



Groton Wellness

Medical • Dental • Spa • Bistro

Table Of Contents



What's Happening
p1



Healing the Emotional Sphere
p2



The Health Benefits of Chocolate
p2



Bioidentical Hormones
p3



Patient Testimonial
p3



Book Review
p4



Detox & Regenerate with Clay
p4

What's Happening

Well, warm weather is upon us and the outdoor activities are really picking up! Speaking of outdoor activities we are so excited to host another Family Fun day here at Groton Wellness on Saturday May 22nd from 10-3, so after those early morning practices and soccer games stop by with the family and enjoy the games and special events. And yes, the farm animals are coming back for another visit – so come meet our farmers and their friends. In addition, there will be a bounce house, face painting, crafts, clay making, home—made ice cream and butter making, snow—cones with natural syrup. There will be several information tables on supplements for children, the anti-cavity diet, sun and skin care health, mercury testing, fluoride and much more! We will also be offering a discount on services booked on the day of the event – so you'll need to stop by to learn more about these – you won't want to miss it! In fact bring your

Monthly Specials

25% OFF Any Initial Wellness Service

**excludes Drs. Ivy & Luby*

20% OFF Dr. Hauschka Summer Impressions Makeup Collection

Dental Dream Day

Pamper You & Your Teeth

Relax with a warm neck wrap, paraffin hand treatment, arnica & music all while getting your teeth cleaned. After choose from a massage, facial or clay detox bath along with an organic lunch. \$288 Special \$159

friends and receive a referral reward. Oh, and even if the weather doesn't fully cooperate we're still going to be here



Singing Bowl Meditations

and so will all our animal friends! So, go mark your calendar and we'll see you around the barn yard on the 22nd! In April we offered a singing bowl meditation class which was incredible and this month there are two new classes: one called Living Meditation with Maria Skinner and a fabulous group program called The Deep River Within – for women interested in the art of slowing down – this is a 7 session group program facilitated by Jane Shustin, LICSW. Happy Mother's Day and best wishes for a fun-filled May.

❖ *Written by*
Jodi Cabral

Upcoming Events and Seminars for May

- Wed. 5th 7-9pm Dental Secrets with Dr. Jean Nordin-Evans (free)
- Sat. 8th 12-2pm Nourishing Traditions - Intro To Lactofermentation (\$49)
- Wed. 12th 1:30pm The Deep River Within Program (\$125 - 7 week session)
- Wed. 12th 7-9pm Bioidentical Hormones with Dr. Charise Ivy (free)
- Wed. 19th 5:45pm *FirstLine Therapy* (\$492 - 8 week session)
- Thu. 20th 7:15-8:45pm Living Meditation with Maria Skinner (\$30)
- Sat. 22nd 10am-3pm Family Fun Day (free)
- Thu. 27th 6-8pm Nourishing Traditions - Stocks & Bone Broths (\$49)

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Pilates for Healing the Emotional Sphere

It is widely recognized in holistic medicine that prevention and treatment of disease must be sought on a number of levels. Thomas S. Cowan, MD, author of *The Fourfold Path To Healing*, scaffolds his medical practice on Rudolf Steiner's model of the four "bodies" or "spheres" of activity that determine health. Steiner posited that human beings enjoy good health when these four spheres are in harmony or balance. These spheres each reflect one aspect of the total being and correspond to the four "kingdoms" and the four "elements." These bodies are: the Physical Body, the Life-Force Body, the Emotional Body and the Mental Body.

The Emotional Body corresponds to the animal kingdom which breathes air and moves in space; therefore treatment and prevention take the form of movement and exercise. As a manifestation of our emotions, our "body language" (posture and movement patterns) affects how others see us

as well as impacts our sense of well-being and ultimately our health. If we can improve the way we move through space we can affect the changes that lead to improved emotional and physical well-being.

The type of exercise we engage in is important to our ability to heal. Moving beautifully is essential for revitalizing the Emotional Body, making us stronger and more resilient. Pilates, or as it was originally named, "Contrology," is an ideally suited holistic exercise method for strengthening the Emotional Body. With grace and control, it works to strengthen, lengthen and balance the body while simultaneously aiming to improve mental, physical and spiritual health - thus affecting healing in the other human health spheres. The method originator, Joseph Pilates, fundamentally believed that "Contrology" also helps prevent and fight disease by strengthening the body's immune system.

