



August 2014 Newsletter

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What's New at Integrative Life Solutions

August Savings: 20% off any item in our Green Store



No gimmicks here! Whether you buy one item or ten, you get **20% off the highest priced item** you purchase, every time you shop during the month of August. **And if you have a Customer Reward Card, receive 10% off the combined total of the rest of your purchase.** Now that's a great deal! Hurry in and stock up! (Does not apply to online purchases.)

Back to School Special: 20% off Skin Deep Acne-clearing Products



When you look great, you feel great! Now you can deal with troublesome teenage skin problems and save big. Get **20% off any Skin Deep Acne product when you get an Acne-Clearing Facial**. This skin-healthy facial features Skin Deep glycolic and salicylic cleansers, steam exfoliation, high-frequency wave treatment that kills bacteria, cleansing mask selected for your skin type, and oil-free moisturizer. Perfect for females *and* males.

(Discount applied to a single Skin Deep acne-related product. Offer ends August 31, 2014. Cannot be combined with Customer Reward Card discount.)

Great Spa Packages and Organic Hair Salon Combo



Purchase a special Spa Package and get a FREE \$25 gift certificate for organic hair care at Annie's Organic salon here in Clemmons. Go [Specials](#) on our website to learn more. Offer good through October 1, 2014.

Lose Your Stress! FREE Relaxation Essential Oil Blend



Stress relief never felt so good—or smelled so good! During the month of August, when you book a 60-minute massage, you will receive **a free inhaler filled with a special Plantessence™ essential oil blend for maximum stress relief**. Inhale a few times and feel your body and mind responding, softening, loosening. . . ahhhhh.

Back-to-School and Sports Physical Exams



The start of school is right around the corner. That means new clothes, school supplies—and physical exams.

We are delighted to announce that James Stewart Campbell, MD, who has been the director of ILS Thermography Services for four years, **opened a general medical practice here at ILS on July 8, 2014**. He is available for general exams for kids of all ages.

Dr. Campbell brings the personal touch to medicine and healthcare. He developed the "MEDesign®" program, where he designs and implements the best treatment plans based upon your individualized needs and personality. You can be sure your healthcare experience will be uniquely warm and personalized. Patients of any age are welcome, although Dr. Campbell will not be doing prenatal care or obstetrics. Second opinions will be a specialty, and Dr. Campbell will be able to diagnose and treat 95% of medical problems. He will continue to offer diagnostic thermography as part of his practice.

Dr. Campbell has an impressive medical résumé as both an experienced physician and innovative biomedical engineer. He founded clinics in rural areas so residents would receive quality healthcare, practiced medicine in larger cities, and designed cutting-edge medical technology on his own and for established companies. He is also a pioneer in natural health, having studied herbs, medical simples, and

acupuncture. He believes the natural route to healing is the ideal, and knows how to integrate that approach with the best of modern medicine.

Dr. Campbell will see patients three days a week (Tuesday, Wednesday Thursday) from 9 am to 6 pm. If you are looking for a physician who has the personal touch and values combining the power of both conventional and natural medicine, then you have found him! To make an appointment with Dr. Campbell, please call the ILS Wellness Clinic at (336) 778-1950.

New Hours Starting in August



Integrative Life Solutions is changing the hours for its Green Store and Wellness Center. Beginning August 1, both will be open from 9 am to 6 pm, Monday through Friday, and 10 am to 4 pm on Saturday.

However, [massage therapists and estheticians will take appointments until 7 pm on weeknights](#). For appointments, please call (336) 778-1950.



Did You Know? Parenting Goes Right Down to the Cell Level



Whether children form a strong bond with a parent or caregiver early in life, especially during the first six months, or faces adversity and challenge can impact their future health. Tulane University psychiatrist Dr. Stacy Drury was recently awarded \$2.4 million to study how strong parent-child bonding confers genetic protection that can reduce that child's risk of disease well into adulthood.

Dr. Drury, a geneticist and director of the Behavioral and Neurodevelopmental Genetics Laboratory at the Tulane University School of Medicine, is a pioneer in new research exploring the biological consequences of early adversity on children. She is the first scientist to show that extreme stress in infancy can biologically age a child by shortening the tips of chromosomes, known as telomeres. These caps keep chromosomes from shrinking when cells replicate. Shorter telomeres are linked to higher risks for heart disease, cognitive decline, diabetes, and mental illness in adults.

Dr. Drury explains, "Telomeres are clearly a marker of the aging process, but they are increasingly being linked to stress. And what this suggests is that we have a marker that is in a cell that is sort of tracking the lasting impact of these negative early life experiences."

