

Body, Mind and Heart

A publication that promotes total growth.

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Self-care and the Holiday Season

Coping with Holiday Stress

- Melinda Fry, LPC

Thanksgiving is around the corner and marks the beginning of our holiday season. The time between Thanksgiving and New Year's Day carries different expectations for each of us. It can be joyful as well as stressful and sometimes depressing. No matter how you approach the holidays being mindful of self-care and nurturing can only enhance your holiday experience.

Take the time to become aware of your expectations of self and others. Are you being reasonable and realistic or setting yourself/others up for disappointment and resentment? Is your internal and external dialogue critical or loving? Do your holiday goals leave you with a sense of connection, contentment and peace?

Borrowing from the 12-step recovery program – keep it simple! Be conscious of your internal and external sense of balance. Make sure you get enough solitude as well as social connection. Plan on eating good nourishing food along with the tasty treats at holiday gatherings. Rest, drink plenty of water, and get out into the sunshine each day. Breathe deeply and take walks noticing the winter life in your neighborhood. Reflect on your life and the lives of your loved ones. Open your heart and allow for compassion, forgiveness, and gratitude. Make your connections matter whether it's laughing over silly jokes or sharing important life events.

Tending intimately to our mind, body, and spirit as well as our loved ones will enhance our sense of well-being. Commitment to self-care and the gift of awareness is a great way to close out 2004.

How to Boost Your Immune System

- Jackie Reed, DC

#1: Take your multi-vitamin two times a day and make sure that it contains key nutrients like beta-carotene, Vitamin C, and selenium.

#2: Eat a good breakfast. "A study in the Netherlands showed that having a substantial breakfast boosted a substance called gamma interferon that is a natural antiviral substance. Skipping breakfast actually caused a 17% drop in this substance." (Take Charge, Oct 2004).

#3: Sucking on Zinc supplements has been shown to inhibit viruses in the throat. Brewing up some green tea can help stop the adenovirus according to Canadian researchers.

Immune Boosters (cont'd)

So, at the first sign of a sore throat, suck on zinc lozenges and drink green tea throughout the day.

Sweetening your tea with a little honey or pure maple syrup is better than sugar or sweeteners.

#4: Get sleep! If you only get four to five hours of sleep, you can cut your immune system by 50%. Get a full 8 hours of sleep.

#5: Mild aerobic exercise stimulates the immune system, while intense exercise can suppress your immune system.

Holiday Office Hours:

Thanksgiving weekend:

Office will close at 3 p.m. on Wednesday, November 24. Closed Thanksgiving Day and Friday, November 26. Open Saturday, Nov 27 by appointment only.

December holidays:

Closed Friday, December 24
Closed Saturday, Dec 25
Through Monday, Dec 27.
Closed Friday, December 31 through Monday, Jan 3.

New Men's SNAP classes forming in January.

Call if you are interested in beginning or intermediate men's classes.

Learn skills that teach you how to enhance your relationships with yourself and others by understanding your feelings and how to communicate them effectively.

<p>Big Book Bash was a Smash!</p> <p>THANK YOU! THANK YOU! THANK YOU! - Donna Kitchen, LCSW</p> <p>The Book Sale Bash held in August was a huge success! The tardiness of this story is due in large part to my inability to finish the things I start. In this instance I found that parting with Carla's remaining books was very difficult for me. I carefully went through every box and picked out some of the beautiful remainders. There were some fabulous books that were clearly meant to stay in our library. On Saturday, October 30th, I donated most of the remaining books to The Book Fair (held yearly in May). They picked up about 100 boxes of books. Melinda is very happy to have her basement therapy space back! The basement now houses only the mysteries kindly donated for sale by The University City Library. Since The Book Fair does not accept library books, I am looking for other places to donate them. If you have any ideas let me know as there are about thirty boxes left! That is still a lot of books!</p> <p>Financial Results: I was able to donate my goal of \$6000 to The Carla Cunningham Foundation and pay off almost all the expenses (tent rental and ads). More money is still expected from books we have shipped so I expect all expenses to be covered in the end. Meramec Counseling donated supplies, refreshments for the volunteers and postage. Linda Pilcher of Something Elegant Catering brought treats for the volunteers both days of the sale. They were delicious and fortified all of our constitutions. In addition to money paid directly for books, the sale brought in \$1825 in cash and checks made out directly to the Foundation! This sale has been a huge success and I cannot thank you all enough for your help.</p> <p>Thank you to the following volunteers: Kathy Gallagher, Connie Kelly and Jackie Reed worked for days at a time week after week. Carla's sister, Betty Jo Takahashi and her husband, Ake, worked the weekend before the sale and the weekend of the sale. Chris Aubuchon worked countless days pricing and selling and in the end made the difficult calls for me to track down how to get Book Fair to pick up the remaining books! Melinda returned from a trip and worked the entire 2nd day of the sale. The success of the sale could not have been achieved without the help of the following people: Jay, Linda, Helen, Heather and Scott (and thanks for the umbrella!), Arlyn, Terri, Terry, Deeds, Debi and Kevin, Kelly, Mimi, Sarah, Lizzy, Susan Grace, Margie, Joan, Vicki, and Pat. If I have left you out or put you in when you didn't actually help, please forgive me! Thanks to all of you who helped by telling people about the sale and coming to shop and buy books. You are the greatest!</p> <p>Carla was a great lover of books and of knowledge. I like to think that with each of her books that went out into the world into other hands there are little bits of her spirit that help to inspire others to know more and to think more. I also like to think that the enjoyment and group spirit we all received from doing this incredible project were and are being enjoyed by Carla wherever she may be now!</p>	<p>Upcoming Events continued</p> <p>Blueprint for Health, LLC will offer the following classes:</p> <p>Come Alive in 2005. Classes will be forming to teach you how to become healthier through alkaline eating and lifestyle changes. Make 2005 a year to revive and renew. You can regain your youth and vitality by learning the Alkaline Way of Life©. Let's go AWOL ©!</p> <p>Introductory classes: Evening option: Wednesday, Jan 19 and 26 Time: 6:30 – 8:30 p.m. Saturday option: Saturday, January 22 Time: 9 a.m. – 1:00 p.m. Cost: \$75 Minimum class size: 6 Maximum class size: 15 Call today to register!</p> <p>Coming soon: Our new joint website is almost up and running. Watch for details in the January edition of our newsletter.</p> <p>This newsletter is a joint venture of Meramec Counseling and Blueprint for Health. We hope you enjoy reading it and pass it along to your family and friends. Donna Kitchen, LCSW Melinda Fry, LPC Margie Lewitt, B.S. Jackie Reed, M.S., D.C. Phone: 314-781-9400 **If you do not wish to be on our mailing list or have a change in your address, please let us know.</p>
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