



INTEGRATIVE LIFE SOLUTIONS

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What's New at Integrative Life Solutions

Neurofeedback: Helping the Brain Retrain Itself



We're excited to announce the addition of a powerful new therapy—neurofeedback. Research has shown that many people suffering from an injury or disorder—such as anxiety, depression, autism, brain injury, post-traumatic stress disorder, ADD or ADHD, migraines, even chronic insomnia or cognitive/functional losses from aging or a stroke—have brain wave patterns that have drifted

from the “norm.” Neurofeedback is a non-invasive biofeedback training that helps the brain “teach” itself to restore normal brain wave patterns. As a result, health and functional improvements are made. You can read all about it on our website, www.IntegrativeLifeSolutions.com, under Wellness Center/Bioenergetic Therapies/Clear Mind Neurofeedback.

Relieve the Misery of Chronic Pain—Combined Therapy Available Only at ILS



Whether you suffer from back pain, knee pain, neck pain—any kind of acute or chronic pain—you can experience relief through the combined therapies of pulsed electromagnetic fields and massage. Our clients are raving about the pain relief!

We combine the structural relief of massage with the bioenergetic power of the miHealth, a technology that integrates electro-stimulation and pulsed electromagnetic fields.

In September 2013, the miHealth was touted on “The Doctors” television show as the “brand new device you can’t live without.” And on his show Dr. Oz raved about the pain-relieving effects of pulsed electromagnetic field therapy, calling it the future of pain-relief therapies.

Now you can benefit from these combined therapies right here at ILS, your neighborhood wellness center. Read more about both massage and the miHealth on our website under the Wellness Center portal, www.IntegrativeLifeSolutions.com. Massage is under the Spa Services dropdown link, and the miHealth is in the link list under Bioenergetic Therapies.

Take Advantage of Our New Spa Combo Savings Packages



We are offering four new Spa Combo Savings Packages that provide you the luxurious and relaxing health and beauty services you love at a greatly reduced price. Choose from the following packages. You’ll be glad you did!

Spa Indulgence \$170

(Regularly \$228, a \$58 savings)

Indulge yourself with an hour massage, an hour organic facial, a deluxe non-toxic manicure and pedicure, and a 30-minute foot reflexology session. If you enjoy all of your services in one day, you may want to special order a catered box lunch for only \$10 more.

Deluxe Relaxation \$130

(Regularly \$170, a \$40 savings)

Say “Ahhhhhh!” as you receive a relaxing one-hour massage, One-hour organic facial, and a deluxe non-toxic pedicure.

Sweet Relief \$120

(Regularly \$160, a \$40 savings)

End a long work week with two hours of pure stress-relief as you enjoy a 30-minute massage, 30-minute facial, 30-minute ionic footbath followed by 30 minutes of foot reflexology.





Pamper Yourself \$90

(Regularly \$120, a \$30 savings)

Every day is the perfect day to say “I’m worth it!” Treat yourself to a healthful and stress-reducing 30-minute massage followed by a beauty-enhancing 30-minute organic facial and a basic non-toxic pedicure.

Call to book your Spa Combo Savings Package today!



Did You Know?

Ready for some health trivia? Here are some interesting health facts that could change the way you think about your body and help you make positive shifts in some of your health habits.



Love your coffee, soda or energy drink? They can help keep you focused and alert during the day, but they can be detrimental to sleep. The problem is most are supercharged with caffeine. Studies show that 33% of people who drink four or more caffeinated beverages a day are at a higher risk for sleep apnea, a serious sleep disorder that can result in health problems and may even shorten your life.



Want to lose a little weight? Eat smelly foods. Actually, any highly “aromatic” meal will help you eat less. There are more than 5 million scent receptors in your nose. Taste isn’t about your tongue, it’s about your nose, which is why when you have a cold, food tends to taste bland. Studies show that the more aromatic a meal, the less you eat but the fuller and more satisfied you feel. Curry, anyone?



Wouldn't be great if you could think yourself into a stronger body? Well, you can, and the benefits are impressive. Many studies have shown that as little as 15 minutes of visualization a day for three months can improve your muscle strength. One group of men simply sat on a couch and visualized doing arm reps with weights. Three months later they had increased their arm strength by more than 13%. Other research showed that simply watching people dance caused the observers' muscles to respond as if they were dancing, too. These muscle micro-movements can, over time, actually improve your muscle tone. This is a great way for those with physical limitations or disabilities to improve or maintain muscle tone and strength.



