


INTEGRATIVE LIFE SOLUTIONS

September 2014 Newsletter

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What's New at Integrative Life Solutions

Gaia Herbs Sale



Drop by Integrative Life Solutions to save on top-quality herbs, natural medicinals, and health products—direct from the Brevard, NC, Gaia Farm to you. The Gaia motto is Purity + Integrity = Potency. They produce some of the finest therapeutic-level herbals and natural medicinal products available, and [you can save big during our September Gaia sale](#). Choose from a variety of herbals, including blends such as Serenity, Quick Defense, Throat Shield, Adrenal Health, Sound Sleep, Male Libido and Women's Libido.

Plus, we offer individual herbals, such as Olive Leaf, Milk Thistle, Cranberry Concentrate and more. Learn more about Gaia Herbs in our Featured Product of the Month section below.

Calling All Students!



Just in time for school—a great-smelling essential oil blend for increased concentration, focus and memory. Studies show that certain scents can improve cognitive and academic performance, and our [SuperStudent blend](#) combines science and nature to produce a blend for use by students from elementary school to college. [An easy-to-use SuperStudent inhaler containing this special essential oil blend is available during the month of September for only \\$8.](#) Read more about it in the Essential Oil Recipe of the Month section, including safe use instructions, later in this newsletter.



Did You Know? Lucid Dreaming Improves Waking Insight

We all dream. Most of us occasionally remember our dreams. A few of us “awaken” within a dream and realize we are asleep and dreaming. For those few, being “lucid” in a dream can translate into greater smarts when they are awake.



The state of being asleep but conscious that you are dreaming is called “lucid dreaming,” and a new study by Dr. Patrick Bourke, of the University of Lincoln School of Psychology, in the UK, shows that the cognitive effects of being a lucid dreamer spill over into waking life. Lucid dreamers are better problem-solvers and show greater insight than people who don’t know they have dreamed until they wake up in the morning with the remnants of the dream still fresh—or foggy—in their minds. Dr. Bourke’s study is the first to provide empirical evidence that there are cognitive benefits to lucid dreaming.

Dr. Bourke says, “It is believed that for dreamers to become lucid while asleep, they must see past the overwhelming reality of their dream state, and recognize that they are dreaming. The same cognitive ability was found to be demonstrated while awake by a person’s ability to think in a different way when it comes to solving problems.”

In the study, 68 people between the ages of 18 and 65 were selected. Their experience of lucid dreaming ranged from none to frequent episodes (several times a month). They were tested to determine their problem-solving ability and insight using word combination challenges. Presented with three words—such as “mile,” “sand,” and “age”—they were asked to provide a single different word that combines with the three test words to produce a new but commonly used word or term. One solution is the word “stone.” (milestone, sandstone, stone age). The people who reported being frequent lucid dreamers solved on average 25% more of the challenges than those who rarely or never had lucid dreams.

To explain the results, after considering other possible factors, Dr. Bourke and his colleagues reasoned that when you are asleep and dreaming but your conscious mind becomes aware of incongruities and inconsistencies—and downright oddities—in what you are experiencing or observing, it assumes that you must be dreaming since such oddities do not match up with what it knows and assumes as the logical and ordered state of waking “reality.” This hyper awareness translates in waking life into being able to look at problems in new and novel ways, skills that are part of what academicians call “insight.” Greater insight translates into better problem-solving.



Diet Tips for Relieving Depression

While there are no foods that can cure depression, diet and nutrition can do a lot to help both banish the occasional streak of blue as well as help stabilize more balanced moods for those with depression.



General recommendations include decreasing or abstaining from alcohol, which is a nervous system depressant, and getting a diet rich in natural, not processed, foods, which contain more vitamins and nutrients. That means cutting back on packaged and commercially prepared foods, and loading up on fresh veggies and fruits. It also helps if you prepare your meals from scratch using quality ingredients to up their nutritional level. Maintaining an overall healthy, nutritious, and fresh diet is an almost universally recommended strategy for maintaining or fostering good mental health.

Brain chemicals matter, too. Serotonin plays a huge role in mood disorders, and most anti-depressants work to increase, or at the very least to maintain, adequate serotonin levels. According to the 2013 study titled “Effect of diet on serotonergic neurotransmission in depression,” published in *Neurochemical International Journal*, “The neurotransmitter serotonin (5-HT), synthesized in the brain, plays an important role in mood alleviation, satiety, and sleep regulation.” The maintenance of serotonin levels is targeted by many modern anti-depressants. But diet can also help.