Pilates is a low-impact, whole body movement system where certain muscle groups are actively stabilized as other muscle groups are moving in a coordinated fashion, resulting in a more balanced body. Using the Guiding Principles - Centering, Concentration, Control, Precision, Breath and Flowing Movement - Pilates works the muscles of the body through stretch with strength and control. Muscles become stronger, longer and more toned. The spine is better supported, becomes more flexible and is less vulnerable to injury. Movement through space becomes easier and more graceful. Posture and body language are improved. With regular practice Pilates will revitalize the Emotional Body, resulting in the enhancement of overall health. ❖ *Written by Cathy Schubert*



Cacao Pod

and tea, although a typical serving of dark chocolate contains only 10- 20 % of the caffeine in a 12 ounce serving of coffee.

There are however, caveats and considerations when consuming chocolate on a regular basis. To begin with, chocolate remains a highly caloric food and is almost always sweetened. Introducing chocolate into one's diet requires reducing carbohydrate and fat calories from other sources.

Second, not all chocolate is equally beneficial. It is the cocoa content of chocolate which determines the flavonoid content. Therefore, the higher the percentage of cocoa, the more nutritious the chocolate will be. Studies show the flavonoid content decreases in the following order: natural cocoa powder, unsweetened baking chocolates, dark chocolates, semisweet baking chips, milk chocolate and finally, the once in a while, chocolate syrup. As an example, cocoa powder will contain 10-15 times more flavonoid than a milk chocolate bar on a weight-for-weight basis. Finally, never feed chocolate to non-human mammals such as dogs because they lack enzymes to metabolize theobromine. This will tend to have an over-stimulating effect on your pets. Polyphenols are a wonderful way to show your loved ones you care. ❖ *Written by Robert Luby, MD*

The Health Benefits of Chocolate

Nutritional research from the past decade is rediscovering what aboriginal peoples have known for millennia. Chocolate is medicinal. This comes as a surprise to the modern consumer who has become accustomed to thinking of chocolate only as a dessert and a highly processed and caloric one at that. But we forget that chocolate comes from a plant (cacao) and like many plants, offers a wide range of highly nutritional compounds.

Polyphenols represent the broad family of beneficial nutrients which are so abundant in the cacao plant. Flavonoids are the most important type of polyphenol found in chocolate, with catechins being the most important flavonoid. These compounds are known to have antioxidant properties, protecting us from the harmful effects of free radicals which antagonize many physiological processes in the body. Therefore, polyphenols have a positive effect on all our bodily systems, but recent research strongly suggests their most important contribution is to our cardiovascular health.

The flavonoids in cacao increase levels of nitric oxide which is critical for optimal

functioning of blood vessels. This is believed to be the mechanism of the blood-pressure lowering effects of dark chocolate in clinical studies. Also, like aspirin, the flavonoids in chocolate have an effect on blood platelets which prevent the blood from clotting so readily. They have also been found to increase levels of HDL (the "good cholesterol") and reduce levels of the harmful lipids in the blood.

Another little-known benefit of chocolate is its low glycemic index. The glycemic index is the measure of a food's impact on blood sugar levels. Maintaining normal blood sugar levels lessens the likelihood of developing insulin resistance, diabetes and heart disease. Finally, chocolate is a good source of the important heart mineral, magnesium, which regulates its rhythm and contractility.

Beyond the beneficial health and medicinal effects, chocolate is a mood enhancer and a mild stimulant. The compounds involved here are phenylethylamine, theobromine and caffeine. The former two appear to be involved in endorphin release from the brain. The latter is familiar to us from coffee



Bioidentical Hormones

What are bioidentical hormones? Do they work? Are they safer? Are they regulated? Since the alarming results of the Women's Health Initiative study came out in 2002, there has been much concern and debate over hormone replacement therapy. The study showed an increased risk of heart attacks, strokes and breast cancer in post-menopausal women taking the popular synthetic hormone Prempro.

Since then women have been riding a roller coaster of information as the media reports on the opinions of the medical community, pharmaceutical companies and celebrities. What does it all mean?

Bioidentical hormones are manufactured from plant sources (usually yam or soy) into hormone molecules that are exactly identical to human hormones. Synthetic hormones (such as those in Premarin, Prempro and birth control pills) are manufactured to be intentionally different from human hormones, but to still have hormone-like effects in the body.