Don't like going to the dentist? You could be putting your heart at risk. Gum disease puts you at twice the risk for stroke and heart attack. Researchers are not sure exactly what the correlation is but they think it has something to do with gum bacteria getting into your bloodstream and causing inflammation. So keep up with that brushing and flossing!



Improve your heart health by listening to music. Many studies have shown that jiving to your favorite tunes improves the condition of the lining of your blood vessels, called endothelial function, which reduces your risk of heart disease. Adding in some movement, or listening while exercising, boosts the healthful cardiovascular effects as well as contributes to weight loss. The best effect was found with music that lifted your spirits and made you feel happy. A happy mood stimulates the release of endorphins in your brain, which then helps boost the levels of the various compounds that help protect your heart.



Feature Article

Defying the Odds: Radical Remission from Cancer

You've probably heard of spontaneous remissions from cancer, but is there really anything "spontaneous" about these seemingly miraculous cures? Not according to Dr. Kelly Turner, an integrative cancer researcher who has been studying patients who against all odds and defying conventional medical expectation were healed of or in remission from cancer through their own efforts. (For the actual research, go to www.drkellyturner.com). In a *Washington Times* interview, Dr. Turner said, "The issue that I have with the word 'spontaneous' is that, by definition, it means 'without a cause.' Like it just happens out of the blue, unpredictably. To use the word 'spontaneous' really takes away from what I have found in my research, which is that many of these people worked very hard to get better. They didn't just sit there and twiddle their thumbs and poof, one day their cancer was gone."



Dr. Kelly Turner

The patients' intense investment in getting well is what prompted Turner to consider another term for their health turnarounds. Ultimately, she settled on the term "radical remission." She explained, "I think 'radical' indicates two things. It indicates that this is a radical occurrence. This is out of the ordinary. Number two is that it involves radical changes, which is really the heart of my research—that these people made radical changes to their lives."



Her definition of a radical remission from cancer is "a remission that occurs either 1) without any conventional medical treatment, 2) after conventional treatment has failed to work, or 3) when conventional and complementary methods are used in conjunction to overcome a dire prognosis (any cancer with a <25% 5-year survival rate)."

Dr. Turner's research is dedicated to explaining how and why thousands of people defy the odds of their terminal cancer prognosis. After traveling the world to talk to patients themselves, she was able to group their healing strategies, mindsets and beliefs into nine categories. Her forthcoming book, *Radical*

Remission: Surviving Cancer Against All Odds, discusses her findings in more detail. Surprisingly, even to Dr. Turner, the majority of the nine strategies appear to have nothing to do with the physical body. They are mental or spiritual in nature. This, of course, suggests that there is a strong link between the mind and physical body, which has been a staple belief of integrative and complementary healthcare providers for decades.

Let's take a quick look at the nine categories:

1. Change of diet
2. Cultivation a deeper spirituality (not a "religious" affiliation, but any deepening of spiritual connection with a higher figure and even nature)
3. Increased feelings of joy, love and happiness
4. Release of buried or denied emotions
5. Increase in use of herbs and vitamins
6. Increased development of and trust in personal intuition about treatment decisions
7. Taking personal responsibility and control of one's health, not deferring to others
8. Having a strong will to live
9. Receiving good social support

Until recently, no one really knew how often radical remissions occurred. Turner says that they are more common than thought, but not often reported in the medical literature. She said when she speaks at medical conferences she often asks the oncologists and physicians in attendance for a show of hands on how many have had cases of spontaneous remission from cancer in their practices. Every time she asks, at least a few of the doctors in the audience raise their hands. When she then asks how many have published the data in medical journals, most, if not all, lower their hands.

Back in the 1980s, The Institute of Noetic Sciences (IONS), a research organization devoted to frontier science and mind-body-spirit health research, created a database of unexpected remissions from cancer, called the Spontaneous Remissions Bibliography Project. They combed through more than 3,500 references in more than 800 medical journals in more than 20 languages. They found thousands of cases, far more than anyone thought there would be.



The report author writes, "While it is often quoted that spontaneous remission occurs in approximately one in 60,000 to 100,000 cases, it is not clear from where this figure is derived. However, based on the number of incidences of spontaneous remission this author collected in a short period of time, it would appear that the number could easily be 10- to 20-fold greater than what is reported in the medical literature."

IONSs also reports that radical remissions occur for just about every type of cancer, although the largest number of reported cases are in neuroblastoma, renal cell carcinoma, melanoma, and leukemias/lymphomas. You can read more about this project on their website, <http://noetic.org/research/project/online-spontaneous-remission-bibliography-project>.

