



INTEGRATIVE LIFE SOLUTIONS

April 2014 Newsletter

Volume 2, Number 4

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

In This Issue

What's New at ILS	Page 1
Did You Know? Indian Spice of Life	Page 2
Featured Article	
Demystifying Detoxification	Page 3
Spring Cleaning Your Life the Natural Way	Page 5
Events and Classes	Page 7

What's New at Integrative Life Solutions

Our Online Store Is Open



Now you can find many of the products you love from our brick-and-mortar store in our online store. You'll find all-natural or organic health and nutrition, beauty and bath, and aromatherapy products, as well as book, CDs and DVDs. Browse around and check back often, as we will continue to add new items. Click the SHOP portal on the Home Page of our website, then click "Shop" on the main navigation bar at the top of the store page.

Spring Spa & Beauty Specials



The warm weather is on its way—time to think sundresses and sandals! Banish those winter blahs by enjoying great discounts on beauty treatments.

Go to the Special Offers link on the upper right of our website home page to get incredible coupons for \$20 off select facials, a buy-one-get-one-free body polish deal, \$5 off a waxing service, and 15% off a Zoya toxin-free manicure and pedicure combination.

Coming Soon! Toxin-Free Makeup



Get ready to look beautiful the all-natural way—with glō-minerals makeup. This health-conscious, modern line of cosmetics is free of the chemicals and toxins that are found in most makeup. Choose from cream and pressed foundations, eye shadows, and lipsticks.

And why not continue to pamper your skin with an organic facial? We offer a full line of skincare services and an assortment of the finest organic, toxin-free and all-natural skincare products. Stop by to discover how good you can look and feel!



Did You Know? Indian Spice of Life

Tumeric is a spice widely grown and used in India and other Asian countries. It's a major ingredient in curries, giving it its yellow-orange color and spicy kick. And it just may be a spice for life!



Tumeric is the subject of intense research, particularly for the role of its active ingredient curcumin as an anti-cancer agent. (Curcumin should not be confused with the spice cumin.) Research has revealed that there is a lower incidence of certain types of cancer in those countries where people eat a lot of curcumin-containing spices, such as turmeric, at levels of about 100 mg to 200 mg a day over long periods. Tumeric (specifically, the curcumin it contains) has shown promise in mice studies in slowing the growth of tumors of the esophagus, intestines, stomach, mouth, breast, and skin. It also is being studied for its efficacy in helping slow the growth of lung cancer and colon cancer, and in slowing or stopping the metastasis of cancer cells in breast cancer.

For example, in a phase 1 clinical trial in which 25 people with precancerous changes in various organs were given curcumin, the cellular changes were stopped before becoming actual cancer.

Tumeric has been used as a healing agent for centuries in folk medicine. It has a wide array of effects, almost dizzying in its range. It is used as an anti-bacterial for wound healing; an anti-inflammatory for arthritis, surgery, and muscle sprains; and to relieve the pain and swelling from other types of injuries. It appears to be a helpful agent in treating cognitive decline (although there are mixed results with Alzheimer's disease), arthritis, and high cholesterol. It has helped to improve outcomes for patients receiving kidney transplants when used along with the antioxidant quercetin.

Further claims say that it is useful for protecting against liver diseases, stimulating the gallbladder and circulatory systems, dissolving blood clots, helping to stanch external and internal bleeding, relieving painful menstruation, reducing the pain of angina, mitigating the damage of toxins from parasites and bacteria, and treating irritable bowel syndrome, colitis, Crohn's disease, and other digestive problems.

You can buy turmeric in bulk form or as a bottle or packaged spice in just about any grocery store. It also comes as a tea, capsule, tincture, and tablet or capsule. It is often found in herbal blends and formulas. It can even be purchased as an ointment for topical application. The spice (dried root of turmeric) usually contains about 3% to 5% curcumin, although herbalists and health practitioners often recommend higher percentages for use as a health agent. Some supplements claim to contain as high as 95% curcumin.

