


INTEGRATIVE LIFE SOLUTIONS

November 2013 Newsletter

Volume 1, Number 1

2511 Neudorf Road, Suite G, Clemmons NC 27012 336.778.1950 www.IntegetiveLifeSolutions.com

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Integrative Life Solutions Keeps Getting Better and Better

We are delighted to offer a host of new services at Integrative Life Solutions (ILS):

New Services and Expanded Hours

We have expanded our hours, so you can now visit us after work or on the weekend. Tuesdays and Fridays, we are now open 9 am until 8 pm. On Saturdays, we are open 10 am to 4 pm. Drop by for a massage, a pedicure, a bioenergetics therapy or to shop our organic and all-natural Green Store.



Non-toxic Manicures and Pedicures

Did you know that nail polish and polish removers are full of harmful solvents and chemicals, even suspected carcinogens? Why expose yourself to toxins unnecessarily, especially when you are normally so health-conscious to begin with?

Now you can honor your health and have pretty toes and fingers as well. Our Zoya line (from the popular polish maker OPI) is 5-Free, meaning it is free of the top five potentially harmful or carcinogenic chemicals normally found in regular nail polish: toluene, formaldehyde, formaldehyde resin, camphor, and dibutyl phthalate (DBP). The Zoya bottom and top coats and polish remover are also less toxic. Our Scotch Naturals line features water-based polishes that are totally free of toxic solvents and other chemicals thought to be neurotoxins, carcinogens, and organ or environmental toxins. Scotch Naturals polish remover is soy-based, so it is also toxin-free.

We offer a full line of non-toxic or less toxic manicure and pedicure services for men, women and children. Check our website under Wellness Center/Spa Services for more information.

More Gifted Therapists at ILS



You take a vacation to relax and de-stress. Getting on a massage table is a holiday for your body—and it so deserves it! Your face is as important as your body, and as you age it becomes more important than ever to take good care of your skin. You can do both at ILS.

We are pleased to announce the addition of Megan Woodall, a massage therapist, who will join Paula Watson to offer outstanding massage and related services—such as foot reflexology and body polishes—to you. Megan is a graduate of the Living Arts Institute in Winston-Salem and is experienced in Swedish, Deep Tissue, Sports, Thai Yoga, and Shiatsu massage. Whether you choose Megan or Paula, you will be sure to get one of the best massages in the Triad. Megan is accepting new clients, and ILS is offering big savings—**through the end of 2013 get your first one-hour massage from Megan or Paula for only \$45! That's a \$15 savings.**



Also joining our staff is Amber Lankford. She will join Paula Watson in offering esthetics services—organic facials, microdermabrasion and more. Amber was trained at Highpoint Health and Style Institute, and specializes in customized facials, microdermabrasion, waxing and make up. In honor of Amber joining our staff, ILS is offering a special to new clients for microdermabrasion and select facials—**\$15 off your first service through November 30, 2013.** In honor of Amber joining our staff, ILS is offering a special to new clients for microdermabrasion and select facials—**\$15 off your first service through November 30, 2013.**

Don't forget to see our [Special Offers](#) link (at the upper right of website pages) to read about all the specials ILS is currently running. And periodically receive special email discount offers by adding your name to our email list. Sign up through the [Join Our Email List](#) link at the top right of any web page at www.IntegrativeLifeSolutions.com.

HeartQuest—Your Body Always Tells the Truth

Work deadlines, relationship challenges, lawn and home chores, emails and text messages piling up—all of us feel the pressure of modern life. That feeling of overload has a precise name—stress. You may feel like you are handling the stress in your life, but what's happening in your body may be a different story. In

a nutshell, chronic stress can be deadly. We now offer heart rate variability scanning to reveal how stress may be affecting your health.



Heart rate variability (HRV, for short) is a way to test how stress is affecting your heart and nervous system, and by extension is an indicator of your long-term health condition. HRV measures the beat-to-beat changes in your heart. The higher your heart rate variability, the better your nervous system is adapting to handling stress. You can read more about it in this issue and on our website. (Click on the Wellness Center portal on the Home page, then choose the Bioenergetic Therapies button and select HeartQuest. A dropdown list will point you to articles about HRV and stress.)

