



February 2012 Newsletter

Hi, Dear Friends & Clients:

February is the time for love, whether planning a special Valentine's, continuing to stay in touch with old and new friends from the holidays, or focusing on resolutions to "improve" yourself. From Depak Chopra: As a new year begins, it's an ideal time to let go of whatever is not serving you . . . opening space in your life for that which will truly nourish your heart, body, and soul. For many people, the heaviest burden they want to release is emotional pain. This includes guilt and regrets from the past, anger and unresolved conflicts, memories of abuse or neglect, and any other emotional upset that prevents you from fully enjoying life in the present moment. If your current perceptions aren't bringing you the love, happiness, and fulfillment you desire, I invite you to experiment with your gift of **conscious awareness**, noticing where you are putting your attention, and making conscious choices to shift your perceptions. If you loved yourself as much as a mother loves her children, what choices would you make?"

**Conscious Awareness** is a term used by many therapists, but sometimes people have a problem with getting started. Some examples: while working with my Rolfer, he suggests, "Use your inner eyes to see what is happening in (the space being worked/resisting work)." I often use the term when working with pregnant clients, "Use your Inner Eyes to see the uterus and baby within", or gut clients "As you breathe, follow the areas under my hands." Conscious Awareness occurs without judgment or opinion. When you consciously release the emotions that "normally" go with being aware, you allow space for a shift to occur, usually without any other action required on your part.



**Gift Certificates** available in a Valentine's theme for Services, or consider a gift of one of the Classes listed below.

**PERSONAL:** I have had time to catch up on professional journals this month while sitting in doctors' offices dealing with a possible detached retina (it's not, I'm fully recovered), my ankle (98% healed), and my mom (still Alzheimer's, but with some health issues). Most of my reading dealt with food changes. Plants/gardens and food/nourishment are my life-

long passions. Several things are happening in the organic foods movement that affect what we are able to consciously choose to put into our mouths, so it's time to debut the Responsible Eating part of this newsletter. I am also finishing up my requirements to solo teach as a 2-1/2 day Arvigo Institute's Self Care Educator. See Classes below and on the website for more info.

**SERVICE OF THE MONTH:** **Energy Work** allows shifts to occur while you are in a deepened relaxation state. Try Reiki for body issues, Psych-K for deeper family issues, or Reflexology for an idea of where to get started for further work. (Feet "don't lie" or hide a problem!)

**PRODUCT OF THE MONTH:** Upcoming Changes in the Naturopathica line. New product is Aloe Replenishment Gel, which will combat redness, increase moisture-binding properties of skin while plumping fine lines and wrinkles. I'll be using it as a post-treatment mask, during microdermabrasion and for acne treatments. Can be used at home to strengthen the skin, either for aging or to balance for adult acne. ARG is also great for burns, by accelerating collagen turnover (reduces healing time from blister to strong skin). For the fans of the all-you-need-in one-kit, added is the AntiAging Kit to the existing Dry to Normal and Oily to Normal Kits. **DISCONTINUED:** The Calming Seaweed Mask, Shea Butter Ultra-Rich Body Cream, Ginger Root Bath&Body Oil and Neroli Serum. For those wanting a facial seaweed mask, please ask me when scheduling your service and I will make one from scratch using the Source Vital Laminaria powder and essential oils (also available as the Minkyti Facial). If Calming Seaweed Mask is a favorite product at home, let me know NOW, as I have 2 retail sized and can order you some from what is left in Naturopathica stock until all are gone. The Shea Butter Body Cream: 1 in stock and can order. Ginger bath and body oil: if you are a big fan, let me see if I can order you a professional sized (1 quart). Last date for your discontinued favorites' orders will be 2/16/12.

**RESPONSIBLE EATING:** During November, several reports came across my reading pile. One was on organic wines and how they can be contaminated past the grapes. Another was that several organic brands are actually owned by corporations that consistently use GMO products. [http://articles.mercola.com/sites/articles/archive/2011/11/19/mark-kastel-cornucopia-good-food-movement.aspx?e\\_cid=20111119\\_DNL\\_art\\_1](http://articles.mercola.com/sites/articles/archive/2011/11/19/mark-kastel-cornucopia-good-food-movement.aspx?e_cid=20111119_DNL_art_1)



From FoodandWaterWatch.org: "It's a new year, and it's time to launch our campaign to get Walmart to reject Monsanto's genetically engineered sweet corn. Genetically engineered sweet corn could be planted this spring, but Walmart can refuse to accept it, protecting consumers from this untested and unlabeled product. This is important, as since Walmart is such a large buyer, the corporations can set some trends. Why not a good trend that results in better health? [Can you sign our new petition asking Walmart to reject genetically engineered sweet corn?](#)"

**NUTRITIONAL HOMETOWN EVENTS:** for those who are experiencing gluten sensitivities, whether IBS, celiac or just bloating after a meal, stop in for the Houston Gluten-Free/Allergen-Free Expo, Saturday, February 4, 9AM - 5PM, at the Hornberger Conference Center, 2151 W. Holcombe (TX Med Center), Houston, TX.

**CLASSES:** The new office lends itself to intimate classes of up to 6 participants. All classes are open to anyone, client, family members and friends, and structured for age 12 and up, due to discussion of the reproductive organs and slides. While we discuss much during office sessions, the courses are designed to put everything together at once. The one day Hands on Health the Maya Way will be held on Saturday, 2/18. The 2-1/2 day Self Care Workshop will be held the last weekend of April, 4/27-29. More dates later this year. Registration links are below.

[http://kamalahealth.com/documents/2012\\_documents/Feb2012%20HANDS%20ON%20HEALTH.pdf](http://kamalahealth.com/documents/2012_documents/Feb2012%20HANDS%20ON%20HEALTH.pdf)

[http://kamalahealth.com/documents/2012\\_documents/Self%20Care.%20Level%201\\_April.pdf](http://kamalahealth.com/documents/2012_documents/Self%20Care.%20Level%201_April.pdf)

### ***A Valentine's Contest for You!***



To celebrate Valentine's Day and our Spa Partners, we'll be giving away a free Naturopathica facial at a partner spa. \* In Houston, that is Kamala Center for Radiant Health (Deborah Austin).

The promotion will be hosted on our website: <http://naturopathica.com>. Entries will be accepted 1/30-2/09/12.

Three lucky winners will be selected on February 11th to receive a free treatment plus one of our new post-treatment Regimen Kits. We'll select a spa partner that is closest to each winner.

***Yours in optimal health, naturally.***  
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***Every relationship we have is a journey toward healing and transforming the soul.***  
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