Other studies have provided evidence of the detrimental physical and psychological effects of stress in child development. For example, in a report by Jack Shonkoff, MD, and colleagues, "In addition to short-term changes in observable behavior, toxic stress in young children can lead to less outwardly visible yet permanent changes in brain structure and function. The plasticity of the fetal, infant, and early childhood brain makes it particularly sensitive to chemical influences, and there is growing evidence from both animal and human studies that persistently elevated levels of stress hormones can disrupt its developing architecture."

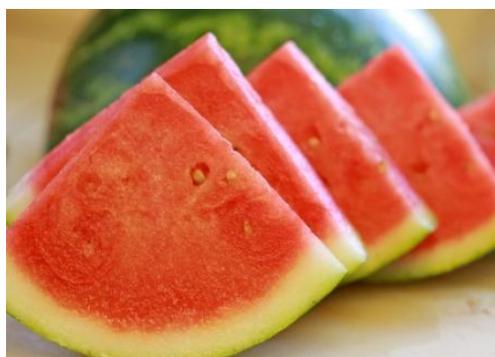


Dr. Shonkoff's research found that "advances in neuroscience, molecular biology, and genomics have converged on 3 compelling conclusions: (1) early experiences are built into our bodies; (2) significant adversity can produce physiologic disruptions or biological memories that undermine the development of the body's stress response systems and affect the developing brain, cardiovascular system, immune system, and metabolic regulatory controls; and (3) these physiologic disruptions can persist far into adulthood and lead to lifelong impairments in both physical and mental health."

The message for all parents is that there are myriad influences on their children's health, and that managing their children's stress—which for adults has been called "the silent killer"—may be just as important as providing love, good nutrition, a safe and clean environment, a rich social and cultural environment, and all the other aspects of a "good upbringing" that are more commonly known.



Health Wonders of Watermelon



Few foods signal the height of summer—and picnic season—like watermelon. It is sweet, juicy, and refreshing—and packed with nutritional benefits.

At just 46 calories per cup, watermelon is low calorie. Its high water content helps improve hydration and fosters healthy kidney function. Surprisingly, it also is high in fiber, so it helps keep the digestive system working well. One cup of watermelon also delivers about 17% of the daily recommended amount of vitamin A, which is great for healthy skin, hair, and eyes; 20% of the daily recommended amount of vitamin C, for a healthy heart and immune system; and a

good dose of potassium, which helps keep blood pressure within normal limits. But it also is full of other nutrients that impart important health benefits.

Lycopene

Topping the list of healthful ingredients is watermelon's generous amount of lycopene, the same substance that makes tomatoes so beneficial and that has sent scientists to the lab to try to tease out more of its secrets. When measured by weight, watermelon delivers more lycopene per serving than any other fruit. Lycopene is important for cardiovascular and bone health, and for proper nerve function. It currently is being aggressively studied for its anti-cancer effects.

Citrulline

Every cup of watermelon contains about 250 milligrams of citrulline, an amino acid that is converted by certain organs, including the kidneys, into another amino acid called arginine, which provides protective benefits for the cardiovascular system and helps improve blood flow. There is even some evidence that the conversion of citrulline to arginine may help block excess fat from accumulating in fat cells.

Choline

Watermelon contains choline, which is crucial for proper nerve transmission and muscle movement. It also helps improve the quality of sleep, boosts memory and learning, assists in the absorption of fat, and reduces inflammation, among other benefits.

Beta-carotene

Watermelons contain a major dose of this antioxidant, which helps your



tissues stay healthy and lowers the risk of all kinds of chronic diseases. The body converts beta-carotene into vitamin A, which nourishes your skin and helps keep your eyes healthy, especially your night vision.

Watermelon also contains thiamin, riboflavin, niacin, vitamin B-6, folate, pantothenic acid, magnesium, phosphorus, zinc, copper, manganese, selenium, and betaine. But to reap the full benefits, only eat watermelons that are fully ripe. Research into the nutritional value of various parts of the watermelon (the red meat, the whitish layer near the rind, the stem end and the blossom end) show that all contain a variety of healthful nutrients, but ripeness counts, too. Lycopene concentration—and the concentration of most of the other nutrients discussed here—is highest when the flesh has ripened from whitish-pink to a vibrant red.



Featured Products of the Month: Fashion Scarves and Fabric Bags

Time to add a bit of fun and dazzle to your fashion life?



No matter what you want to tote or store—from all your “stuff” in a colorful backpack to your cosmetics in a sassy zippered clutch—ILS has a selection of fashion fabric accessory bags you will love. We have a large selection of the ever-popular **Lar Lar Ollif** bags and other popular brands.



