



INTEGRATIVE LIFE SOLUTIONS

July 2014 Newsletter

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What's New at Integrative Life Solutions



Incredible Savings
Everything in our Green Store Is on Sale
10% to 50% Off

This sale is so special that we are keeping our doors open on Friday, July 4, from 9 am to 4 pm. Drop by and save big! Everything in our Clemmons "green" store and our spa retail area is deeply discounted, up to 50% off.

Choose from a wide assortment of all-natural, non-toxic, organic, eco-friendly and fair-trade products:

- personal care and baby products
- EMF protection and other environmental products
- mineral cosmetics, non-toxic nail polish, sunscreen
- essential oils and aromatherapy supplies and books
- vitamins, supplements, minerals, homeopathics
- books, music, singing bowls and world instruments (Jamtown)
- herbs, sage, metaphysical items
- snack and food items
- jewelry and gift items, and much more

Sale starts July 4 and goes through Saturday, July 12, while supplies last. You won't want to miss it!

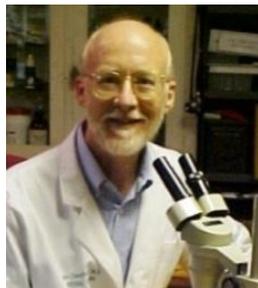
Sale does not apply to online shopping.



Salon “So Smooth” Pedicure Special

Gorgeous feet go beyond pretty toenail polish—gorgeous goes right down your soles. Get a [free enzyme peel for superb exfoliation](#) and you will have the softest heels and soles ever! You cannot get an enzyme peel at just any nail salon. It requires an esthetician, and ours is ready to pamper your feet for free when you purchase any basic or deluxe pedicure. Call (336) 778-1950 today for an appointment. Offer expires July 31, 2014.

New Medical Service at ILS



Dr. James S. Campbell

We are delighted to announce that James Steward Campbell, MD, who has been the director of ILS Thermography Services for four years, is [opening a general medical practice here at ILS beginning July 8, 2014](#).

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.



Did You Know? Interesting Facts about Emotions and Feelings



Did you know that there is a difference between emotions and feelings? Academics, especially neuroscientists, make a distinction. Emotions are our body’s preprogrammed responses to stimuli. They are unconscious and happen almost automatically. It is difficult to mask these responses, such as surprise or disgust. They reveal themselves in our facial expressions and our body language so quickly that we cannot suppress them. Feelings, on the other hand, are our conscious impressions of those automatic responses. They describe our conscious reaction to what our body just experienced.

Since emotions and feelings are core to us as human beings, they deserve a closer look. Here are some fascinating facts about emotions and feelings.

- If you fake a feeling—say, by deliberately moving your face into a smile pose—eventually you will actually start to feel that emotion. That’s why some people say “fake it until you feel it.” So next time you are feeling down, wear a smile, and soon you may actually feel much happier.
- Colors affect emotions. While everyone responds a little differently, generally people report that they find red and orange stimulating and green and blue calming. Studies found that children playing in a room with orange walls were more friendly, alert and creative than those playing in neutral or dark colored rooms, such as white, gray or black.
- Smiling is one of the most complex emotions. Researchers have identified up to 18 different “kinds” of smiles, including self-effacing, polite, false, love, amused, bemused, coy, sexy, beatific, and guilty.
- Animals shed tears, but only human cry for emotional reasons or in response to being moved by aesthetic experiences.
- Anger, fear, sadness and surprise are the hardest emotions to fake. When you are forcing your face and body to look one way but feeling something different, the mixed message makes it difficult for your muscles to respond, and so the emotion looks faked.
- Humans make more than 10,000 unique facial expressions, some very subtle, to express the range of emotions. That’s a lot of variation considering we have only 43 facial muscles.
- We may not be able to easily suppress emotions because they occur at a physiological level, but many of us are masters of suppressing our feelings. We especially do so to act “proper” in professional and social situations.



Summer Health Supercharge



It’s feel-good time! The sun and warm weather are here, and both just naturally lift our mood and put some pep into our step. We get out more, and so get more exercise. We plant gardens and visit farmer’s markets, and so eat healthier. This is generally a great time of the year to improve your health.

Here are two strategies for easily and naturally supercharging your health that you can best put into practice during the summer months. You can easily bolster your health without any effort at all!

Soak Up that Vitamin D

That means *not* wearing sunscreen for the first 15 to 20 minutes you are out in the sun.