Our new system, the HeartQuest[®], is a quick, easy and non-invasive way to test your HRV. Stress is called the “silent killer” and is at the root of most chronic disease. In fact, researchers say that 80%–90% of all illness can be traced back to the prolonged effects of stress. Has stress got its hold on you? You may not feel it outwardly, but your body will tell you the *real* story. Are you ready to listen? Come in for a HeartQuest scan today.



Did You Know?

You are more than flesh and bones. More than liquids and biochemicals. You are made from energy and information fields. And you are connected to every other living organism.

James Oschman, PhD, and author of several important books on the “new biology” says, “In a few decades scientists have gone from a conviction that there is no such thing as an energy field around the human body, to an absolute certainty that it exists. Moreover, science is explaining the roles of energy fields in health and disease. The main reason for the recent change in outlook is the development of sensitive instruments that can detect the minute energy fields around the human body.”



While our understanding of biology is changing slowly, there is vigorous and creative research being conducted about the nature of human consciousness. For example, human consciousness can influence machines and even alter nature!

In an ongoing experiment called the Global Consciousness Project, scientists have placed random event generators (REGS) in various labs around the world. REGs are designed to output entirely random strings of numbers (e.g., 1s and 0s) or other kinds of signals—their random output is controlled by inherently unpredictable quantum fluctuations.

However, a certain kind of occurrence interferes with the machines, suddenly sending them into “coherence.” That is, they begin to output non-random strings of information, a change that defies the known laws of electronics and physics. What is influencing them? Focused human attention.

The Global Consciousness Project Meaningful Correlations in Random Data



During riveting world events that command the attention and heighten the emotions of millions of people, these REGs do something that they are not supposed to be able to do—they become less random and more coherent. The hypothesis is that when millions of humans focus intently, a global consciousness field is intensified and actually affects the natural world and everything in it.

What kinds of events have triggered the REGS from randomness toward coherence? The largest effect by far was the terrorist attacks of 9/11. In that case, the REG signals began to change a full two hours before the attacks, signaling some kind of unconscious precognition—somehow we knew what was coming and our biology began preparing us. Other events that have affected the REGs include the death and funeral of Princess Diana, the OJ Simpson verdict, the Space Shuttle explosion, and other highly charged public events. The machines even go slightly out of coherence on certain holidays, such as New Year's Eve.



How to Survive Your Life

Stress—we all feel it, but we don't think about it. At least not as a threat to our health. But stress has been called the silent killer, and for good reason. It is at the root of up to 90% of all chronic illness.



Stress isn't so much what happens to you; it's more about how you respond to what is happening around you. One person can be rattled by having to deal with a lot of distractions at once, while another person takes it all in stride. Giving a speech or going to the dentist can have one person sweating, whereas another person isn't fazed at all. The way we react to stress-inducing circumstance and events is individual, but the effects of stress are not. Chronic stress acts the same way on all of us—eventually it is a threat to our health.

Here are some interesting facts about stress:

- In a 2009 study, the countries whose citizens experience the most stress were Malaysia, China, Singapore and the United States. The least stressed country was Russia.
- When you feel stress, your body immediately begins sending about 1,400 different biochemicals cascading through your system, many of which can be corrosive to your health over the long term. For instance, when you get angry, cortisol and other stress hormones flood your system and can remain there for up to six hours. But if you can reduce your stress response, these chemicals diminish much more quickly.
- The stress chemicals that remain in your body instead of dissipating make you age faster, reduce your cognitive abilities (some scientists plainly say, "they make us dumb"), and sap your energy, among other effects.
- Your body doesn't know the difference between a "big" stress event or a "little" one. It responds the same biochemically. So don't fool yourself that the accumulation of little stress reactions is not as detrimental to your health as a few big stress events.
- Stress can be healthy if it teaches you—and your body's physiology—to be resilient and adaptable. But if you are not managing your stress, this benefit disappears.

- It's easy to relieve stress. Recognize your stress response and do something about it *in the moment*. Don't wait. Slowing your breathing (5 or 6 breaths a minute) helps to shift your nervous system into a more relaxed state and speeds your body's recovery from the biochemical flood stress produces. Think positive thoughts. Studies show that just thinking about what you are grateful for or appreciative of shifts your physiology in beneficial ways in only seconds.