Plus, we have [infinity scarves](#), [fashion hair bands](#), and [jewelry](#), including bracelets with interchangeable charms. Stop by our Clemmons store while supplies last!



Feature Article How Open-minded Are You?



This is an article of stories. Teaching stories about what it means to keep an open mind.

We will start off with a true story told to me by a nurse. One winter night, a homeless man was rushed into the emergency room with a suspected heart attack. He was stabilized and then tests ordered in preparation for a likely surgery. To prep him, the nurses had to first clean him up. What they dealt with during this task was pretty much what they expected. His hair and beard were long and matted and would need to be cut and washed. His filthy clothes needed to be stripped and discarded. Obviously, he would have to be bathed, probably more than once.

As the nurses undertook these tasks, the first things to go were the man’s dirty clothes and worn, oversized work boots. But they encountered great difficulty pulling off his boots. When they finally succeeded, the nurses were shocked to find that the man’s feet were encased in packed, dried mud. It was so thick that it took multiple soakings to loosen and remove it.

Fast forward to after the surgery. The doctors and nurses had saved his life, but when the man emerged from anesthesia and saw his physical condition—clean and neat—he threw a fit, shouting that although they had saved his life with heart surgery, they had killed him anyway.

If you are in any way like me, you might have the same initial reaction I did: “Huh?” I did not understand his accusation. Although my mystification was mingled with compassion for the man’s plight in life, my second thought was more emphatic: a self-righteous “How ungrateful!”

But when the nurse explained to me why the man was so upset, my indignation turned to embarrassment.

When the man finally calmed down, he explained to the nurses that he knew he was going to have to go back to the streets and that by cutting his hair and beard and soaking the mud off his feet they had deprived him of survival necessities. All that hair and mud provided crucial insulation for the most vulnerable areas of his body. Now, with short hair and no beard, he would be unprotected, and it would take months and months to grow them back. As for the insulating mud pack—well, that would be difficult to replace but was doable.



Once I heard this explanation, my judgment turned to respect. I was impressed by the logic and ingenuity of this man’s survival strategies. Contrary to my opinion, he was actually watching out for his health according to the resources available to him in his environment. But all I had experienced at hearing his story was a typical knee-jerk reaction based on social myopia, stereotypical value judgments, and condescension.

Most of us are guilty of being closed minded and rushing to judgment. When we do, we not only close ourselves off, but place limits on others. We make mistakes that can create conflict and injustice, among other problems. Consider this story, which leads off an online article by Operation Meditation.

“If I told you that last week I took \$50 from a cash register at the local market what would you think? Would you look down on me for stealing? Maybe you’d be angry because you go to work every day and here I am just taking the easy way out by taking someone else’s money. Or, perhaps you’d have pity on me because my life must be horrible if I’m resorting to stealing.

“Now, what if I told you that I took the money because I own the store and was taking it out to donate it to the local orphanage? Does that change your impression of me?”

“When you have a closed mind, it’s easy to rush to conclusions. You pass judgment because you believe that there is only one answer or one solution in any given situation. You take the first thing that enters your head and establish it as fact.



“However, sometimes you’re wrong. When that happens it can hurt relationships, negatively affect your health and certainly alter how positively you see the world.”

The rush to judgment can limit us in other ways as well. Here is a final story.

A young man was walking through a mountain pass, high in the Andes, up and down ancient Inca steps and along narrow trails. Halfway through his journey home to his isolated village, he came across an old woman who was journeying in the opposite direction. It was not unusual to see a solitary person walking through the mountains, because in rural Peru there are few options except walking, and it can take a full day or more to get from one village to the next.

What was very unusual was that this old woman appeared to be drunk. The man wanted nothing to do with her, but he could not avoid stopping and interacting with her since the path was

so narrow only one person could pass at a time. As he stepped aside to let her pass, she stopped and began a conversation. She informed him that she was returning home from a wedding and then began peppering him with questions: Who are you? Where are you going? What do you do? What do you want from life? And on and on. The man brushed her off, judging her unfavorably for her drunkenness, dismissive of the impertinence of her asking such personal questions, and impatient at the interruption of his long journey.

A few days after later, the young man told his elderly friend about his meeting on the mountain path. The old man shook his head and told him, “You have missed a great opportunity. That was not just an old woman! Legend tells us that when we are walking alone in the mountains and we meet an old woman returning from a wedding, we must ask her for a wish. That woman is the spirit of the mountains and can work miracles! But we must recognize her for what she really is, not how she appears to the eyes in our head. She sometimes tries to fool or trick us, acting as a simpleton or a drunkard. We only recognize her through the eyes of our heart. And when we do, she grants us our wish.”