The best way to stimulate your body to make vitamin D (which actually is a hormone and not a vitamin) is by exposing your skin to the sun. Since most Americans are woefully deficient in vitamin D, and because it is so crucial for health (more about that in a moment), make the most of the spring and summer sun and get your vitamin D naturally, instead of through a supplement. You can do that by waiting at least 15 to 20 minutes before covering up or slathering on sunscreen (See our May 2014 issue about the possible health hazards from the chemicals in many sunscreens. Choose organic, chemical-free sunscreen for your family, especially the kids.) To get the most benefit, make sure you are exposing a lot of skin to the sun, such as your arms and legs, and not just your face or feet.

Vitamin D has become the darling of doctors, nutritionists and other healthcare providers because research over the last decade has shown that a low blood level of this hormone appears to have serious health consequences. It is vital for strong bones and a healthy cardiovascular system. Low levels of it have been correlated to increased risk not only for chronic illness but for osteoporosis, heart disease, cancer and even multiple sclerosis. So take advantage of the sunshine while it's here by safely and wisely letting it rev up your vitamin D levels.

Connect with the Earth

Take off your shoes and feel the earth beneath your feet. Sit or lie on the (chemical- and pesticide-free) grass and enjoy the sun on your face. Making contact with the earth is called “earthing” or “grounding”—and it's good for your health. The earth is one of the largest producers of free electrons, and research is showing that these electrons may be great for your health. In fact, some people call earthing the ultimate anti-oxidant. Here's why.



Research—admittedly considered controversial by many in mainstream science—shows that absorbing electrons naturally from the earth may reduce inflammation, improve blood viscosity and heart rate variability, lower cortisol levels (the

major stress hormone), help balance the autonomic nervous system, and even help protect us from damage from manmade electromagnetic fields.

For most of human history we have been intimately linked to the earth and in direct contact with its energy fields. But modern life, with its rubber-soled shoes and steel structures and so on, has insulated us from these natural fields, perhaps to the detriment of our health.

Earthing enthusiasts say that we need 30 minutes of direct contact with the earth a day. It's as easy as sitting with your bare feet on the ground in your backyard while enjoying that glass of iced tea, lying flat on your back in a grassy field while reading a book, or using a non-insulating beach towel or mat while at the shore. So toss off those sneakers, get your feet back in contact with “Mother Earth,” and let the healing energy flow.



Featured Product of the Month: Plantessence Essential Oils



All pure essential oils were created by nature—they are the extracts from the stems, leaves, bark, roots, flowers and other parts of plants and trees. But our new line of nine essential oil blends is also based in science.

Plantessence™ essential oils blends were designed by our clinical aromatherapist based on clinical and academic research into the targeted effects of essential oils on the nervous system, brain, emotions, hormones, and other aspects of physiology.

Need to chill out and calm down? Or rev up your energy and get going? Or focus and concentrate? We have an oil blend that science has shown can do just that reliably and quickly. Here's a short description of these carefully researched and designed blends and their uses:

- **Alive & Thrive:** Reduces the harmful hormonal/chemical effects of stress on your body, bolsters free-radical scavenging for an anti-aging effect, and reduces stress and inflammation
- **Calm & Balance:** Helps restore equilibrium to your endocrine glands while reducing anxiety, relieving stress and elevating mood
- **Clear Mind:** Enhances concentration and focus, especially good for ADD/ADHD
- **Carefree:** Super stress-buster and “nerve tonic”
- **Feelin' Good:** Superb mood elevator that also increases alertness and relieves stress
- **Perfect Balance:** Quiets a nervous system that's in overdrive, so perfect for the type A personality
- **So Serene:** Balances the nervous system (sympathetic and parasympathetic) while helping to lower systolic blood pressure
- **Unwind:** Takes your foot off the gas pedal of stress and applies the brakes, providing major relief to your body; also stimulates the lymph system and acts as an anti-inflammatory
- **Upbeat:** Say goodbye to feelings of depression, anxiety and low energy while balancing the autonomic nervous system

We also offer 100% pure, therapeutic-quality individual oils, and aromatherapy supplies and books. Drop by and check out the entire Plantessence line!



Feature Article

Partnering For Your Health

As the old saying goes, two heads are better than one. That's especially true when it comes to your health. After all, it is *your* health, and that means by definition you have to be involved. There are real benefits to not giving up control to or relying solely on a physician or other healthcare practitioner to decide what is best for you. People who partner with their doctors instead of ceding decision-making to them have better results and improved health.