However, like almost everything, moderation counts. When used as a food, turmeric is safe, but it may cause problems when taken as a supplement or by people with certain conditions. For example, some people experience stomach pain and gas, and even nausea, if ingesting large doses. Others, especially those who are allergic to ginger or yellow food coloring, may experience an allergic reaction. People with a predisposition to kidney stones should use caution since some studies have shown that taking curcumin over long periods can increase the risk of kidney stones. The same goes for those with gallstones, duct blockages, or stomach ulcers. It is advised that you use caution if you are on blood-thinners or drugs that may suppress your immune system. Also use caution if you take certain kinds of non-steroidal pain relievers, such as ibuprofen, because there is a risk of a harmful drug interaction. Pregnant and breast-feeding women should avoid curcumin. Always check with your doctor or primary healthcare provider before starting to take any kind of herbal supplement or making a major change to your diet. But once you are cleared, turmeric will not only spice up your cooking, but may also improve your health.



Feature Article

Demystifying Detoxification

It's spring and that means that at the top of many of our "to do" lists are the spring cleaning of our homes and tidying up of our yards. For many of us, our bodies also get included on that list. A body "detox" is a common spring routine, cleansing the body of toxins and generally reviving it from winter inactivity and holiday over-eating.



But is there *really* such a thing as a do-it-yourself body detox? Is a detox fast, diet, or cleanse *really* doing anything to remove toxins from your body and improve your health?

According to science and biology, the answer is "Not really." In fact, most health scientists who have looked into the question think of detox diets and detox drinks and supplements as nothing more than marketing ploys to sell products. If you know your physiology, you may have to agree with them.

There are two indisputable facts to consider. The first is that we are ingesting, inhaling, and otherwise being exposed to thousands of toxins and potentially harmful chemicals every day. In our March newsletter we reported on chemicals found in common household and consumer products that research is showing can cause or are correlated to developmental delays in children. There's no question that toxins are affecting our health. The question is whether we can "detox" these chemicals out of our bodies by undertaking a cleansing fast or diet.

Which brings up the second fact—the human body is a master at neutralizing toxins. Does it really need any help? The answer is, “No.” Or, at least, “Probably not.” Here’s why.

Our bodies have many systems for detoxification. The primary one, which occurs body-wide, is a metabolic process called xenobiotic metabolism. It is a process by which enzymes neutralize toxins (and turn toxins that are stored in a fat-soluble form into a water-soluble form) and then transports them to the liver and kidneys for excretion.

The liver is our major detox organ. It serves as a filter that prevents toxic substances, such as those ingested through food, from passing into the blood stream and prepares them to be excreted from the body, usually by the kidneys.

Two other major detox organs are our colon and kidneys. The colon flushes toxic chemicals out, helped along by the many beneficial bacteria that live there.

The kidneys, like the liver, are detox workhorses, continually filtering blood and excreting toxins through the urine. Additionally, our lymph system and our skin—which is the largest organ of our body by surface area—serve as detoxifiers, as do our lungs, brain, and intestines. (Inflammation, especially intestinal inflammation, can disrupt the body’s detoxification processes.)



Because of the way these organs work, and the primary enzymatic process of xenobiotic metabolism, there is little likelihood of influencing the detoxification process by fasting, drinking a detox shake, or taking a supplement. For example, our liver, although a filter, does not get “gunked up” and need to be cleansed. The liver detoxifies what comes through it, dealing with it as it comes. Nothing gets stuck there (unless you have serious liver disease). The detox supplement or shake you take is just another substance that gets in line to be processed by the liver. It doesn’t cause stuck toxins to be mopped up and carried away, because they aren’t stuck in the first place and the liver does the flushing away in the normal course of its work. Except for medical chelation and certain procedures for removing mercury from the body, there are not any processes or products that “flush” your system of “stored” toxins. Products that are touted as “binding” to toxins and pulling them from your body are also questionable, since there have been few studies showing how they work, or if indeed that they work at all.

In fact, in healthy people, your body is an efficient, almost magical detoxifier. It rarely needs help. That’s not to say that our health is unaffected by toxins. It is. But there is next to no scientific evidence that detox fasts or cleansing products make a difference to your toxic load. In fact, in one study of a group of college students who did a weekend cleanse routine, there was no difference in the toxin levels (mostly the researchers were checking for excreted aluminum) in their urine during or after the cleanse.