There are variations of this story in many cultures and spiritual traditions. The moral of the story is to treat all people with respect, for all people are imbued with “God.” But when we focus only on the outer person, we miss their inner divinity. We also lose a chance to practice accessing and expressing our own spirit of love and compassion.

Each of these stories illustrates a different face of close-mindedness. So what can you do to foster a more open mind? According to experts and others, some of the most useful strategies include:

- Become more self-aware: you can’t change what you aren’t conscious of
- Be willing to change old emotional and mental habits
- Listen more, talk less
- Get the facts before forming an opinion.
- Be inquisitive and curious, consider myriad possibilities
- Treat others with respect, including their opinions
- Allow yourself and others to be vulnerable
- Be sincere and frank, and encourage those qualities in others

If you put even a few of these strategies into practice, your whole way of being—and your relationship to others and the world—is likely to shift for the better.



Essential Oil Recipes of the Month: Make Your Own Perfumes



Why pay top prices for perfume when you can make your own? Here are some ideas for making essential oils perfumes and the information you will need to get started.

Perfume “Notes”

Essential oils are sorted into three categories according to their evaporation rates. Top notes are the most volatile, evaporating most quickly; medium notes come next, and base notes follow, having the longest evaporation rate. In a perfume, you want the scent to stay relatively stable over time, so base notes are

important. But you also want to try to have at least one of each “note” so that your perfume has “depth.”

Scent Categories

Essential oils also are classified by scent. Here are the major groups and an example of each:

Floral – Lavender
Woodsy – Balsam Fir
Earthy – Patchouli
Herbaceous – Rosemary
Minty – Peppermint
Medicinal – Eucalyptus
Spicy – Cinnamon
Oriental – Patchouli
Citrus – Sweet Orange

Blending Categories

Not all scents go together pleasingly. It is best to follow guidelines about which groups blend well. In general, woody scents go with any other scent, so they make good perfume choices. Florals tend to blend best with spicy, citrus, and woody scents. Minty scents pair up well with citrus, woody, herbaceous and earthy scents. The spicy and oriental oils blend nicely with floral, oriental, and citrus scents.



Now that you know the basics, you can go online to see where your favorite scents fall into these categories and make your own perfume. Below we provide two recipes for you to try. Because of possible skin irritation, it is best not to put undiluted oils directly on your skin, so you can dilute your perfume blend in fractionated coconut oil. Remember to always look up the contraindications of the oils before using them and to follow safety guidelines concerning pregnancy and health conditions. The recipes below are for a 15 milliliter glass bottle.

Perfume Recipe: Sprite

4 drops Cedarwood
6 drops Lavender
3 drops Bergamot
1 drop Peppermint
Fill rest of 15 ml bottle with fractionated coconut oil.

Perfume Recipe: Sassy

3 drops Patchouli
1 drop Ylang Ylang
11 drops Sweet Orange
Fill rest of 15 ml bottle with fractionated coconut oil.

We invite you to visit www.Plantessence.net to learn more about essential oils and to drop by our Clemmons store or online store to choose pure, therapeutic-quality Plantessence essential oils and aromatherapy accessories, such as mixing bottles, inhalers and books.



Grapes: A Novel Approach to Treating Diabetes and Other Conditions



The answer to treating diabetes may be as close as the nearest grapevine. Nearly 26 million Americans suffer from type 1 or type 2 diabetes, so finding a natural treatment would be a huge leap forward. Scientists at Wayne State University, in Ohio, may be closing in on just such a natural approach for type 2 diabetics, the most common type of diabetes.

In type 2 diabetes, the body either does not produce enough insulin or cells cannot properly use the insulin. "Type 2 diabetes is one of the major chronic diseases of modern societies," says Gloria Heppner, Ph.D., associate vice president for research at Wayne State University (WSU). "It threatens the health of a variety of populations, with growing numbers of young people being diagnosed with the disease every day." The new approach to treatment centers around grape skin extract, with research being led by Kequan Zhou, PhD, an assistant professor for food and nutrition science at WSU.

WSU reports that "preliminary studies by Dr. Zhou have demonstrated that grape skin extract exerts a novel inhibitory activity on hyperglycemia and could be developed and used to aid in diabetes management." The National Center for Complementary and Alternative Medicine of the National Institutes of Health has awarded \$2.1 million for Zhou's transitional study, which hopes to provide the first hard evidence that grape skin extract and its components could not only treat type 2 diabetes but might even prevent it.