- Bring awareness to your day-to-day life to identify what is continually causing you stress. Take action to shift those circumstances so you can eliminate or reduce your stress, or plan strategies to better deal with those situations. Be aware that your *reactions* are the most important factor in evaluating stress. Are you a perfectionist? Impatient? Negative? Be truthful! Find ways to shift your attitude and you will be surprised how crazy the world can get without affecting you or your health in detrimental ways.

One of the ways to gauge how stress may be affecting your health is through heart rate variability testing (See the "New Services" section above). It measures the beat-to-beat changes in your heart. A high heart rate variability correlates to a nervous system that is adaptable and regulating your physiology optimally. A low heart rate variability is associated with a nervous system that has lost some of its ability to adapt, and so correlates with a higher risk for health problems.



You can have your heart rate variability measured here at Integrative Life Solutions, where we use the HeartQuest® system. If your heart rate variability is low, we can help you devise easy strategies for reducing stress and lowering your potential risk for long-term health problems.

Read more about stress, heart rate variability and the HeartQuest system on our website under Bioenergetic Therapies/HeartQuest. And, call ILS at (336) 778-1950 today to schedule your HeartQuest scan.



Aromatherapy: The Healing Power of Essential Oils

Rosemary for relieving stress. Cinammon for repelling insects. Grapefruit for combating jet lag. Sweet



Majoram for easing coughs. Lime for easing upset stomachs. Spruce Needle for improving concentration. Frankincense for reducing respiratory infections. Sweet Fennel for helping with fluid retention. Plants are nature's pharmacy—they have thousands of healing properties.

Plant essences are the chemical and aromatic compounds found in the different parts of plants: stems, leaves, roots, pods, flowers, bark, and more. Essential oils are the distilled essences of plants that are used in aromatherapy for therapeutic purposes. Just about any health complaint can be helped through the proper use of essential oils.

Aromatherapy is an ancient art, used throughout history and across cultures for healing body, mind and spirit.

- Hippocrates, who is considered the father of modern medicine, fumigated the city of Athens with aromatic smoke from plants and herbs to help rid Athens of the plague. He routinely used aromatherapy baths and massages in his medical treatments.
- Steam distillation was invented in the eleventh century, and Avicenna, a highly esteemed and influential philosopher-scientist-physician of that era, began using the process to isolate essential oils from plants for use in healing.
- Many people in days-gone-by brought evergreen boughs or an evergreen tree into their home during the winter months to help them stay healthy. Many types of evergreens sanitize the air, and their essential oils have anti-viral, anti-bacterial, anti-microbial, and many other “anti-” properties, so they can confer a range of health benefits.
- French chemist Rene Maurice Gattefosse coined the term "aromatherapy" back in the 1920s and launched the modern science of aromatherapy. It all started when he burned his hand badly during an experiment and, not having anything to treat it, used some lavender oil that was nearby. When the burn rapidly healed, he was curious enough to begin formally researching the healing power of essential oils.
- French surgeon Jean Valnet also was a pioneer in the medicinal uses of essential oils when he used them as antiseptics to treat wounded soldiers during World War II. He found that they worked better than many of the antiseptic medicines available at that time.

You and your family can reap the benefits of aromatherapy by learning how to safely use essential oils. Just because they are “all natural” and plant-based doesn’t mean they don’t have risks and contraindications. For example, they should never be ingested, not even if they are diluted. By educating yourself and using them wisely, you can replace just about everything in your medicine cabinet with a therapeutic-grade essential oil. You can sanitize your house and office, keep bugs away, make sunscreens, make face cream and bath gels, enhance family health—you name it and you can do it with quality essential oils.



Feature Article

WiFi and Children’s Health: Are Wireless Devices Safe?



Wireless communication devices connect the world, reducing the limitations of time and space and providing countless benefits, including enhancing learning opportunities for children as schools get “wired” up and teaching and learning extend into the “virtual” world.

No one wants to give up their cell phone, tablet, or computer. But as wireless signals and “electro-smog” become ubiquitous in our environment, there is a possible downside that most of us are ignorant of. And that ignorance could be deadly—especially for our children and their children.

