

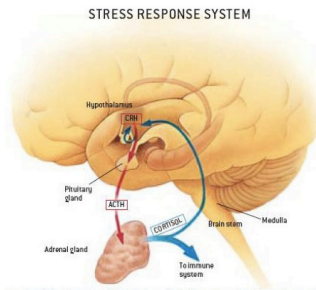


# HOLISTIC THERAPIES, LLC

## APRIL 2016 NEWSLETTER

Dear Clients and Friends,

April is officially "Stress Awareness Month" and stress-related dis-ease is one of the most common reasons that individuals walk through our doors. "Stressed out," "Burned out," and "Exhausted" - can you relate? The staff and doctors at Holistic Therapies are here to support you on your journey to vibrant, healthy living.



Roughly 77% of Americans report physical symptoms related to stress. A 2007 poll conducted by the American Psychological Association found that one-third of Americans report experiencing extreme levels of stress. About one in five said they have high levels of stress fifteen or more days per month. So, what are we doing about it? Apparently, not enough.

Chronic stress and high cortisol have a direct effect on mood and optimism. Excess cortisol in the body shuts down serotonin; and when serotonin drops, risk of depression increases. High cortisol and excess stress also shut down the hormone melatonin. This may explain why we don't sleep well when we're under a lot of stress or when we overdo it with sugar. This lack of sleep prevents us from making GH (growth hormone), which is produced mainly while we are engaged in deep sleep.

Chronic, uncontrolled stress drives our cravings for sugar and other less-than-awesome foods and beverages. When you increase or abuse stimulants (such as caffeine), you add insult to injury. Having a daily cup or two of organic coffee or tea is fine; they both contain robust anti-oxidants. But when you overdo the brew, too much caffeine can send an already overtaxed, overcharged, and overstimulated nervous system into overdrive. When this happens, your adrenal glands respond by producing excessive levels of the stress hormone cortisol.

Being "too busy" is one of the primary reasons most of us don't want to actually "deal with" our stress, yet there are fairly simple and effective ways to de-stress your life through prudent and empowering lifestyle and dietary choices. When it comes to lifestyle, a daily exercise routine is non-negotiable. Exercise can help lower levels of stress, anxiety and depression. So can meditation. Surprised? Meditation may seem like the exact opposite of exercise, but meditation exercises our vagus nerve, which helps to - you guessed it, lower stress. Taking 10 minutes per day to focus on your breathing, specifically bringing your breath down into your belly and diaphragm and taking it out of your chest. This type of breathing signals the vagus nerve to tell the body that all is well, no need to stress.

Sugar and stress place excess pressure on our adrenal glands, and this makes us feel exhausted all the time, putting us at risk for anxiety. We tend to want to feed our emotions, and we crave comfort foods in the form of refined sugar and carbs (to boost serotonin). This vicious cycle leaves us unsatisfied, unhappy, and for some individuals, it can lead to becoming overweight. When we follow through on meal frequency, portion control, and adequate fiber consumption, we are more likely to healthfully navigate our cravings. Here's a guide of stress busting foods that you may consider, of course, individualizing this list to meet your particular dietary needs.

Awareness is the first step towards recognition that stress may be affecting your life. Action is what it is going to take to make a difference. The combination of meditation, clean eating and exercise each morning before you go out and give to the world is a powerful gift that you can give yourself and others.



*Trinity Esthetics*

## Emotions, Stress and the Mind-Skin Connection by Kandyce Braband, LE

Have you ever experienced a rash, acne flare-up or other skin related issue? Did you feel like it was due to a stressful situation or life event? You're not alone. Many of us share these experiences, and researchers are now looking at the connection between the brain and our skin.

Like all of our organs, we have nerve endings in our skin. When we feel stress and emotions, the brain signals the nerves of the skin. Stress affects people in different ways - ulcers, migraines and skin conditions can all be related to what experts refer to as the "target organ theory;" a theory that individuals have a specific organ the body channels stress through.

