

EWV Newsletter

 Earth and Water Wellness, LLC
Nutrition Therapy & Personal Training


Nourishing News Winter 2007

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& Personal Trainer

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Call to schedule an office
or phone consultation!

Learn how to eat, move
and live naturally and
healthfully - bringing
mindful awareness to
nutrition and fitness for
optimal wellness
throughout! 

Nourishing Quote

What lies behind us and
what lies before us are tiny
matters compared to what
lies within us."

-Henry David Thoreau

GRAND OPENING!

Earth and Water Wellness is active and ready to help support your health challenges and goals! I am a certified Nutrition Therapist and Personal Trainer. I am currently taking clients by appointment in Boulder at Colorado Therapies, a therapeutic space for mental and physical wellness. I also offer phone consultations, home visits and wellness programs and seminars. I am very excited to be working with people and supporting them through nutrition, fitness and lifestyle management strategies.

I am a nutritionist and fitness coach, originally from the Chicagoland area, but being an outdoor enthusiast and athlete, I now reside in lovely Colorado! I bring my passion for the outdoors and nature into my practice, advocating the need for whole health through nutrition, fitness and the natural environment. I am eager to help you get started on your journey towards balanced and optimal wellness.

What is Functional Medicine and Nutrition Therapy?

Functional Medicine is a science-based healthcare approach that assesses and treats underlying causes of physical and mental illness through individually tailored therapies to restore health and improve function. Functional medicine is grounded in the following principles:

- Biochemical individuality
- Patient-centered care
- Health as a positive vitality

Nutrition therapists educate people about the connection between food and health. Nutritionists promote good eating habits to help prevent disease and to treat preexisting conditions. Proper nutrition also helps regulate behavior, increase energy and boost mood.

In therapy, nutritionists work with a patient's unique biological makeup to plan a diet regimen that will facilitate their return to optimal health. Though many of us are aware that a healthy diet can prevent disease, not enough of us know about the healing power of food. With the right vitamins, minerals, essential fatty acids and amino acids, people can begin to fight and prevent a variety of conditions from cancer to drug abuse.

Nutrition therapy's approach to health is to consider the whole person and develop a unique treatment protocol that will support the body and initiate its ability to heal itself.

Special Rates on all Services!

Take advantage these special rates being offered through December 31, 2007, just in time for the holiday season! (Gift Certificates available)

Wellness programs are based upon the concerns and goals of each client and developed from information supplied by the client, a diet and/or fitness analysis and applicable assessments and tests.

Initial Intake - \$95 (reg. \$120)

(2 Appointments)

Follow-up Appointments - \$45 (regularly priced at \$55)

Initial Fitness Assessment - \$60 (reg. \$75)

Personal Training - \$35/session (reg. \$45) or **\$50** for an online assessment and 4-week program

All Testing Services - 25% off

Blood Chemistry Analysis - \$130 (reg. \$175)

ALCAT Food Allergy and Sensitivity Testing - Rates vary based upon food panel

Call for additional testing and fees.

These rates are good for all friends and family and their friends and family - just mention the newsletter rates when you schedule your initial consultation.

For more information on the services that Earth and Water Wellness has to offer, call 303-718-3360!



Fitness Footprints

The Benefits of Exercise

Imagine that a new wonder drug has been created. It will help prevent disease, including cancer and diabetes. It will help you lose weight -- and keep it off. It will slow the aging process, making you look and feel younger than your years. It will give you energy and increase your self-esteem. It will reduce stress, fight depression and anxiety, and put you in a better mood. It will make you stronger and healthier. It will improve your posture, your flexibility, your balance and your endurance. It will even help you sleep better.

This miracle drug is available right now -- and you can start taking it today. It's called exercise.

Regular exercise is probably the single most important thing you can do for your overall health and wellness. Even in moderate amounts, exercise can help you enjoy life and avoid many diseases and conditions that afflict so many these days.