All that said, is there *any* benefit to undertaking a detox or cleanse? Yes, in that it helps you to focus on your health, pay attention to what you are putting into your body, and consider your health habits and lifestyle choices. You might shed a few pounds from water loss. And you might feel lighter and brighter. But that effect is usually from the fast, not from any

detoxification that has occurred. If you are doing an herbal cleanse, then you might feel positive effects from the natural goodness imparted by the herbs. Plant-based “medicine” imparts many positive benefits to your system.

But if you are serious about cleansing and detoxifying your body, then do what counts—improve your diet, clean up your home and work environment, drink plenty of water, reduce your stress level, and get more exercise (which stimulates your lymph system).



Spring Cleaning Your Life the Natural Way

The article above informs you about the body and detoxification. The ideal is not to expose yourself to



toxins in the first place, or at least to minimize your exposure to and use of them. If you know Integrative Life Solutions, you know that we are serious about offering services and goods that are safe, all-natural or organic. That's why we offer organic facials, use non-toxic polish in our manicures and pedicures, carry high-quality lines of skincare products and non-toxic hair color, and on and on. . .

For most of us, we are used to buying brand name products from the grocery or drug store, assuming that they are safe, But the fact is that most of the products we use every day contain harmful chemicals and toxins. Reducing the toxins in your environment is a lifestyle choice—one that can make a significant different in your health and the health of your family.

Our skin is our largest organ by surface area, and while it serves to protect us—by keeping things out—it also absorbs the things we put on it. Would you put the same chemicals used to degrease auto parts, keep paint liquid (surfactants), or soften concrete (plasticizers) on your body? On your child's body?

The reality is that you do this every day, sometimes several times a day, and with multiple products. That's because cleaning products, cosmetics, and personal care products are among the worst offenders



when it comes to containing toxins and chemicals. In fact, researchers estimate that one in eight of the tens of thousands of ingredients used in cosmetics and personal care products are industrial chemicals, including endocrine/hormone disruptors, carcinogens, pesticides, reproductive toxins, plasticizers, degreasers, and surfactants.

No one can be expected to hunt for products free of these thousands and thousands of chemicals. But we can be responsible for our health by trying to eliminate the most prevalent and known problem chemicals. You can easily research the top chemicals to avoid by doing an Internet search. Here we will alert you to five of the most common ingredients in product types you use every day. By avoiding these, you will take the first step to cleaning up your life and supporting good health.

- **BHA (butylated hydroxyanisole) and BHT (butylated hydroxytoluene):** Found in a wide variety of products—from all kinds of packaged food to moisturizers and makeup to chewing gum to pet food—these preservatives may be endocrine disrupters and are suspected carcinogens. While controversy swirls, because low doses are deemed safe by the Food and Drug Administration, government sponsored studies, such as that done for the National Toxicology Program, have said that this preservative is “reasonably anticipated to be a human carcinogen.” It's interesting to note that these preservatives have been banned in every major developed country in the world, except the United States.
- **DEA (diethanolamine):** Most often found in foaming and cream-based products, such as shampoos, conditioners and moisturizers, this chemical can undergo a process in the body that turns it into a suspected carcinogen. As the Cancer Prevention Coalition warns: “DEA by itself is not harmful but while sitting on the stores shelves or in your cabinet at home, DEA can react with other ingredients in the cosmetic formula to form an extremely potent carcinogen called

nitrosodiethanolamine (NDEA). NDEA is readily absorbed through the skin and has been linked with stomach, esophagus, liver and bladder cancers.” It is also harmful to wildlife and fish. It may appear on labels as MEA and TEA.

- **Parabens:** A family of chemicals with names ending with –paraben. This chemical is used in many cosmetics and other personal care products (such as shampoos, deodorants and antiperspirants, lotions, facial cleansers, eye makeup, cleaning cleansers and scrubs) as a preservative to suppress or prevent the growth of mold and bacteria in the product. It is a suspected endocrine disruptor and may affect male reproductive functions. It is also suspected as contributing to breast cancer, as it has shown up intact (not altered by the body’s metabolism) in breast tissue biopsies. In the United States, this chemical has been found in nearly every urine sample studied for it, regardless of the person’s gender, age, or geographic region. Adult and adolescent females had the highest concentration.