A legion of doctors, public health professionals, research professors, and others are raising the warning flag—low-level pulsed microwave radiation from wireless communication fields (WiFi) may be harming us, especially our children. With the advent of “wired” schools, children are being exposed unrelentingly to



wireless microwave and radio frequency radiation. Then they go home to houses that are equally awash in wireless signals. They never get a break, even out on the playground, because wireless towers are springing up everywhere and our environment is flooded with their signals.

How does this constant exposure affect their developing cells, brains, immune systems, reproductive systems, nervous systems?

We don't really know. This is the first generation of children who are growing up swathed full time in these kinds of fields.

But it isn't looking good for them.

According to many researchers, children today are in danger of experiencing, or later developing, a plethora of developmental disorders and health problems from long-term exposure to low-level WiFi fields.

Cell biologist and biophysicist Dimitris J. Panagopoulos writes,

[W]e showed that microwave radiation used in modern mobile telecommunications can damage DNA and induce cell death or heritable mutations which may in turn result in reproductive decreases, degenerative decreases, or cancer. . .

All healthy organisms have defense mechanisms in order to repair biological damage. But defense mechanisms are weaker in children and old individuals, and become also weaker during sicknesses or during stress conditions. Although even the most serious biological effects may not necessarily lead to health effects in an exposed individual, all health effects are initiated by corresponding biological ones. Thereby, biological effects—especially the most serious ones as is DNA damage or cell death induction—may potentially lead to health effects.

Scientists are raising this warning because of an alarming rise in the incidence of childhood cancer, developmental disorders, learning disabilities, and immune system weaknesses—to name only a few areas of concern—that may be linked to children's almost ceaseless exposure to low-levels of microwave and other kinds of EMF and radio frequency fields. Their exposure starts in utero, because their mothers are exposed to these ubiquitous fields via the environment and the personal use of various wireless products close to the body. However, their most direct and prolonged exposure is the place where they spend the most time—in school. As schools increasingly install WiFi to keep up with the latest trends in virtual communication, children's exposure rate increases, and so does their potential for related health effects. The problem may be exacerbated for those children whose desks are located next to or near a classroom's wireless router.



We are not trying to frighten parents, but simply to inform them. Therefore, a few caveats are in order.

This subject is too complex to deal with thoroughly in this newsletter. You will find science to support both sides of the issue. We provide a list of references at the end of this article for the sources we have cited. To get the full story, you will have to explore this issue in more detail on your own. In addition, this article is not unbiased. Our intention is to raise a warning flag. This issue is just too important not to. So we have presented evidence here from those who are "going against the grain" of the messages delivered to the public by regulatory and industry groups. Their warnings are often drowned out by the power and influence—and frankly, by the money and media—that regulatory agencies and industry groups wield. If

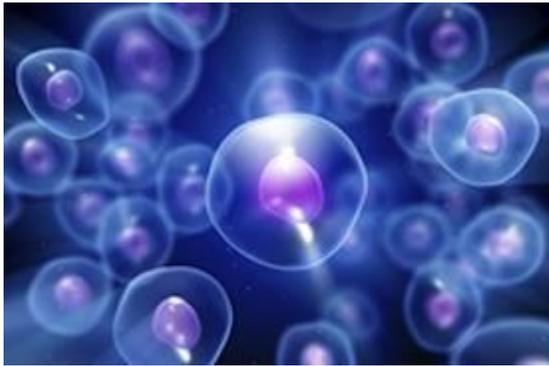
there is even a chance that health may be compromised by our now unrelenting exposure to WiFi signals and other kinds of electromagnetic and radio frequency fields, then we owe it to ourselves—and to our children—to educate ourselves.

There are three aspects to the debate that often are overlooked by those who dismiss the possible health hazards of WiFi fields and other types of electromagnetic field pollution. We ask you to keep them in mind as you explore the issue on your own and evaluate the evidence for yourself.

- First, the “safe” health standards established for background microwave and radio frequency radiation exposure—from WiFi routers and other wireless computer and telephone systems—were established by governments and regulatory bodies. But originally they were established based on research into the possible health effects on a *six-foot adult male*. Many of these regulations have not been updated.

The physiology of a child is not anything like that of an adult male. Children’s brains, immune systems, nervous systems and other aspects of physiology are still developing, and they are much more susceptible to environmental influences. Research is showing that the possible detrimental effects of WiFi signals may be not only on children’s own health, but also potentially on the health of their future offspring.