Here are some ideas for making your doctor not only a better advocate for your health, but a better long-term partner in fostering your overall well-being. (In the interest of not using “he” or “she” continually to avoid gender bias, we will switch between the two pronouns.)

Find a physician who *really* listens. Communication is the key to any partnership, and it is paramount to your health. This is perhaps the most crucial aspect of building a long-term partnership with your

healthcare provider. Some physicians talk the talk, but don't walk the walk. So pay attention, and remember that actions speak louder than words. Does your doctor schedule the time to talk with you? Does she give you undivided attention or is she writing in a chart or otherwise doing something else while you talk? Does he ask questions, solicit your opinion, and engage in two-way, instead of one-way, communication? Does your doctor welcome your input, or does he appear impatient and standoffish? When she talks to you, does she use language you can understand? The answers to these and similar questions will reveal whether your physician is really invested in you as a person or is just running you through the mill as a customer.

Be your own advocate. Although you expect your doctor to be knowledgeable, ethical, and everything else a professional should be, your health condition ultimately depends on you. That means you have to assert your right to understand what is happening and what is recommended and not just take orders from the doctor. It's up to you to ask what a test is for and why you need it, or ask for a test you think you need. It's your responsibility to both follow doctor's orders and to *question* them when they don't feel right or you don't understand them.



As an example, a woman in her early 50s was advised by her doctor to start hormone replacement therapy (HRT) because she was in menopause and experiencing unpleasant symptoms, such as intense hot flashes, insomnia and osteopenia. But she had done her research and found a few "frontier" scientists and physicians questioning the safety of the current kind of HRT. She had a strong feeling that synthetic hormones were not something she wanted to put into her body. Plus, she had discovered some natural ways to manage her symptoms. So she told her (female) doctor about her concerns, even bringing some the research with her. Her doctor was not open to her opinion and said she did not have time to read the research. What would you do in that situation? This woman found a new doctor. And she wasn't surprised when only six weeks later there was a rush of breaking news reports and magazine articles announcing new findings showing that HRT was potentially harmful to health and advocating that its use should be scaled way back. This is what it means to be your own advocate. Educate yourself and, within reason, follow your own sense of what's best for you.

Build a healthcare team. Consider that you might need a *team* of partners, not just one primary care physician. If you prefer natural health options, don't expect a conventionally trained doctor to be your partner. Choose to add a holistic doctor or naturopath to your team. If you believe we are energy beings as well as physical beings, add an acupuncturist or light therapy specialist to your team. If you believe diet is among the most important aspects of maintaining good health, make an appointment with a nutritionist. To best serve your health needs, you may need a handful of different kinds of health professionals on your team. After all, you would not call on your dentist to set a broken leg or on your internist to fill a cavity.



Health involves your body, mind, spirit, exercise, diet, stress management, even your social life and family life. Health is *all* of you, so build a team where you have an advocate for each aspect of yourself. Take responsibility for your incredible fullness and multi-dimensionality by surrounding yourself with others who champion all parts of you, too.

Know yourself and be honest about yourself. Even though we all make the assumption that we know ourselves, chances are there are a lot of aspects of yourself and your life that you either don't pay attention to or choose to ignore for whatever reason (guilt, shame, procrastination, denial). But if you don't know yourself and are not honest about what you do know, you can't expect your physician to be a good partner. Periodically, it's a good idea to take a time out and do a thorough health and lifestyle self-assessment.



Then be honest when making health disclosures to your providers.

During a doctor's visit, when you fill out the intake form, do you fly through it? Or do you really consider exactly how you are feeling, note any small but perhaps significant changes in your health, report on "bad" habits, and the like? Do you hide things from your doctor? Do you overstate the positive (Yes, I finally joined a gym!) and under-report the negative (Okay, okay! I joined the gym but I hardly ever go.). Hold yourself to the same standards to which you hold your healthcare providers—integrity, honesty, openness, knowledge. Then share your real health history and current condition, not the rosy picture that makes you feel better about yourself or won't embarrass you in front of your doctor. A healthy dose of reality is necessary to manifest and maintain a healthy you.



Essential Oil Recipes of the Month: Headache Relief and Mood Enhancer

We invite you to visit www.Plantessence.net to learn more about essential oils and to drop by our store to pick up essential oils and aromatherapy accessories, such as mixing bottles, inhalers and books.