Relaxation therapy, habit reversal training and nutritional assessment are just a few of the most effective treatments that support healthy, glowing skin:

- Relaxation therapy is a calming, rejuvenating treatment that can include facial massage, acupressure, aromatherapy and natural ingredients to bring about calm and healing.
- Habit reversal training can be utilized when one feels the urge to pick at dry skin or a pimple to be more mindful of what your hands are doing to your skin and make a positive change.
- A comprehensive nutritional assessment looks at diet and lifestyle as a whole, focusing on eating whole, unprocessed foods and cutting back on sugar. This can include ensuring you're getting proper nutrients and regular exercise.

These treatment options can help alleviate stress-related skin problems. The first step is setting up a time to consult with the right professional. After a proper consultation, an appropriate treatment can be established to put you on the path to healthy, clear, radiant skin.

### **Trinity Esthetics Special Offers (through May 15)**

#### **Aromatherapy Facial Massage 30 minutes ~ Weekly treatments yield best results**

Used in old traditions to prevent aging, facial massage is one of the most important components to true skin health. Address the your skin as well as spiritual, emotional and physical well-being. Essential oils are blended for you, which will greatly enhance the facial massage. Possible benefits reported include increased skin vitality, stress relief, improved sleep, pain relief especially from migraines or headaches and improved mood. **One Session \$40**

**Package Price ~ Buy 5 get the 6th Free \$200 (Save \$40)**

#### **90 minute Customized Facial ~ Monthly treatments yield best results**

An excellent choice when your skin needs extra attention or the mind and body need extra relaxation. Extended time insures you get the works; more masking time, massage and aromatherapy. A truly rejuvenating experience. **Regular Price ~ \$110.00 Special ~ \$70.00**

**Package Price ~ Buy 5 get the 6th Free \$550 (Save \$110)**

**Call Kandyce at Trinity Esthetics to schedule 303-204-3429  
1301 Bergen Parkway Unit C, Evergreen, CO 80439**

## Constitutional Hydrotherapy for Mental Health and Stress Reduction



Constitutional hydrotherapy is a relaxing treatment that produces many health benefits and has many indications for its use. Improvement in mental health is one of its many benefits. Constitutional hydrotherapy uses contrasting hot and cold applications to the abdomen along with a muscle stimulation machine. These contrasting hot and cold applications support healthy immunity, nervous system function, digestive function, and support balanced hormone levels, all of which may have a positive effect on mental health and wellness.

This hour-long treatment produces a parasympathetic response which aids in reduction of stress. Many patients fall asleep during this treatment and report feeling calm and rejuvenated following the treatment.

Conditions that Benefit from Constitutional Hydrotherapy:

- Anxiety and Depression
- Mood disorders
- Mood changes associated with menopause or PMS.
- Irritable Bowel Syndrome, Small Intestine Bacterial Overgrowth (SIBO), and other digestive issues.
- Diabetes and Obesity
- Allergies and Asthma
- Inflammatory and Autoimmune conditions
- Acute illness: Ex: Cold, Flu, Food poisoning

Holistic Therapies is now offering constitutional hydrotherapy at our practice. Dr. Karrina Wallace, ND administers this therapy and has extensive experience in both the use of this treatment and in the holistic treatment of mental health disorders.

**Exercise** is one of the best ways to relieve stress. Talk to the docs about exercise plans and programs.

Stay tuned for our "Workout with the Docs" programs and specials happening around town. Evergreen offers endless options for every kind of sport enthusiast or budding athlete. From the seemingly endless hiking trails, stand up paddling at the lake, rock climbing wall, yoga, aerial yoga, and spin classes to tennis, golf, Crossfit™, and two recreation centers offering a wide variety of classes – we can help you find the right fit for you.

