usual. Read the dosage information on the label, but recommended dosage is about 5–10 drops in a full body bath depending on which essential oils you choose. Epsom salts added to your bath aid in the elimination of waste material from the skin as well as reduces muscular aches and pains by aiding the elimination of uric acid build-up, which supports the body in detoxing. Epsom salts support and enhance the bodies' immune response by stimulating lymph and blood circulation. Use 5–8 drops of essential oils per cup of Epsom salts.

For specific bath recipes with essential oils,

**If every household in the US replaced just one bottle of 48 oz chlorine bleach with non-chlorine bleach, we could prevent 8.2 million pounds of chlorine from entering our environment.**

research online and follow all guidelines for each essential oil.

*Add the following essential oils:*

**Cleansing:** plantain, sage, seaweed

**Colds:** eucalyptus, peppermint, rosemary, thyme

**Headache:** lavender, peppermint

**Insomnia:** lavender

**Invigorating:** eucalyptus, peppermint, rosemary, thyme

**Muscle relaxing:** chamomile, comfrey, eucalyptus, valerian

**Poor circulation:** ginger, rosemary

**Relaxing:** chamomile, lavender, lemon balm, linden, valerian

*All of these are suggestions and you should consult with your physician prior to trying aromatherapy.*

## SALT ALTERNATIVES

Instead of salt, use spices and herbs as an alternative to add flavor to your food.

**Basil** – use on vegetables, pork, beef or chicken.

**Chili powder** – use in beef, noodle or rice dishes, and popped popcorn

**Curry powder** – use on lamb, beef, rice, and tuna salad

**Dill Weed** – Add to vegetables and cooked noodles.

**Nutmeg** – Add to vegetables or creamed chicken or tuna.



**Oregano** – Add to egg salad, to margarine for basting fish, to green beans or tomatoes.

**Paprika** – Use on chicken or meat

**Parsley flakes** – Add to cooked noodles, rice, beef, vegetables, fish or meat.

**Tarragon** – Add to fish, chicken, or margarine for basting beef or pork.

**Thyme** – Add to flour for dredging chicken.

*Adding 1 tsp of salt to your food = 2325 mg of sodium.*

*Daily sodium intake should not exceed 2400 mg.*

*The average American consumes 5000 mg of sodium daily.*

## MYOFASCIAL RELEASE

Myofascial Release (MFR) is a very effective hands-on technique that provides sustained pressure into myofascial restrictions to eliminate pain and restore motion. In order to understand the theory of Myofascial Release you need to understand the fascial system (or connective tissue). The fascia is a specialized system of the body that has an appearance similar to a spider's web or a sweater.

Fascia is a very densely woven, covering that surrounds every muscle, bone, nerve, artery and vein as well as all of our internal organs including the heart, lungs, brain and spinal cord. The fascial system is actually one structure that is connected from head to toe without interruption. Fascia plays an important role in the support of our bodies, since it surrounds and attaches all structures within the body. These structures would not be able to provide the stability without the constant pull of the fascial system.

In the normal healthy state, the fascia is relaxed and wavy in configuration. It has the ability to stretch and move without restriction. When we experience physical trauma, scarring, or inflammation, however, the fascia loses its flexibility. It becomes tight, restricted and a source of

tension to the rest of the body. Trauma, such as a fall, accident, whiplash, surgery or just habitual poor posture over time and repetitive stress injuries has a cumulative effect. The changes they cause in the fascial system influence comfort and the functioning of our body. The fascia can exert excessive pressure producing pain or restriction of motion.

MFR techniques are utilized for a wide range of diagnoses; pain, movement restriction, spasm, spasticity, neurological dysfunction, birthing injuries, strokes, scoliosis, menstrual and pelvic pain and dysfunction, headaches, temporomandibular pain and dysfunction, sports injuries, pediatrics, chronic fatigue syndrome, fibromyalgia, traumatic and surgical scarring, acute and chronic pain.

Call today to see if MFR can help you, 262.893.3246.

**All that we are is the  
result of what we have  
thought. The mind is  
everything. What we  
think, we become.  
-Buddha**

### SUN-DRIED TOMATO PESTO

*Use yellow or red sun-dried tomatoes in this flavorful pesto.*

½ C sun-dried tomatoes (not in oil)  
½ C boiling water  
½ C packed basil leaves  
2 garlic cloves  
3 Tbsp olive oil  
2 Tbsp grated fat-free parmesan cheese  
Salt and pepper, to taste



Place tomatoes in a bowl. Add boiling water until softened, about 10 minutes. Drain liquid into a bowl and set aside.

Process tomatoes, basil, garlic, oil, and cheese in food processor, adding enough reserved liquid to make a smooth, spoonable paste. Season to taste with salt and pepper. Serve at room temperature.

## PESTO, PESTO, PESTO

### SPINACH PESTO

*Serve as a topping for sliced tomato or vegetable salads.*

1 C loosely packed fresh spinach  
3 Tbsp fresh basil, finely chopped  
1-2 garlic cloves  
1 Tbsp grated fat-free parmesan cheese  
2 Tbsp olive oil  
1-2 tsp lemon juice  
Salt and pepper, to taste

Process all ingredients except lemon juice, salt, and pepper in a food processor or blender until smooth. Season with lemon juice.

Let stand 2-3 hours for flavors to blend, or refrigerate until serving time. Season to taste with salt and pepper. Serve at room temperature.

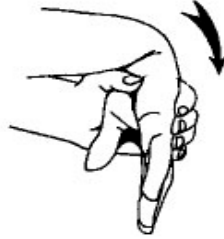
# MASSAGE SPECIALS

## STRETCHING CORNER

Try these stretches to help alleviate wrist or elbow stiffness and soreness. Hold for 20-30 seconds and repeat 3-5x on each side. A light stretch should be felt in the forearm.

Wrist Extensor Stretch

Keeping elbow straight, grasp involved hand and slowly bend wrist down until a stretch is felt.



Wrist Flexor Stretch

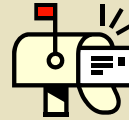
Keeping elbow straight, grasp involved hand and slowly bend wrist until a stretch is felt.



**New Client Discount:** Clip the online coupon on my website and receive \$10 off your first session (not valid for existing clients)

**Volume Massage Discounts:** Purchase 3, 5, or 10 massages and get a discounted rate.

**Referral Program:** Every time you refer 4 new clients, I will give you a free massage. Just have your friends mention your name when they get their massage. I will send you a massage on your 4<sup>th</sup> referral.



### FEEDBACK!

Do you have questions or suggestions? I would like to hear from you. Send me your questions, suggestions, recipes, ideas, or anything that you would like.

Call or write to:

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