

JUNE/JULY 2010 News and Notes from Deborah Austin & Kamala Center for Radiant Health, PLLC

Dear Clients and Friends:

This is a combination of two months' newsletters as I am in the process of selling my father's house and moving back to my own home. Effective 7/15, professional services will be offered at the Heights office only, with some house calls available, depending on distance and service.

While packing my workroom in Bellaire, I came across a set of homeopathic remedies, Pleomorphic Sanum, that are potent, powerful and work for those with chronic conditions by rectifying the DNA structure of your cells. I am going to retrain in the Pleo Remedies and offer them at the Heights for those with continual health challenges not resolved with nutritional supplements. I originally attended to gain information in treating the root origins of my own illnesses; later attending seminars so I would not have relapses during times of great stress (such as my Mom's Alzheimer's and my father illness and death). It was while early on attending these series in 2005, and in lunch discussions with Kirk, that I decided to become a Naturopath. While viewing my instructor's website to see if there were any new lecture series, I came across bracelets he sells that have his motto: SPIRIT, HUMOR, WISDOM. I was immediately taken back in memory to experiencing the wisdom and wit of his lecture series.

Those of us in natural remedies for healing embrace the concept of SPIRIT - We treat the whole person, not just the symptoms. Spirit gives us space, courage and persistence to become well and stay healthy. Spirit allows us to distance while reviewing the history of the complaint and become compassionate while suggesting treatment. Spirit provides the passion for what I do, and the joy to celebrate your success.

HUMOR – Without humor there is no room for forgiveness. Forgiveness involves self (why is my body letting me down?), others (how do I make the time and get support to participate in my healing journey?) and the Universe (why the heck is this happening to me?).

WISDOM then comes and participates with your body – how to eat, how to create a healthy lifestyle, how to acknowledge the warning symptoms of stress, what is needed and what can be discarded.

Dr. Slagel has had silver bracelets designed with his motto. Contact me for website purchasing info.

WINSTON THE WONDER THERAPY DOG UPDATE: Winston was happily recovering from his total hip replacement operation, done in early May at his tender age of 9 months, when it was discovered at his 5 week check up that he had done an efficient job of entirely dislocating the new hip without showing any pain or complaints while walking. Another surgery to fix the dislocation and provide stability to the new joint occurred 2 weeks ago, starting another 6 week recovery period. Winston is happily recuperating in a pen at the office, looking forward to seeing his friends and patients. His aftercare insists that he not jump, leap or run/slide across slick surfaces, so please greet him in low key manner, and be mindful with your children not to overexcite him.

SERVICE OF THE MONTH: Photon Sound Beam Therapy. Whether with the Magi or the Big Box, this therapy is wonderful. It was a large part of healing my broken elbow in April, and Winston's surgical scar repair. Call me to talk about its different applications and to set an appointment.

PRODUCT OF THE MONTH: Time to set up your Hurricane Box. I have been happy with Whole Food Farmacy's healthy raw organic snacks and meal replacements, and order several of the sampler packs to put in the box with water. Packs can be purchased as 2 day, 3 day or 7 day sizing, require no refrigeration, and travel well. When the season is over, consume the unused products as part of your fall detox. (I take them with me on the Mexico healing trips.) Link through www.kamalahealth.wholefoodfarmacy.com to place an order.

YOURS IN OPTIMAL HEALTH, NATURALLY,

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*EVERY RELATIONSHIP WE HAVE IS A JOURNEY TOWARD HEALING AND
TRANSFORMING THE SOUL.*