While Dr. Zhou and his group are studying grape skin extract, another part of the grape—the ground up seeds—are already being used to treat a variety of health problems. Grape seeds, especially from red wine grapes, have been shown to be effective for helping with a number of cardiovascular and circulatory conditions, high cholesterol, wound healing, and eye problems related to diabetes. Grape seed extract is commonly used in skin care products, and it shows promise for helping with premenstrual syndrome.

Still another type of grape is showing real results in lab tests—muscadine grapes. Muscadine grape skin extract—especially that made from red and purple muscadines—has been shown to have vigorous anti-cancer properties in lab studies, and it is touted as a potent antioxidant and anti-inflammatory. It is also healthy for the skin.

Most people have heard about resveratrol, a component of red wine and red grapes that has been widely touted for its health benefits. Recent study results have called some of those claims into question, or at least scaled them back. Still, from past and current research, it appears that when it comes to natural "medicine" and the wide array of conditions one fruit may help, the grape is turning out to be a standout.



Featured Therapy: Neurofeedback and ADD/ADHD



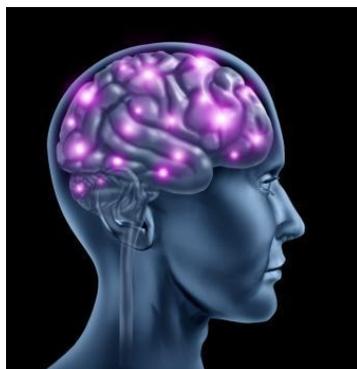
As many as 11% of American children have been diagnosed with Attention-Deficit Disorder (ADD) or Attention-Deficit Hyperactivity Disorder (ADHD), and many are on medications. However, those medications come with a host of side effects and they tend to address symptoms instead of the root of the disorder. Behavioral therapies are growing in popularity, especially those that teach children how to concentrate. But as one reporter says, "For a child without ADHD, the act of concentrating on a task helps speed the brain's activity, rendering it more efficient. The contrary is true for a child with ADHD—inversely, concentration makes a child with ADHD

more distracted and therefore less efficient. That's why simply trying to help a child pay attention isn't the most effective solution."

While researchers do not yet understand fully what is at the root of these disorders, one fact is undisputed. These disorders are not about the child's attitude or refusal to behave, but about his or her brain. Something is not working properly in that child's brain, which is why neurofeedback is becoming a more popular choice for treating these children.

Neurofeedback, also called EEG biofeedback, is a form of brain biofeedback that retrains the brain from dysfunctional patterns back toward more "normal" functions. That training can take many forms, but almost every kind of neurofeedback system provides a "reward" to the brain when it responds within normal limits for a task. Over time, the brain begins to relearn the new pattern, which can become permanent with enough training.

Usually with ADD/ADHD, the retraining involves beta and theta waves, which are primary in attention,



focus, and concentration tasks and processes. Depending on the problem, retraining can help a child with underactive concentration, attention, and focus patterns to speed them up. Or, it can help to slow them down if they are too active. But these two brain waves are by no means the whole story, which is why most neurofeedback starts with the therapist recording a "brain map." This shows exactly what is going on in the child's brain in great detail. The neurofeedback sessions are then tailored for that child and his or her particular brain wave patterns.

Although this treatment is still not widely known in the US, where doctors tend to rely heavily on pharmaceutical interventions, it has been in use for decades here and elsewhere. Research is more rigorous overseas than in the States; however, in 2012 the American Academy of Pediatrics

approved biofeedback and neurofeedback as a Level 1 or "best support" treatment option for children with ADHD.*

Back in 2009 *US World and News Report* did a story reporting that "neurofeedback hasn't yet proved out and it isn't cheap, but it dangles the prospect of a permanent cure." The fact is that while the quality of the studies is improving, much more needs to be done. Parents are likely to be left confused if they do an Internet search, and research studies are not easily available via the Web. And, as with every treatment, neurofeedback works better for some people than others. Still, the evidence is mounting that neurofeedback is a safe, natural and effective treatment option for ADD/ADHD, and for some children and adults even a cure.

At Integrated Life Solutions, Inc., we provide Clear Mind Neurointegration training, a type of neurofeedback that also uses brain entrainment, which can speed up results. You can learn more about the Clear Mind system and the host of conditions neurofeedback may help by [clicking here](#).

* American Academy of Pediatrics report: *Evidence-based Child and Adolescent Psychosocial Interventions*, released November 2012.



Events and Classes



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

There are no classes or public events scheduled for August.



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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.