IONS's findings about what prompts a radical remission are similar to those found more recently by Dr. Turner:

- A shift from dependency to autonomy combined with attitudes and behaviors that promote increased independence, awareness, playfulness, satisfaction, joy, humor, and other positive emotions and attitudes.



- Facing the crisis and moving through the initial despair and pain to discover a new motivation to live a fulfilling and meaningful life.
- Evaluating self-sabotaging beliefs and behaviors and taking responsibility for the self and control of life. Letting go of what is outdated within the self and living each day with a renewed connection to life.

- Becoming comfortable with expressing and accepting your true feelings, needs, wants and desires. Letting go of judgments about “good” and “bad” within the self and others. Being able to say “No” to things that do not support your own well-being.
- Having at least one strong, loving relationship to another person, an activity, organization, mission, etc. Having a sense of a fulfilling purpose. something that brings you satisfaction and that nurtures you. Fostering strong interpersonal relationships.
- Finding a physician whom you trust and can develop a good working relationship with; a situation where both you and your healthcare providers are able to be open and truthful about decisions related to your health and well-being.
- Accepting the diagnosis, but not the prognosis. Seeing the disease as a lesson, opportunity or challenge that you can meet, one that allows you to re-vision yourself and your life and providing you a renewed desire to commit to life.
- Reducing stress in your life and choosing activities and practices (visualization, yoga, spiritual practices, etc.) that promote self-awareness and enhance spiritual awareness (whatever that looks like for you, including a reconnection to nature).

Obviously, there is no way to force a remission from cancer. These “spontaneous” events occur not because we will the cancer to go away, but because we use the “opportunity” cancer provides us to go deep inside and change ourselves. As cancer patient Jim Valvano said, “Cancer can take away all of my physical abilities. It cannot touch my mind, it cannot touch my heart, and it cannot touch my soul.” Still, there are no guarantees. Medical science does not yet understand why some people who undergo a deep re-visioning of themselves and their lives succumb to their cancer, while others experience radical remissions. The good news is that researchers such as Dr. Kelly Turner are finally getting around to trying to find out.



Yoga: Surprising Health Benefits from an Ancient Practice

Yoga is the one of the fastest growing health practices in the United States. Once associated with the



New Age fringe, yoga has gone mainstream. Classes now are offered in local fitness centers and the YMCA, senior centers, many schools, and even at some businesses, which see the wellness benefits as reducing the bottom line in health care costs.

Most people take yoga because it feels good—there’s not too much potential for injury, the stretching increases flexibility by loosening and toning muscles, the balancing moves improve agility, and the breathing practices increase stamina and enhance respiratory health. Overall, yoga’s stress-reduction effect goes a long way toward boosting overall long-term health. But is

there is any science behind these health benefits and claims? The answer is “Yes, lots of it.” In fact, it is rather surprising just how many conditions yoga can help.

- Yoga improves muscle strength while increasing muscle, tendon and joint flexibility, and keeps your spinal discs supple, all of which helps you stave off arthritis and reduce back pain. In fact, a NCCAM-funded study of 90 people with chronic or recurring low-back pain found that those who

practiced Iyengar yoga had significantly less disability, pain, and depression after six months. A 2011 study of 313 adults with chronic back pain showed that three months of yoga increased their function more than did the recommended conventional medical care.

- Yoga has been shown to help the elderly improve balance and reduce falls.
- Yoga helps lower blood pressure. Researchers publishing in the British medical journal *The Lancet* showed that after only three months of doing a single yoga pose (called the Corpse pose) people had an average of a 26-point drop in systolic blood pressure (the top number) and a 15-point drop in diastolic blood pressure (the bottom number). The higher the person's initial blood pressure, the bigger the improvement.
- Yoga has been shown to be an effective antidote to depression. One study revealed that a consistent yoga practice improved depression by stimulating a significant increase in serotonin levels and a decrease in the levels of monoamine oxidase (an enzyme that breaks down neurotransmitters) and cortisol (a stress hormone).
- Yoga helps reduce blood sugar and LDL ("bad") cholesterol and it boosts HDL ("good") cholesterol. In fact, people with diabetes who took up yoga experienced significant drops in their blood sugar levels. It seems that yoga helps to lower cortisol and adrenaline levels, which not only encourages weight loss but also improves sensitivity to the effects of insulin.
- An estimated 24 million Americans have COPD (chronic obstructive pulmonary disorder, which includes chronic bronchitis and emphysema). Many are finding relief through yoga. A study by researchers at the All India Institute of Medical Sciences, Department of Pulmonary Medicine and Sleep Disorders, found that after 12 weeks of yoga, patients with COPD improved on a range of lung function parameters, including increased lung function, reduced shortness of breath, and less lung and airway inflammation.