- **Sodium Laureth/Lauryl Sulfate:** This family of chemicals is widely found in foaming products, and is ubiquitous in bath products, soaps, shampoos, and cleansers of all kinds, as well as mascara, foundation, acne treatments, and hair coloring. Although many government agencies have declared this chemical to be non-carcinogenic, a significant concern is that it may itself be contaminated in the manufacturing process with 1,4-dioxane, a probable carcinogen. Plus, it easily combines with other chemicals to form nitrosamines, a known carcinogen. Many watchdog and research groups have explored this family of chemicals and declared them unsafe or questionable for use, especially since they are in so many of the products used in the course of everyday life and so we have significant exposure to them.

- **Triclosan/Triclocarban:** An antimicrobial agent found in many antiperspirants, toothpastes, shampoos, cosmetics and antibacterial cleaning products. It is also found in shoes, towels, clothing, sponges, cutting boards, mattresses, flooring, and other consumer products. These are suspected endocrine disruptors and are known to contribute to antibiotic resistance in bacteria, a problem in the creation of human infections dubbed “superbugs.” On contact with the skin, it is almost immediately absorbed and enters the bloodstream. It also easily enters the environment as it is washed down the drains of our homes, and then reenters our systems in the food we eat and in other ways. It is harmful to wildlife and fish, is among the most frequency detected chemical in our streams, and is found in our drinking water supplies. It persists for decades in sludge and sewage sediments. It has been shown to be easily absorbed through the root systems of vegetables and, in fact, is found in higher concentrations in vegetables than in drinking water.



Frightened yet? Sometimes when we see facts like these in black and white we are paralyzed with feelings of fear and we wonder how we can do *anything* meaningful against such an overwhelmingly widespread problem. But we can! One small step at a time. We can first educate ourselves and our families, and then we can take action a little at a time. Taking tiny steps is preferable to complete inertia. So as you undertake your spring cleaning, here’s your chance to make wiser choices about which products to buy and use.



Events and Classes



For more information about these and other classes and events, click on the [Events](#) button on the Home Page.

Theragem Professional Training Light, Gemstone, Crystal Therapy

Saturday and Sunday, April 26-27, 2014
ILS Classroom



This professional training is for both new Theragem purchasers/users and professional healthcare practitioners who are interested in light therapy. Or join us to review your past training and upgrade your skills.

The Theragem™ Clinique line of fusion light technology harnesses the therapeutic power of dielectric frequencies, color, light and gemstones to stimulate positive shifts in the body, mind and spirit. Pulsed electromagnetic fields are beamed over semi-precious and precious gemstones and crystals to amplify and direct their natural healing energies. The targeted exposure triggers a chain of chemical responses that help shift the body toward homeostasis and the mind and body toward greater well-being.



There's hardly a condition that Theragem can't be applied to. That's why Theragem is the perfect complement to any modality. Below are a few examples of what Theragem can do.

Baby with weeping eczema. Photo on the right shows the improvement five days after a single Theragem session.



Severe burn to the lower leg, predicted to require skin grafts. Picture progression shows healing over two months using only the Theragem and aloe vera gel.



At this Basic Level I Theragem training, you will learn to:

- Use the Theragem therapeutically in a professional healthcare practice
- Identify the root causes of symptoms
- Work with a wide variety of gem cups
- Choose the correct gem cup for specific conditions
- Understand the uses of Elation therapy for a happy mind in a healthy body
- Understand the Spleen therapy for enhancing the immune system
- Understand Theragem's use of Schumann Resonance and White Noise technologies, plus chromotherapy
- Locate and correct the Assemblage Point for restoring and maintaining a well-balanced electromagnetic field and connection to the Higher Self
- Identify and break damaging language patterns and limiting beliefs
- Use heart rate variability (HRV) to connect to the client's motivation and sense of responsibility for healing and wellness

Part of this training is education about the Assemblage Point, which arises from a long tradition of shamanistic theory and practice about human energy. The Assemblage Point connects our physical self to our Higher Self, and it can be affected by many of the same things that affect our physical body. Therefore, it may need correction, cleansing and balancing. Working with the Assemblage Point is a major part of Theragem therapy.



Optional Add-Ons: Special acupuncture cups allow acupuncturists to apply this light gemstone therapy precisely to acupuncture points. And, the Crystal Essence Encoding Device allows you imprint the healing energy of any gemstone in the Theragem range into water, cream or oil carriers. A multi-frequency generator allows you greater control over choosing frequencies. Plus, choose from dozens of gem cups.