We've joined forces for the next few months with local fitness Diva, Mishelle Prouty, who offers her famous SO Cycle spin classes and Friday Morning Red Rocks Boot Camp. She's offering Holistic Therapies clients these great deals – Buy 5 get one free:

\$50 for Boot Camp Package (6 classes)

\$75 for Spin Class (6 classes)

email [drdebra@drdebrarouse.com](mailto:drdebra@drdebrarouse.com) for more information



## Spring Quinoa Salad with Meyer Lemon Vinaigrette

Serves 4

- 1 cup quinoa, rinsed well
- 4 cups Bibb lettuce
- 1 cup sliced strawberries
- 1 avocado, cut into ½ inch size cubes
- 4 green onions, chopped
- 4 tablespoons goat cheese crumbles (or feta)
- 2 tablespoons raw sunflower seeds



Cook quinoa (2 cups water to 1 cup quinoa) until fluffy. Set aside.

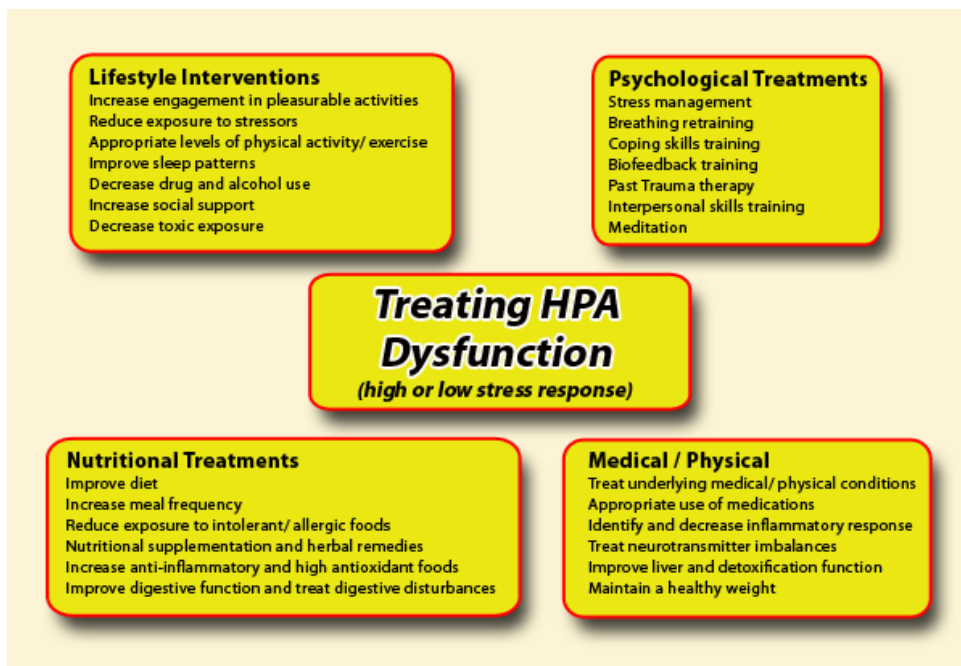
Wash and dry (or spin) Bibb lettuce and tear gently into small pieces and put into a medium size bowl. Add sliced strawberries, avocado, green onions and goat cheese crumbles. Toss until well combined.

Add quinoa and toss gently with ½ cup Meyer lemon Vinaigrette. Divide equally into four salad bowls and sprinkle with sunflower seeds.

### Meyer Lemon Vinaigrette

- 1 Meyer lemon (zested and juiced)
- 1 large shallot, minced
- 1 teaspoon fresh minced ginger
- 1/8 teaspoon salt
- 2 tablespoons white balsamic vinegar
- 1/4 cup grapeseed oil
- 1/3 cup extra-virgin olive oil
- 1 1/2 tablespoons chopped fresh basil
- 1/8 teaspoon freshly ground black pepper

Grate 1 tablespoon of zest from Meyer lemon. Cut lemon in half and juice both sides. Reserve 1 tablespoon of juice for dressing and save the rest for another use. Combine 1 tablespoon lemon juice, zest, shallot, ginger, salt, and vinegar. Whisk in grapeseed oil, olive oil, basil and black pepper.



**We  
Can  
Help**

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