A great way to use our blends of the month is in inhalers (if appropriate). Most inhalers take about 24 to 30 drops total of essential oils, have a cotton insert to absorb the oils, and a tube seal to ensure the oils don't leak out. To make an inhaler, follow these directions:

- Decide which recipe you are going to make and gather the necessary oils.
- Blend the oils in a small glass jar or cup.
- Drop the inhaler cotton insert into the mixing cup to soak up the blended oils.
- Place the loaded cotton insert into the empty inhaler tube and seal it.
- Uncap the inhaler, take a gentle but deep breath, and enjoy! (Place inhaler *under* your nostrils, not *in* them!)



Headache Relief



Sun, sand, surf—all the summer exposure to the elements can lead to a headache. Or, maybe you suffer from recurring, chronic headaches. Give nature a try for relief. This essential oil blend can be inhaled gently at the first sign of a headache to help halt it in its tracks.

Blend the oils for use in an inhaler (see above) or diffuser. If you properly dilute the essential oil blend in a carrier oil, such as jojoba or almond oil, you can also rub a drop or two on your temples (but be sure to keep it away from your eyes).

16 drops Lavender (*Lavandula angustifolia*)
8 drops Peppermint (*Menthe piperita*)*
6 drops Eucalyptus (*Eucalyptus radiata*)**

Pick-Me-Up Mood Enhancer

When you feel down, this blend will quickly help shift your nervous system and emotions to bring the sparkle back to your eyes. Use an inhaler that you keep in your pocket or purse for a quick lift whenever you need one.

10 drops Lemon (*Citrus limonum*)

12 drops Orange (*Citrus sinensis*)
8 drops Rosemary (*Rosemarinus officinalis*)**

* Do not use peppermint undiluted on your face, especially around your eyes.

** Eucalyptus essential oil should be avoided by pregnant women in their first trimester and those who are lactating. Rosemary essential oil should not be used by anyone with extremely high blood pressure or by pregnant women or those who are lactating.

Always check the contraindications of the oils before using them. Some oils should not be used by people with certain medical conditions and by women who are pregnant or lactating. Never ingest essential oils or use them on the skin undiluted. Do not use essential oils on infants or young children. Use only highly diluted oils with children age 8 to 12. If in doubt, consult a qualified aromatherapist.



Kids' Health: When Too Much of A Good Thing Is Bad for Them

When you reach for a cereal or snack bar in the grocery store, chances are that all things being equal you might choose the one that touted health benefits on the package, such as "Fortified with Vitamins and Minerals." Well, actually, that might not be the best choice.



New research is raising warnings that kids who eat a lot of foods with added vitamins and minerals may actually be getting too much of a good thing, and their livers and bones may be paying the price.

The Environmental Working Group recently released a report sounding the call that nearly half of all kids age 8 or younger may be getting dangerously high levels of vitamin A, zinc and niacin because so many of the packaged and processed food they eat are fortified with these vitamins and minerals.

After examining the vitamin and mineral content of 1,550 fortified cereals and 1,000 fortified snack bars, researchers discovered that 114 of them had 30 percent or more of the adult daily value of certain vitamins and minerals. The daily value for kids is much less than that for adults, and when you consider that children are eating many different foods all fortified with vitamins and minerals, the chances are high they may get amounts that can harm, instead of help, their health.

What's the risk? Studies show too much of these vitamins and minerals can lead to liver damage, skeletal abnormalities and hair loss, among other effects. The problem extends to pregnant mothers as well, since the fetus gets its nutrients from what the mother eats.



Renee Sharp, EWG's research director and co-author of the report, said, "Heavily fortified foods may sound like a good thing, but it when it comes to children and pregnant women, excessive exposure to high nutrient levels could actually cause short or long-term health problems. Manufacturers use vitamin and mineral fortification to sell their products, adding amounts in excess of what people need and more than might be prudent for young children to consume."

So as you scan the grocery aisle, by all means select a few fortified foods. But, once home, serve them to your kids in moderation. Be especially careful if you are already giving your children a daily vitamin pill or supplement. If so, you might want to be more vigilant about not giving fortified foods to your kids. And, of course, the best solution is to gradually cut all (or most) processed foods out of your kids' diets and choose natural, organic, additive-free choices.



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 July, except for our [Blow-Out July 4th sale](#). See "What's New at ILS" at the beginning of this newsletter for details about saving 10% to 50% on everything in our Clemmons retail store.

Plus, drop by to learn more about [Dr. James Campbell's new medical clinic](#) as he partners with Integrative Life Solutions and brings personalized medical care to our Wellness Center.



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