Why aren't all hormone medications identical to our own hormones? After all, isn't that the point? Any natural molecule cannot be patented, therefore a natural hormone is not very lucrative as a drug. A synthetic hormone, however, can be patented. Until the 2002 study results, Premarin and Prempro were the most profitable drugs of all time. Profits have dropped considerably since then, so we must be aware of the motives behind pharmaceutical claims and studies about hormones.

Bioidentical hormones have been used successfully by holistically inclined practitioners for many decades without much controversy. They are used to supplement and balance the endocrine system in the treatment of menopause and peri-menopause, as well as andropause (the age-related decline in testosterone in men), pre-menstrual syndrome (PMS), fibrocystic breasts, uterine fibroids, polycystic ovarian syndrome (PCOS), endometriosis and infertility. Hormone balance is often also needed in the treatment of weight gain, mood disorders, headaches, eating disorders, fatigue and pain.

There are no large-scale studies in the United States directly comparing the safety of bioidentical hormones to synthetic hormones, but several European studies have shown bioidentical hormones to be safer. Of course the safety and side effects of bioidentical hormones are also dependent on the specific hormones used, doses prescribed, routes of administration, overall health status, patient compliance and physician follow-up.

If you think you may be dealing with a hormone deficiency or imbalance, it is important to have your hormones tested, including estrogens, progesterone, testosterone, DHEA, cortisol and potentially thyroid hormones and brain neurotransmitters. Vitamin D is often considered a hormone and should be tested as well. There are different ways to test hormone levels (blood, urine or saliva) and each testing method has pros and cons. Working with a knowledgeable physician will enable you to choose your most appropriate testing method.

If a prescription is needed, bioidentical hormone preparations are most often made uniquely for an individual by a compounding pharmacy. Compounding pharmacies

are certified by a number of organizations and the preparation of a specific prescription can be guaranteed through a "certificate of analysis". Depending on the needs of the individual, a hormone can be compounded into a pill, a cream to rub into the skin or a vaginal suppository.

Hormone balance is not only a health concern for women. Men commonly suffer with fatigue, lack of vitality, mood disorders, brain fog, sexual dysfunction, weight gain and other symptoms that respond to hormone treatments.

At Groton Wellness, I practice a whole-person approach to hormone balance. I prescribe bioidentical hormones when needed, but often the prescription is not the primary need. There are multiple causes of hormone imbalance such as toxicity, medications, impaired liver detoxification, dysfunction of the gastrointestinal system, thyroid disease, adrenal fatigue, insufficient nutrition, stress, low cholesterol, vitamin D deficiency and low neurotransmitters in the brain. So a simple prescription for estrogen or testosterone, for example, may temporarily address a few symptoms, but often does not lead to long-term satisfaction and improvement in health. The underlying causes of any hormone deficiency needs to be addressed to find true balance and vitality. ❖ *Written by Charise Ivy, MD*

Dr. Ivy offers a free seminar on bioidentical hormones every month. Upcoming seminars are Wednesday, May 12 at 7pm and Wednesday, June 23 at 7pm.

Patient Testimonial

"Health is my bottom line. This is why I choose to go to Groton Wellness. I'm grateful for the dentists who not only remove harmful mercury, but more importantly, replace it with the purest materials that are compatible for my biological system. I have confidence that whatever is going into my mouth is going to help me. To top it all off, the splint that was made for me has helped me to sleep better at night. Due to the dental treatment I have received, my health has improved. Thank you to the dentists and staff at Groton Wellness."

- O. Harris, Acton MA

FAMILY FUN DAY!

**SAT. MAY 22ND
10AM-3PM**



MARK YOUR CALENDAR!
Fun for the kids and the adults!