For your exercise program, choose activities that you enjoy and will be able to do regularly. The key is to experiment until you find activities that you enjoy doing regularly. Everyone exercises for different reasons. But no matter your initial motivation, you still get ALL the benefits. If you can find even one benefit on this list, you'll have enough reason to begin an exercise program and take steps to take care of yourself.

Regular exercise can:

- Improve and support brain function and memory
- Maintain your resting metabolic rate to prevent weight gain
- Improve fitness levels or your body's ability to use oxygen
- Provide protection against injury
- Increase insulin sensitivity -- prevents type 2 diabetes
- Reduce your level of anxiety and help you manage stress
- Improve function of the immune system
- Improve your balance and coordination
- Increase bone mineral density to prevent osteoporosis
- Lower resting heart rate and blood pressure
- Lower Body Mass Index (BMI) -- your fat-to-height ratio
- Reduce triglycerides, bad cholesterol (LDL), raises good cholesterol (HDL)
- Reduce heart disease risk and stroke
- Reduce the risk of developing certain types of cancer
- Help you sleep better, relax, and improve mood

Please remember to check with your doctor before beginning any exercise program.



Wellness Tip

Eat your beans! Beans contain more healthy soluble fiber than grains and most other vegetables, making them good for lowering cholesterol and blood sugar and possibly reducing cancer risk, especially colon cancer. A cup of kidney beans contains 2-3 times as much soluble fiber as a cup of brown rice, for the same number of calories. Soluble fiber is significant because it absorbs bile acids and salts. The body then has to use its cholesterol stores to make more bile acids and salts, thereby reducing your cholesterol levels.

To prevent gas, SOAK your dry beans in a large pot overnight, drain, rinse, and add 2 cups fresh water for each cup of dry beans- add a 3-4 in. strip of kombu (sea vegetable) to make the beans easier to digest- bring to a boil and simmer for 1-4 hrs., until desired softness. Canned beans are just as nutritious as fresh, dry beans. To avoid gas, rinse and drain the canned beans before using.

We're on the Web!

www.earthandwaterwellness.com

The site is currently experiencing some changes, but will be fully functional within the next few weeks. Please be patient and check it out for current information and programs.

To remove your name from the mailing list, please send an e-mail to wellness@earthandwaterwellness.com with UNSUBSCRIBE in the subject line.

Questions or comments? Call 303.718.3360

Inner Balance

De-stress the Brain – Stress kills cells in the hippocampus of the brain, affecting memory and mood. Take a moment each day to breathe and settle down. I think we all should meditate, do deep breathing, self hypnosis or spend time each day in quiet-time, giving ourselves a time-out. A study on the effects of meditation on brain health and the prevention of Alzheimer's disease found that meditation had measurable, positive, physical effects on the brain helping with stress, focus and depression and anxiety.

Correct the negative thinking patterns that put your brain at risk for anxiety, depression, relationship and job problems. Most people are never taught to correct negative thoughts that fill their heads everyday. Thoughts are just thoughts, not facts. Thoughts often tell you lies and fill you with fear. If you never question or challenge the negative thoughts that go through your brain you believe them and they can lead to unnecessary and harmful stress. Whenever you feel sad, mad, or nervous, write down the thoughts that go through your mind, if they are negative and distorted, talk back to them. You do not have to believe every thought you have.

Earth and Water Wellness Mission & Vision

The mission of Earth and Water Wellness is to educate and support individuals in their journey towards wellness and health. Earth and Water Wellness was created out of a desire to help people realize their full potential through a healthy body and mind. The body can heal itself; it just needs the resources to do so. Earth and Water Wellness was established with the mission to teach and guide individuals through the healing and building phases, using foods, nutritional supplements and movement. Earth and Water Wellness believes in creating balance and harmony in the lives, bodies, and minds of our clients; to listen to their needs and concerns; and to educate, inspire and empower them to live healthier, more balanced lives.

Eat Well, Be Happy, He Healthy, Be Strong!



 EARTH AND WATER WELLNESS, LLC