

Dear Clients and Friends:

As summer is officially over, both due to calendar date and the effect of cooler temperatures, it is time to think about **REST, RENEW & RECHARGE**. A big component of that is taking an inventory of how your immune system is working. Are you sneezing due to fall Hayfever? Lots of ragweed in the fields, thanks to the recent rain. Are you not sleeping as well, whether due to a new schedule, the onslaught of holiday advertising (can you believe Macy's is opening at midnight the day after Thanksgiving???) or dreading the upcoming time change? Are you tiring earlier in the day or taking longer to perk up in the mornings, needing an extra shot of caffeine?

PERSONAL: The trip to Mexico turned out to be about something entirely different than time with a local Maya healer. I took spa products along, and did a 2 day detox each week, daily body wraps in seaweed, and daily nourishing additions to routine facial care. Take along reading was eclectic: manuals on the new MAC and bookkeeping systems, Numerology, summer beach reads, detective novels, e-book first offerings, and a book about Mary Magdalene and the Order of the Sepulchre. Did a couple of Webinars when the internet was up, on spirituality practices and one on Fatty Liver Syndrome in Children. Lots of absorption of the sounds of the Caribbean outside my window, getting used to new glasses and sunglasses (I missed the clip-ons!). One day I spent 8 hours watching the colors of the Sea and sky change from immutable shades of turquoise to all components of blues and grays and back to turquoise—the longest time I have meditated in years! Early in the trip was a New Moon, for rededication to the Goddess Ix-Chel's Maya work, and for planning new beginnings, which turned into a new office address.

OFFICE IS MOVING: In case you missed it, the office is *moving this weekend* to 1140 E. 14th Street, #3, Houston, 77009. Kamala Center for Radiant Health is now housed in a duplex on the corner of 14th and Studewood, with lots of defined space. 3 separate rooms: Relaxation, Nourishing and Treatment. All other contact information stays the same.

PRODUCTS OF THE MONTH: Rainforest Remedies has a fantastic tincture, **Flu Away**, for all types of flu, respiratory and belly kinds, (unlike the flu shot!), and to use when encountering a group of strangers or travelling. It is potent herbal medicine, supplemented with garlic and cayenne, and very body friendly. Better than oscillococcinum! I started several batches of various Remedies during the Full Moon prior to leaving for Mexico, and all are now ready for your use, including Blood Tonic, Strong Back, and Detox.

Renew your immune system with Probiotics supplementation. I prefer **iFlora brand**, and carry at the office various types of it for grownups and kids.

SERVICE OF THE MONTH: Nothing boosts the Immune System like Lymphatic Drainage: Full Body, Facial or Combination. **Recharge** with any of the following: Body only, \$100 for one hour (regularly \$120), Face—add in to any facial for \$10 (regularly \$25 add on), or Combination Face & Body, without facial, for \$120, 70 minutes.

Many times clients come into the office, plop into the chair and say "I could just sit here and absorb the peacefulness." Several years ago when creating a spa menu for that employer, I adapted a practice from several well know spas who had created a nap room for clients, either before or after spa service or stand alone service. Sometimes it is hard to carve out a quiet space and time in your normal environment. I got used to taking a 20 minute nap in the afternoon while in Mexico, and have tried to carry that forward upon my return. It makes a

great difference in the day, whether actually power-napping, just having the phone off and meditating, or conscious breath work. *This part is not a Joke:* for **Rest**, your choice of the Relaxation Room (meditation, breath work, floor work or nap), or Treatment Room (using the massage table), \$45 for half hour, \$80 for one hour.

MEDITATION FOR THE SEASON: Here is the "**Divine Grace Prayer**," one the clearing exercises I learned in a spirituality webinar. This is an Akashic Record Forgiveness Process that creates a remarkable energetic opening when you are stuck in a rut or just need a push to go forward.

Tap, using softened fist and relaxed index finger, in the places noted while saying aloud 3 times: Tap in space between belly button and breastbone--"*If there is anyone or anything that has hurt me in the past, knowingly or unknowingly, I forgive and release it.* Tap over heart--*If I have hurt anyone or anything in the past, knowingly or unknowingly I forgive and release it.* Tap in center of forehead--*I ask for the highest good for everyone and for myself.* Tap on top of head--*And, I forgive myself.*" Take 3 cleansing breaths and repeat for a total of 3 cycles. Now, don't you feel like you can accomplish Anything?!!!

RECIPE OF THE MONTH: Renew with a **Delicious Detox Shake** for the Liver, an important part of your Immune System. ****Use organic ingredients where possible.** 1/2 cucumber; 1 beet; 1/2 avocado; 1 banana; handful: beet or other greens; 1/2 cup plain unsweetened yogurt; 1/2 cup coconut (or other non-dairy) milk; 8 oz Coconut Water or spring water. Blend all ingredients until smooth, and drink up! The beet gives the shake a beautiful raspberry color and is a natural sweetener, so the shake is visually appealing, tastes yummy, as well as being a happy liver food. Enjoy!

Yours in optimal health, naturally.

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Every relationship we have is a journey toward healing and transforming the soul.