Foods high in the amino acid tryptophan are the key. Although serotonin is found naturally in many foods, it cannot get through the blood-brain barrier. Tryptophan can penetrate that barrier, and once it gets to the brain it is converted to serotonin. Turkey is one of the foods highest in tryptophan. It’s best to cook it from scratch, roasting it in your oven, rather than buying processed turkey meats or cold cuts. Since vitamin B6 helps to convert tryptophan to serotonin, make sure you are getting enough of this vitamin. Foods that are a rich source of vitamin B6 include sunflower seeds, pistachio nuts, cooked tuna, cooked turkey and chicken, lean cooked pork and beef, dried prunes, spinach, avocados, beans, eggs and bananas.



Another B vitamin—B9—is also useful. B9 is also called folic acid, which is the manmade version of folate. It is important to your body for a number of reasons, including making healthy new cells, but it is water-soluble, so you have to take folic acid regularly to keep the level up in your body. One study that explored the relative value of a type of anti-depressant called a selective serotonin reuptake inhibitor (SSRI) taken with folic acid or a placebo showed

that 93% of participants received improvement from the SSRI/folic acid combination compared with only 61% of the SSRI/placebo group. You can get folate from dark green leafy vegetables, dried beans and peas, and citrus fruits. Many commercial foods, such as breads, pastas and cereals, are fortified with folic acid.

Omega-3 is a type of fatty acid that the body needs but cannot make on its own. It is most commonly ingested by eating certain types of fish, but there are other common foods that are rich sources.



Studies have shown that people who suffer from depression have lower levels of omega-3 in their blood than others. In several small studies, omega-3 has been shown to smooth out the mood swings in bipolar disease (manic depression). One study showed that 64% of the study participants—who all had a history of manic depression—felt a marked improvement in their symptoms after taking 10 grams of fish oil a day for four months. One theory is that omega-3 helps make it easier for serotonin to pass through cell walls so it can be effectively used by the brain. Since omega-3 can worsen some types

of diseases, you should consult a doctor before taking supplements, and the recommended daily dose is 3 grams.

While you can get omega-3 in supplement form, as fish or krill oil capsules, the richest source of dietary omega-3 are flax seeds, walnuts, sardines, salmon, shrimp, soybeans, Brussels sprouts, cauliflower, winter squash, and eggs.



Featured Products of the Month: Gaia Herbs

If you read the What's New at ILS section at the top of this newsletter, you know we are holding a special sale in September on all of our Gaia Herbs products. This is a great line of high-quality, locally produced herbs and herbal medicinals. The Gaia Farm is located right here in North Carolina!



We offer a selection of herbal blends and individual herbs. All herbs are certified organic, unless otherwise noted, and they are meticulously processed to retain their highest therapeutic value.

Here are a few Gaia products that you will want to check out, especially now that allergy season is here and the kids are back to school and exposed to airborne and other contaminants.

[Astragalus Supreme](#) is a super immune booster. This combination of herbs works to provide deep-level immune support while encouraging stamina and stress-relief.

[Olive Leaf](#) is another super immune stimulant while also offering the anti-aging and health-enhancing benefits of increased free radical scavenging. Olive leaf also supports cardiovascular health.

[Ashwagandha Root](#) is an adaptogenic, working on the nervous system and immune system to foster optimal functioning. It also helps to stabilize moods and energy levels.

[Milk Thistle Seed](#) supports healthy liver function. Gaia Herbs concentrates its Milk Thistle Seed extract under low temperatures and pressure to preserve the crucial phytochemical silymarin, which promotes healthy liver cell function and cholesterol metabolism.

This September Sale is in-store only, so drop by Integrative Life Solutions to stock up and save!



Feature Article

The People's Physician: An Interview with Dr. James S. Campbell



Dr. Campbell has been the Director of ILS Thermography Service for four years, and he has now opened a full-service medical clinic called MEDesign® here at Integrative Life Solutions. He sees patients three days a week—Tuesday through Thursday.

Dr. Campbell prides himself on combining modern medicine with an old-fashioned “personal” touch. In this exchange with ILS newsletter editor Joan Parisi Wilcox, Dr. Campbell talks about his approach to healthcare and his top strategies for staying healthy.