- The second issue for consideration is that most early research and industry-sponsored studies assumed that the danger to brain tissue and cells was from *thermal warming*—that is, from the heating up of cells and tissues. When they were able to show that there was no heating of tissue to hazardous levels from a cell phone held near the skull of an adult or from wireless signals penetrating an adult’s body, they assumed there were no health consequences at all.



However, recent research has looked into the *non-thermal* changes in tissues and cells, and even genes, and found that the hazards may be very real. Non-thermal changes include changes to cellular metabolism and regulatory processes. So instead of causing cancerous tumors, these fields may be contributing to developmental disorders, non-tumor cancers such as leukemia, weakened immune systems, nervous system problems, attention disorders, and other physiological and regulatory-type processes.

- A third consideration is that many studies, especially the early ones that established safe levels of microwave, electromagnetic and radio frequency radiation exposure, studied only acute (short-term) bursts of exposure to these fields. Newer studies are looking at unremitting exposure to low levels of these fields, which more closely approximates the exposure we receive in the real world. The fact is that we can no longer protect ourselves from these fields. They are everywhere in our environment, especially in urban environments, invisible to the eye but streaming through us nonetheless. Adults may be able to handle this exposure, but developing children, pregnant women, the elderly, and those with compromised immune systems may not be able to, and so may suffer the consequences.

The evidence that WiFi and similar types of fields have non-thermal detrimental health effects is not confined to human health. For example, researchers looked at the impact of thermal and non-thermal levels of microwave radiation in birds. They report, “The thermal effect is manifested as a rise in temperature of the irradiated system and is accompanied by physiological responses depending on the intensity and duration of the field. Non-thermal effects are manifested as changes in cellular metabolism . . .” So, they found the same evidence as is appearing in humans—non-thermal levels of exposure change the way cells work.

Even the World Health Organization has weighed in. In 2011, they warned that radiation from WiFi, cell phones and other wireless devices may cause cancer. Since that time researchers have reported that WiFi from laptop computers damages human sperm, which may be one cause of increased infertility rates and may affect the health of an affected person's offspring.



Susan Clarke, the former consultant to Harvard University's School for Public Health, is a vocal proponent of taking a cautious approach to the use of WiFi technology by children. She points out how WiFi signals are different from the radiation we get from televisions and FM radio, although she believes that these too can cause problems. Of the health effects of WiFi fields on children, she says, "Radiation from Wi-Fi deploys the same frequency as that used by the microwave oven. It maximizes the absorption in living tissues, especially those approximately the size of a child's head. The thinness of children's skulls adds to their absorbed radiation. Physiologic effects of such radiation are consistently documented in the scientific literature, with neuroendocrine effects produced in the immediate and short-term, cardiac effects produced in the short- to medium-term, and cancers in the long-term."

To present a contrasting opinion, Princeton University has produced a "Position Statement on WiFi Radiation Concerns" in which they say:

The long-recognized and well understood adverse biological effect resulting from exposure to high levels of RF exposure is tissue and cell heating. More recently concerns have been raised about whether there may be effects, including carcinogenicity, at RF levels below those levels that produce detectably harmful heating. Many studies have been conducted to determine whether there is a causal relationship between low-level radiofrequency exposure and harmful effects such as cancer and adverse pregnancy outcomes.

Most of the studies conducted to date have been on RF emissions from mobile phones. Due to the close distance between the mobile phone and the head and because of the higher power levels involved with mobile phone use, the level of exposure for frequent mobile phone users is considerably higher than the potential exposure to those persons working in areas in which WiFi systems exist. Epidemiological studies by reputable scientists have consistently failed to demonstrate convincing evidence of any adverse health effects from RF exposure below the regulatory limits and guidelines. . . .

The question is whether, in light of recent research, those regulatory limits and guidelines are safe for adults and whether they apply *at all* to children. For some researchers, the evidence is in, and it is time to start protecting ourselves and our children. Researcher Vladislav M. Shiroff writes, "In view of the well-documented effects of DNA and chromosome damage caused by low-level RF-EMFs, it is imperative that RF [radio frequency] electromagnetic fields utilized in wireless communication technologies are optimized in such a way that those frequencies, modulations, and intensity levels are selected which minimize potential pathogenic effects. This approach is of utmost importance because the parameters selected for RF electromagnetic fields currently in use do not take those considerations into account and are not optimized to trigger as few biological effects as possible."



