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September 2006

Wholistic Health Services Newsletter

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Of Interest

National Geographic, October editon, "The Chemicals Within Us". This article is a must read!

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Dear Randy,

Web Site Update

New Online Symptom Survey Form

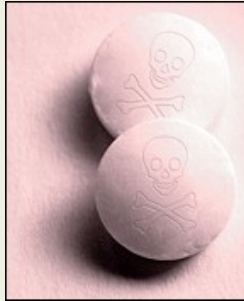


We have updated the web site with a better service for you. This new Symptom Survey Form is the same one I use in the office but now you can fill out the form online. Your answers will be downloaded into the Maestro program and a computer generated interpretation will be produced. You must ask for a password first as this does require the office to establish a relationship with you and my personal tweaking of the results. So please use this service if you are sincerely interested in improving your health.

to be taken to the password request page....

More Bad News About Medication Errors

IOM Report: 1.5 Million Injured or Killed Annually



The high cost of medical mistakes can increasingly be calculated in lives and dollars. According to the latest estimates from the Institute of Medicine (IOM), a staggering 1.5 million Americans are the victims of medication errors every year, with approximately 400,000 of those errors considered preventable. The

2006 IOM estimates are distinctly higher than previous estimates that projected between 380,000 and 800,000 preventable adverse drug events occurring annually.

My Comments: I am constantly amazed at how people just follow along with taking all the medications they are told to take. I consider medication a "first aid" approach and it is true that sometimes you have to take "first aid" for a long time. What happened to the thinking of; "why do I need a drug? what can be done to **fix** the reason for the apparent need?" Ask yourself this question; are you really healthier taking numerous drugs? Take the Symptom Survey and see what else can be done to improve your health.

[the entire article....](#)

SAD

It's that time of the year again!



Seasonal affective disorder (SAD) affects 10 million to 25 million Americans every winter season during the months of September to April, in particular during December, January and February. Out of those who are affected, 60 percent to 90 percent are women, and SAD occurs more frequently in younger people in

their 20s. SAD symptoms include:

- Desire to oversleep
- Feeling of fatigue and inability to carry out a normal

routine

- A craving for sugary and/or starchy foods, usually resulting in weight gain
- Loss of self-esteem
- Difficulty concentrating and processing information
- Tension and inability to tolerate stress
- Decreased interest in sex and physical contact
- Full remission from depression occurs in the spring and summer months
- Hormonal imbalances

[full article.....](#)

The "Rub" on Massage

Are tight muscles causing your headaches?



Did you know that massage can help reduce or even eliminate most headaches? There are three basic types of headaches. **Tension, Sinus, and migraine headaches.**

- Tension headaches are caused by either physical or emotional stress. The symptoms are often throbbing temples and mental discomfort. Massage addresses this type of headache by relaxing the neck and shoulders, as you relax, the muscles soften and the headaches disappear.
- Sinus headaches are caused by allergies or colds. This is best addressed by face massage. It allows the sinus cavities to relax and the fluids that are trapped in the spaces begin to flow and cleanse the sinuses. Massage to the neck will increase lymphatic drainage from the sinus as well. This technique often takes a few sessions but is highly effective in releasing the pressure that builds up therefore relieving the headache.
- Migraine headaches can be caused by either the impingement of a nerve in the neck or by chemical imbalance. Massage can address the nerve impingement in the neck by releasing the neck muscles freeing the

nerve and relieving the headache. Reeducating the muscles over several sessions can offer lasting relief. The sessions can last at least an hour and focus on one muscle region for the duration of the massage if necessary.

Headaches can cripple our ability to function and are the most common form of discomfort in our daily lives. Now that you are more informed why not let us relieve some of this discomfort for you naturally without the toxins of drugs. When was your last massage?

Sincerely,

Lynn Martin

New massage hours:

Pat Laurin: Wednesdays and Fridays by appointment.

Lynn Martin: late afternoons and early evenings, Mondays, Tuesdays and Thursdays by appointment.

Office News



In the past two months I have attended several seminars. Some in Florida, Boston, Chicago and Ohio. Most have been nutritionally related but others have focused on chronic structural problems and how to fix them.

Sonya and I both attended a FL seminar on EAV (electro accupuncture according to Voll.) For several months we have been using this "no needle" approach in the office with great success. In the next newsletter I will describe this technology and why we are using it.

I want to thank all who have referred their relatives and friends to the office recently. Helping others is very

rewarding for me and I deeply appreciate the confidence you have shown by referring others!

Computer Barn LTD

A special thanks



Recently we had our main office computer crash and burn. We didn't panic, we knew about the folks at the Computer Barn in Barre VT. They were able to make us a screamer of a machine in a day. Yes one day and they transferred data too. I can't thank them enough for the fast help and friendly service. I highly recomend them for desktops and laptops. They really know their stuff!

Check them out....

I appreciate your feed back about this newsletter and any suggestions you may have for its content and/or format.

Be Well,

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