Joan: You started your MEDesign general practice at ILS in July. What is MEDesign?

Dr. Campbell: The concept of MEDesign is to design and implement the most effective medical therapy for each individual patient. The idea of one-size-fits-all medicine leaves a lot of people with unsatisfactory results.

Joan: How is it going at the new clinic and what are your objectives for it?

Dr. Campbell: MEDesign General Practice is off to a good start, combining the personal touch of the general practitioner with the latest medical knowledge and techniques, including modern computer medical records.

Joan: Here's your chance to promote yourself! What's different about your approach to medicine and healthcare that would compel someone to switch doctors and choose you?

Dr. Campbell: I pay attention to my patients and try not to rush them. By taking a good history and doing a good physical exam, I can confidently diagnose and treat them, ordering other tests only as needed. This slower, more personal approach is being abandoned by a lot of clinics, but it's the standard here at MEDesign General Practice.



Joan: ILS Spa and Wellness Center focuses on complementary and alternative healthcare and wellness services. Are you a fan of holistic health?

Dr. Campbell: Absolutely! To think that only prescription medicines are effective is to ignore thousands of years of medical knowledge. My motto is “Anything in the world can be used as medicine—herbs, vitamins, minerals, massage, exercise, acupuncture, meditation—you name it.

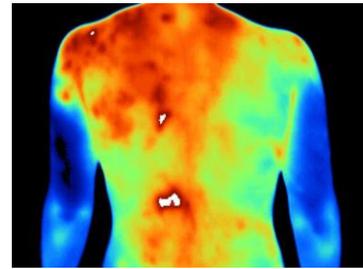
Joan: In addition to being a physician, you are also a biomedical engineer. That means “science geek” to some people! How does being the “people's physician” and an inventor and engineer mix?

Dr. Campbell: Both the technical and human aspects of medicine are important. One without the other gives a poor outcome many times.

Joan: You are a big advocate of thermography, even though it is still not well accepted by the mainstream medical establishment. What is thermography and what benefits does it offer?

Dr. Campbell: Thermography is a unique way to visualize certain medical problems that cannot be done by other means, or only by more invasive means. Detecting early breast cancer is a main use of thermography, but all kinds of other diseases and conditions can be documented, such as arthritis, soft

tissue injuries, nerve problems, carpal tunnel and TMJ, spinal disc and other back problems, even rare pain syndromes such as Chronic Regional Pain Syndrome. And thermography is non-invasive and radiation-free. It detects minute heat variations—the thermal heat from the body—from which we detect, using computers, possible abnormalities.



Joan: What do you think are the most pressing concerns in terms of health today?

Dr. Campbell: Ignorance is the biggest problem. Our government, schools, corporations, and even doctors have fostered a system to promote ignorance of real health issues. An old Oriental saying is: “When there is no ignorance, doctors will no longer be needed.”

Joan: From your decades of healthcare experience, what would you say are the top five strategies people can undertake to recover their health if they are ill or to maintain good health if they aren't?

- Eat good food
- Drink clean water
- Do not use tobacco
- Exercise regularly
- Get enough sleep and relaxation

To experience modern medicine with a personal touch, make an appointment with Dr. Campbell by calling [\(336\) 778-1950](tel:3367781950).



Essential Oil Recipe of the Month: SuperStudent Blend



A great way to use our blend of the month is in an inhaler. Most inhalers take about 25 to 30 drops total of essential oil, have a cotton insert to absorb the oil, and a tube seal to ensure the oil does not leak out. To make an inhaler, follow these directions:

- Decide which recipe you are going to make and gather the necessary oils.
- Dispense and blend the oils in a small glass jar or cup.
- Drop the inhaler cotton insert into the mixing cup to soak up the oil.
- Place the loaded cotton insert into the empty inhaler tube and seal it.
- Uncap the inhaler, hold it under your nose, take a gentle but deep breath, and enjoy!

SuperStudent Blend: Concentration, Focus, Memory, and Calmness



Supercharge yourself for the new school year!

Clinical studies have shown that peppermint essential oil increased memory and alertness, upping the results of volunteers undergoing cognitive testing. Lavender and rosemary reduced anxiety in test-takers. Eucalyptus is widely used to reduce nervous tension and induce feelings of calmness. It also is said to increase blood circulation to the brain.