Services At Groton Wellness

- ◆ Functional Medicine
- ◆ Bioidentical Hormone Balance
- ◆ Holistic Dental
- ◆ Mercury Filling Removal
- ◆ Clinical Hypnosis
- ◆ Biofeedback
- ◆ Stress Management & Relaxation
- ◆ Psychotherapy Session
- ◆ Mat Pilates
- ◆ Manual Lymph Drainage (face/neck only)
- ◆ Massage Therapy
- ◆ Chair Massage
- ◆ Face, Jaw, Neck Massage
- ◆ Nutrition Services
- ◆ Acupuncture
- ◆ Colon Hydrotherapy
- ◆ Epsom Salt Bath
- ◆ Therapeutic Clay Bath
- ◆ Magnesium Bath
- ◆ IV Vitamin C
- ◆ Clay Pack
- ◆ Weight Loss
- ◆ Far Infrared Sauna
- ◆ Skin Brushing
- ◆ Holistic Nontoxic Skin Care/Facials
- ◆ Waxing Services
- ◆ Castor Oil Pack



Detoxify and Regenerate with Clay

Clay is a term used to describe an 'earthy, mud-like sediment composed of very fine particles of minerals pliable when moist and hard when dry or fired'. It is Earth and retains the planet's electro magnetic energy. It is a purifier like fire, water and air despite the fact that it is dirt! There are thousands of different kinds of clays, all different in their mineral content created by their geological location and

weathering that has occurred. There are clays suitable for eating (bentonite), clays suitable for industrial use, and clays used to bathe in or apply to the body.

Clay's impact on the body has been known for thousands of years and has been used around the world for healing purposes. Rich in minerals, clay provides two services: it pulls toxins out of the body (it takes away), and it remineralizes the body as supplements do (it gives).

Clay Baths are used to pull toxins such as heavy metals and chemicals through our largest organ, the skin! Clay's natural pulling power occurs when its negative ions seek the positive ions found in toxins and either adsorbs or absorbs them to the clay. Spas around the world use clay based on this premise in a variety of different body treatments used to detoxify, reduce cellulite, increase circulation and reinvigorate the skin. Bathing in clay is a very simple yet highly effective and fairly inexpensive alternative for detoxifying the body.

Eating Clay has also been done for centuries for a variety of different reasons. Usually when introduced to eating clay most people imagine taking a hunk of clay and chewing on it. Thankfully this is not how it is done! Most health food stores carry clay in powder or liquid form. It is mixed

with a glass of water for drinking and in most cases doesn't taste like much. Eating clay can be beneficial for many, many disorders such as diarrhea, parasites, ulcers, allergies, anemia, and acne as listed in 'The Clay Cure' by Ran Knishinsky. He tells us "Clay can be taken to charge the immune system during an ongoing disease, and it can also be taken as a preventative, to help ward off any potential ailments. Ideally, clay should be taken to build immunity, so that if you are exposed to a contagious illness or if you are approaching a time of lowered resistance, your defense system is prepared. Clay contains the minerals and energy that the defense mechanism needs; it improves bowel function and detoxifies the body of pollutants." Again, depending on the clay's content it can provide the body with important minerals. How much clay to eat and how often is determined by individual needs and what goals are being accomplished. For long term use 1 Tablespoon mixed with water once or twice a day is a good guideline to follow.

Clay Poultices and Packs are another effective remedy for a localized part of the body. Clay creates a powerful drainage action and attracts the negative toxins in the body part the clay is applied to. Used on bug bites, bee stings, headaches, burns and more, it pulls the poisons or toxins out and helps the body to heal quicker. A guiding principal to remember is; use a cold clay application to refresh a feverish angry or congested body part, and a warm/hot application for strengthening or revitalizing. ❖ **Written by Wendy Walter**

The Infertility Cure by Randine Lewis Ph.D.

Written by Randine Lewis, Ph.D., this book is an excellent overview of how traditional Chinese Medicine can benefit those experiencing fertility difficulties. The author attended osteopathic medical school before continuing her education in acupuncture and Chinese herbal medicine. The first section of the book provides the reader an overview of how Chinese medicine views infertility and what one can expect once the decision has been made to choose traditional Chinese medicine (TCM) to address this issue. In the second section of the book, the author reviews the key aspects of treating infertility using a combination of TCM modalities, diet and lifestyle, acupuncture and Chinese herbal medicine. In the third section of the book, the author goes into greater detail about specific fertility problems couples may be facing, including polycystic ovarian syndrome (PCOS), endometriosis and male-factor infertility. There is also a chapter that focuses specifically on using Chinese medicine to complement assisted reproductive technologies such as in vitro fertilization. As the author points out, a combination of the eastern and western medical approach is often times optimal for a patient or couple and a practitioner must look at each case individually. This book is comprehensive with regards to explaining the role that TCM can play in assisting in conception and to maintain a healthy pregnancy. ❖ **Review by Elisabeth Horesh**