There are ways to mitigate our exposure. But in order to protect ourselves—and our children—we have to first admit that we might need protection. We might not think we have much exposure. But, increasingly, cell towers and radio transmitters are being "disguised" in trees or even as tress (see photo at left), hidden in church towers and steeples, and tucked behind building signs. As these towers encroach on neighborhoods, the communications industry is very aware of not

disrupting the “aesthetics” of neighborhoods. While we may not have much control over the industry, we do have control over our neighborhoods, homes, and schools.

You can mitigate that risk by making sure routers in school classrooms are not placed close to children’s desks and by turning off routers at home when they are not in use. Or you can follow the lead of many schools and parents by replacing wireless routers with old-fashioned hard cables. You can lobby to keep wireless towers and transformer stations out of your neighborhood.

There are no easy answers. But perhaps for the sake of our children’s health, instead of indulging our own computing and communications convenience it’s time we err on the side of caution and choose to reduce the WiFi pollution in our personal environments.

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Events and Classes



For more information about these and other classes and events, visit our website, www.IntegrativeLifeSolutions.com, and click on the [Events](#) button on the Home Page.

Integrative Life Solutions Open House Gala

Friday, November 1, 2013; 2 pm – 8 pm, Free

Tours, Live Music, Refreshments, Prizes



Drop by Integrative Life Solutions and see why we're the "best kept secret" in Clemmons. Plus, enter to win one of eight great prizes!

- Discover the integrative health therapies that are available right around the corner from you, some of them available nowhere else in the Triad.
- Learn what we have to offer you and your family as your neighborhood holistic wellness center.
- Browse our Green Store for all-natural, organic, eco-friendly and fair-trade products from essential oils to vitamins and supplements to bath, beauty and home products.
- Enjoy healthy refreshments while getting to know the ILS staff and touring the Wellness Center.



Enter to win great prizes:

- 60-minute Massage
- Non-toxic Deluxe Pedicure
- Signature Organic Facial
- HeartQuest Scan
- ProVision Scan
- Reiki and Sound Therapy Session
- Two gift baskets of all-natural and organic products (\$150 and \$75 retail values)

If you value all-natural, integrative healthcare, then you owe it to yourself to check out ILS, your neighborhood wellness center.

We're about healing. Pure and simple. And we're here for you. [See you on November 1st!](#)

Location: 2511 Neudrof Rd, Suite G, Clemmons, NC 27012 (Across from Skakeland USA)

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Advanced Clearing Energetics

Get to the Bottom of Your Health Issue (It's not what you think it is!)

Three Levels of Training over Four Days, November 8–November 11, 2013

You may sign up for the entire four-day training (Level 1, Level 2 and ACE Crystal Power Stones training) or for any part of the training.

No matter what kind of health challenge you face, there is one aspect of it that your doctor is probably not telling you about: an incredible 80% of *all* illness is related to stress. That's not just what we know. It's what the *Journal of the American Medical Association—Internal Medicine* reported in 2013.*

So, wouldn't it make sense to treat one of the major causes of your problems instead of only the symptoms?

Now you can, with Advanced Clearing Energetics. Join us for a training workshop in this innovative healing modality, offered for both healthcare practitioners and anyone who wants to improve their health.



* See "When Physician Counsel About Stress; Results of a National Study." Aditi Nurkurkar, MD, MHP; Asaf Bitton, MD, MHP; Roger B. Davis, ScD; et al. *Journal of the American Medical Association—Internal Medicine*, volume 173, number 1 (2013): 76-77.

Advanced Clearing Energetics (ACE)



ACE shows you simple techniques for reducing stress and for unearthing and resolving the underlying causes of your stress. You will learn to:

- Tease out the underlying “energetics” of your stress, drilling down deeply to its root causes
- Learn from the event or situation that caused the stress in the first place
- Transform the perception of that event or situation from stress-inducing to health-inducing
- Remove, release or unblock stuck energy from your body, allowing it to return to a more healthful state of functioning
- Restore your well-being and vitality while also heightening personal insight and self-revelation
- Do all of this quickly, sometimes in less than 10 minutes

This workshop is useful for both healthcare practitioners who want to learn new techniques for helping their clients and for individuals who are seeking ways to help themselves restore vibrant health and well-being.