To make the blend, combine:

- 12 drops Rosemary (*Rosemarinus officinalis*)

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

Students can use this blend a few times a day: in the morning before school, once or twice during the day (including five to ten minutes before taking a test) and once before doing their homework. Simply uncap the inhaler, hold it an inch or so below the nose, and take a few gentle but deep inhalations.

When you need that extra little edge for academic excellence, SuperStudent Blend can do the trick!

Use and Safety Notes: Essential oils should not be used by children younger than age 8. Do not insert the inhaler into the nostrils. Eucalyptus and rosemary have contraindications for anyone with a seizure disorder or epilepsy. Peppermint in strong doses can cause breathing problems or throat swelling in very young children, so even though there are only a few drops of peppermint in this blend, caution should be used for children who have asthma or respiratory problems.

We invite you to drop by our Clemmons store or shop online in our Green Store to choose pure, therapeutic-quality Plantessence essential oils and aromatherapy accessories, such as mixing bottles, inhalers and books.



Featured Therapy: Foot Reflexology

Many people have never heard of reflexology, and if you have you might not think of it as a therapy. Well, we have news for you! Read on not only to learn about this most relaxing of therapies, but to see actual heart rate variability measures that show the dramatic effect it can have on lowering stress and helping to boost nervous system function. Chronic stress is called the silent killer because it has such a damaging effect on our cardiovascular and nervous systems.



In foot reflexology, specific points on the feet are associated with various organs and body systems, from the eye to the liver to the shoulder. Depending on your wellness goal, specific points are massaged with varying amounts of pressure to stimulate the energetic connection to these organs or body areas. It is believed that stimulating the energy flow, or life-force energy (called *chi*, *prana*, or *qi* in various traditions), to these areas of the body activates the body's own self-healing capacities, restoring equilibrium to that body area or organ.

Scientific research has shown that foot reflexology can have powerful therapeutic effects. For example, in one randomized, controlled clinical study, women suffering from multiple sclerosis received nearly two months of foot reflexology therapy, which helped significantly in "alleviating motor, sensory and urinary symptoms." The relief was persistent for up to three months after treatment. Foot reflexology also has been shown to relieve anxiety and pain in lung and breast cancer patients.

A review article of various kinds of reliable, randomized and controlled scientific studies on foot reflexology reports that:

"1. Reflexology has an impact on specific organs (e.g., fMRI readings demonstrated an increase in blood flow to kidneys and to the intestines)

2. Reflexology can demonstrate an amelioration of symptoms (e.g., positive changes were noted in kidney functioning with kidney dialysis patients)
3. Reflexology creates a relaxation effect (e.g., EEGs measure alpha and theta waves, blood pressure was decreased, and anxiety was lowered)
4. Reflexology aids in pain reduction (27 studies demonstrated a positive outcome for reduction in pain; e.g., AIDS, chest pain, peripheral neuropathy of diabetes mellitus, kidney stones, and osteoarthritis)."

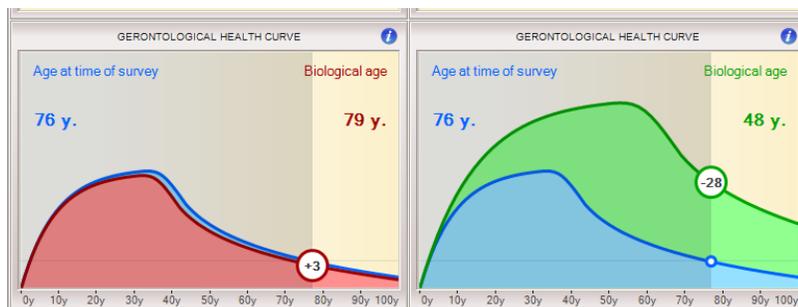
Other studies mentioned in this overview article report on foot reflexology's benefits in the relief of migraine and tension headaches, pain and anxiety from cancer treatments, bowel and digestive issues, insomnia, kidney function, sinusitis, premenstrual syndrome, and other health-related problems.

At Integrative Life Solutions, we often do a heart rate variability scan before and after a therapy to see how that therapy has helped therapeutically tone the nervous system to reduce stress and enhance health. Below are a few of the "before" and "after" screen shots from a HeartQuest heart rate variability scan on a 76-year-old woman who had a foot reflexology session.