Theragem is a leading-edge light therapy that adds versatility to your practice no matter what your modality or specialty. Find out more by attending this weekend training. We hope to see you there!

Dates: Saturday and Sunday, April 26-27, 2014
9:30 am – 5 pm each day

Instructor: Catharina Jansma, CEO of Medica Health International, which is the creator and parent company of Theragem.

Location: The ILS classroom at Integrative Life Solutions, 2511 Neudorf Road, Suite G, Clemmons, NC 27012. Our phone is (336) 778-1950. Email us at Info@IntegrativeLifeSolutions.com

Training Fee: Cost for the April training is \$450, with an early registration discount to \$375 if you register and pay by April 5, 2014.

Registration: To register, please call ILS or email Pam@IntegrativeLifeSolutions.com. She can also provide you with travel and accommodations information. Please note that there is a minimum number required to make this class a “go,” so please do not book non-refundable airplane flights before confirming that the training is set.



Advanced Clearing Energetics with Richard Flook ACE Parts I, II and III

Wednesday, April 30 through Sunday, May 4, 2014

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 help restore vibrant health and well-being.

Disease and illness always have a cause—and you can discover it and do something about it!

Advanced Clearing Energetics is a method of discovering the root causes of problems and then clearing them. Join us for a training workshop in this innovative healing modality, offered for both healthcare practitioners and anyone suffering from a loss of health.

PLUS, join us for a FREE webinar. See details below.

ACE shows you simple techniques for reducing stress and for unearthing and resolving the underlying causes of your stress, helping to return your body to its natural energetic flow.

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.

Five-Day ACE Training in Clemmons, NC



Join us at Integrative Life Solutions for one or more of five 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. Richard is also trained in Neurolinguistic Programming, hypnotherapy, Time Line therapy and other modalities. He is devoted to helping people use leading-edge techniques to easily discover the energetic cause of a disease and learn from it, which helps to transform perception and enhance the body's own self-healing capacities.

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

FREE Webinar Introduction to the ACE method. Saturday, April 5, 2014. Starts at 2 pm ET (Toronto). Register at <http://www.advancedclearingenergetics.com/>.

Clemmons ACE Workshop Schedule and Registration

Space is limited so don't wait to sign up! **Early Bird special pricing is effective until Friday, April 11, 2014.**

Location: Integrative Life Solutions, 2511 Neudorf Road, Suite G, Clemmons, NC

Registration Contact: Phone: (336) 778-1950. Email: Pam@IntegrativeLifeSolutions.com.

Dates:

Level 1: Wednesday, April 30

Level 2: Thursday-Friday, May 1-2

Level 3: Saturday-Sunday, May 3-4

Class prices below are for new students only and apportioned according to how many levels you sign up for, as follows.

Level 1: Early bird special \$197. After April 11, \$397.

Level 1 & 2: Early bird special \$597. After April 11, \$994.

Level 1, 2, & 3: Early bird special \$1,197, After April 11, \$1,891.

Manuals and other instructional materials are included in the price of the classes. Each level also comes with additional bonuses, such as access to monthly online orientation calls, Facebook group participation, free downloads of upgraded manuals and slide shows and more.

Upon successful completion of a level, the student receives Practitioner Certification for that level.

Additional Information and Options

All levels come with an option to enroll in an ongoing program of Class Group Calls for additional learning with Richard Flook. [The price for this option \(all three levels and call program\) is \\$3,991. The Early bird special price for this option is \\$2,897 until April 11, 2014.](#)

Group registration options are available with even more savings, as are options for practitioners to bring one or two assistants.

You can opt to set up an easy monthly installment payment plan.

Each package option comes with bonus gifts.

To learn the details of what you will learn at each level and for more about fee and payment options, please visit the ACE website at <http://www.advancedclearingenergetics.com/clemmons2014>.



© 2014 Integrative Life Solutions, Inc. All rights reserved. This newsletter may not be reproduced, in whole or in part, by any means, including electronic means, without the express written consent of Integrative Life Solutions, Inc.

All of the health information in this newsletter is provided for educational purposes only. If you have a serious health condition, seek the advice of a qualified healthcare professional.

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