Join us at Integrative Life Solutions for one or more of four incredible days of transforming your health through the ACE program. The workshop will be led by [Richard Flook](#), the developer of the ACE method of health enhancement. These techniques are the culmination of his 20 years of research into the root causes of the loss of health and the best holistic strategies for restoring health.

These ACE training courses take place over four days and will lead you step-by-step through the ACE process. You will discover:

- Why your disease occurred in the first place
- Explanations for each of your symptoms
- What to do to improve your state of health

You may sign up for the entire four-day training (Level 1, Level 2 and a bonus Crystal Power Stones training) or for any part of the trainings.

Workshop Schedule

Day 1 (Level 1): ACE core strategies for resolving the underlying causes of disease and illness.

Days 2 and 3 (Level 2): Gain a deeper understanding of how your body communicates through specific diseases. Also learn how to use the ACE method with the NES ProVision and miHealth.

Day 4: ACE Crystal Power Stones, developed by Richard Flook's colleague Charles Matthew, allow you to work energetically with underlying issues and quickly release them.

Please click here for [detailed information](#) about each training level. Space is limited so don't wait to sign up! [Early Bird special pricing is effective until October 25, 2013.](#)

Location: Integrative Life Solutions, 2511 Neudorf Road, Suite G, Clemmons, NC
Phone: (336) 778-1950 Email: Info@IntegrativeLifeSolutions.com

Dates: Friday, November 8 – Monday, November 11, 9 am – 5 pm each day

Cost:

Individual Levels

ACE Level 1 Only (1 day, Friday, Nov 8)
Early Bird: \$297 until October 25
After Oct 25, \$397

ACE LEVEL 2 Only (2 days, Saturday–Sunday, Nov 9–10)
Early Bird: \$297 until Oct 25
After Oct 25, \$397

Crystal Power Stones with ACE Only (1 day, Monday, Nov 11)
Early Bird: \$197 until Oct 25
After Oct 25, \$297

Combined Levels

ACE Levels 1 & 2 (3 days, Friday–Sunday, Nov 8–10)
Early Bird: \$397 until October 25
After Oct 25, \$497

ACE Levels 1, 2 and ACE Crystal Power Stones (4 days, Friday–Monday, Nov 8–11)
Early Bird: \$497 until Oct 25
After Oct 25, \$597

Practitioner Special

Practitioners may bring an assistant with them for \$197 per level
(applies to both the Early Bird price or regular price)

ACE training will be held at Integrative Life Solutions in Clemmons, NC. Call [\(336\) 778-1950](tel:3367781950) today to register and save your place.



Massage Holiday Donation Initiative

Take Care of Yourself . . .



You have a lot going on, especially with the holidays coming, and you're doing your usual great job of holding it all together. But isn't it time to also take care of yourself?

Treat yourself to a time-out with a massage at Integrative Life Solutions—and help others, too.

From November 1 through December 15, when you have a one-hour massage, we will donate **\$15 to the Clemmons Food Pantry**.

That's right! For every client who has a regular-priced one-hour massage (\$60) between November 1 and December 15, we'll donate \$15 to help fund this deserving community resource.

. . . And Take Care of Others, Too



Established in 2004, the Clemmons Food Pantry is a non-profit organization providing supplemental groceries to residents of Forsyth County, reaching more than 160,000 people by 2013. It serves an average of 600 families every week.

All services are provided by a team of more than 200 volunteers, which is one of the reasons that 81¢ of every dollar donated can be used to buy groceries. The Clemmons Food Pantry does not turn away anyone in need.

This offer is a great way to value your own health and well-being while fostering the wellness of others in our community. Call Integrative Life Solutions today at (336) **778-1950** to pamper yourself and to join us in supporting others.



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For inquiries about this newsletter, ideas for future stories, feedback or questions, please contact the editor, Joan Parisi Wilcox, at Info@IntegrativeLifeSolutions.com.