The top left pie chart and reading shows that she was tremendously stressed, with a stress index reading of 577, well above the high end of the normal range of 150. After the 40-minute reflexology session, her stress index was well into the normal range, at a reading of 82 (upper right pie chart and reading). This means her nervous system had shifted into a more adaptable state, enabling it to begin regulating itself in a healthy way.

The lower two readings in the above graphic show her autonomic nervous system (which controls almost all unconscious body processes, from breathing to digestion) was severely out of balance, working incredibly hard to regulate itself. After the single reflexology session, the reading went from 877 to 144, way out of range to just within normal range. The "life force" or "vitality" reading went from a low of 11 to 116. The normal range is between 50 and 500, with the higher the reading, the better.



This reading shows chronological versus biological age as determined by how the nervous system is handling stress (or not!). As you can see, before reflexology, this woman was biologically older than her actual age, meaning her health was equivalent to a 79-year-old. Shortly after reflexology, her system had dumped so much

stress and begun regulating itself so much better that it was functioning with the efficiency of a 48-year-old!

If you are curious about how foot reflexology can help enhance your health, call us for an appointment. A half hour foot reflexology session is only \$30. If you would like, we'll provide Before and After HeartQuest

heart rate variability scans at less than half price (\$30*) to show you exactly how reflexology has worked on shifting your nervous system. Call (336) 778-1950 today!

*Normally, the first HeartQuest scan is \$45, with follow-ups at \$30 each. You can read more about HeartQuest heart rate variability on our website by clicking the Wellness Center portal, on the Home page, then selecting the Bioenergetic Therapies button and clicking HeartQuest from the dropdown list.



Allergy Relief the Natural Way



Fall is the season for watching the leaves change color, cheering on your favorite football team—and suffering with the sneezing and sniffing, watery eyes and scratchy throat of allergies.

Before you reach for harsh chemical, over-the-counter medicines, why not consider the more natural, holistic options that are widely available?

The following natural remedies are effective for most kinds of allergies, not just seasonal pollen allergies. Of course with seasonal allergies, it's always a good idea to shower after coming inside and wash out your eyes with a saline solution (if

you have asthma, check with your doctor before using saline.). But when you need more help, the suggestions below are all good options for making it through fall without the usual allergy-induced misery.

Homeopathic Remedies: There are many effective homeopathic remedies for allergies, and most can be used safely not only by adults but also by children as young as age 2. Short of visiting a homeopath to receive a specific remedy, there are many commercial products for general allergy-symptom relief. Boirin is a major name in high-quality homeopathics, and its Sabaдил Allergy Relief remedy is highly effective. Most homeopathic remedies are non-drowsy, work naturally with your body, and have no interactions with other medications you may be taking. Usually, however, you have to take them frequently—up to four or six times a day (most commonly as tiny pellets dissolved under your tongue or in your mouth).

Herbs: If you choose herbs as your remedy of choice, it's wise to begin taking them a month or even two months before the start of allergy season to prep your system and help keep symptoms to a minimum when the allergens are actually around.

Herbs that are commonly used for their antihistamine and other anti-allergy properties include dong quai, milk thistle, stinging nettles, and yarrow.

A favorite home-remedy is good old-fashioned peppermint tea. Peppermint is a great decongestant and anti-inflammatory, plus it has all kinds of other benefits, including antibacterial and antiviral properties. You can make your own tea using dried peppermint leaves or buy organic peppermint tea bags. Steep a cup and fan the steam over your nose between sips, gently inhaling the steam to get the full respiratory benefit.



Essential Oils: You can also use a therapeutic-quality peppermint essential oil. Just heat a cup of water and add one or two drops (less is more!) and fan the steam over your nose, inhaling a few times very



gently. Beware of using peppermint with children, however. It can cause their throats to constrict and close. And never ingest essential oils, so this “tea” is for steam-inhalation purposes only.

Other essential oils for inhalation that help relieve coughing and congestion, open airways, reduce inflammation and treat other common allergy symptoms include Lavender (*Lavandula angustifolia*), Eucalyptus (either *radiata* and *globulus*), Cypress, and Rosemary.

Before using essential oils, always check contraindications, such as restrictions for high blood pressure, epilepsy, and asthma. Pregnant women or those who are lactating should avoid using essential oils. Use extreme caution with young children (2 years to 8 years) and do not use with infants.



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 September.](#)



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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.