Diet as Antidote to Chronic Disease

A group of influential physicians in England recently issued a startling statement: "We are not going to overcome chronic disease by prescribing more pills." They called for a revolution in healthcare based on changing the way people eat, advocating a Mediterranean diet as one of the most important changes people can make to encourage good health into old age.



Specifically, they challenged the medical establishment to consider diet as an effective way to stave off dementia, the incidence of which is increasing as Baby Boomers age.

They have been joined by health experts and physicians from France, the United States, Italy and Greece in urging governments to invest more in teaching the public about the benefits of a healthy diet and lifestyle. They said that currently there is no effective treatment for dementia and other age-

related cognitive declines, but that the protective effect of diet has been largely ignored by the medical establish and government health agencies.

A recent study funded in part by NCCAM and published in the journal *Neurology* focused on the influence of diet on blood markers (nutrient biomarkers) and brain health. It revealed that specific dietary patterns may provide a protective effect on younger people and prevent cognitive decline in older people.

Researchers examined the blood concentrations of 30 nutrient biomarkers to determine their collective effect on cognitive function. They found that those study participants who had higher concentrations of vitamins C, D, E, and specific B vitamins circulating in their systems scored higher on tests of cognitive function. MRI scans also showed that they had less total brain shrinkage than those people showing lower concentrations of these vitamins. Higher omega-3 fatty acid concentrations also translated into better brain function, including sharper “executive” function and improved concentration. However, people who had higher levels of plasma trans fatty acids (found in some margarines, store-bought baked goods, and foods fried in or containing partially hydrogenated oil) had worse cognitive function overall than those with lower concentrations on trans fatty acids.

Dr. Aseem Malhotra, a cardiology registrar at Croydon University Hospital in England and one of the physicians adding his voice to this call for change, said: “We are not going to overcome the increasing burden of chronic diseases by prescribing more pills. The medical profession has itself been guilty of placing too much emphasis on drugs, the benefits of which are often grossly exaggerated and fuelled by a powerful pharmaceutical industry, who naturally wish to expand the use of their drugs for financial gain. The evidence base for the Mediterranean diet in preventing all of the chronic diseases that are plaguing the Western world is overwhelming.”

What is the Mediterranean diet? It’s not a “diet” as in a calorie-restricting regime you undertake to lose weight. It’s a style of eating that is common to the traditional peoples in those countries around the Mediterranean Sea.



Basically, it loads up on fruits and vegetables, sidelining meat to small portions that serve as accents to a meal rather than as the centerpiece. The types of meats eaten are the leaner cuts of beef; poultry, especially chicken and duck; and lamb, pork and goat. This cuisine also features whole grains, “good” oils, omega-rich fish, and a moderate amount (a 5-ounce glass) of wine, especially resveratrol-rich red wine.

What would you eat if you were to adopt a Mediterranean diet?

You’d start by never skipping breakfast, and eating a healthy, filling one. Breakfast tends to include, fiber-rich whole grain breads and fresh fruit, preferably organic. Some examples, adapted for the US lifestyle, might include a low-sugar Greek yogurt in which you swirl a handful of low-sugar granola and fresh berries. Or a toasted whole-grain bagel spread with a mashed avocado or hummus, or whole-grain toast on which you have melted a piece of low-fat cheese, accompanied by a slice or two of tomato or avocado.

Twice a week, you would choose to eat heart- and brain-healthy fish, which means those rich in omega-3 fatty acids. Choices include tuna, herring, salmon, sardines, crab, abalone, sea bass, lobster, mackerel, tilapia, mussels, oysters, and clams. But don’t make the error of battering and frying them. In Mediterranean countries, fish is cooked flavored with olive oil and herbs or grilled, so the calorie-count stays low.



You would experiment with eating vegetarian one or two days a week, designing meals around whole grains and beans, vegetables, fermented foods (which are great probiotics and keep your digestive system healthy), spices and herbs. You could add a sprinkling of cheese or top your vegetarian creation with a bit of sour cream and salsa, but you would go light on the high-fat accents, such as creamy sauces.

You would eat dairy for bone-health, but think “low fat” when making choices. Traditional cheeses in the Mediterranean diet are brie, chevre, corvo, feta, haloumi, manchego, Parmigiano-Reggiano, pecorino, ricotta, low-sugar (less than 10 grams a serving, and preferably even lower) plain yogurt. However, cheese should be an accent to a meal, eaten in low or moderate amounts, or eaten as a snack.

You would cook with “good fats”—extra-virgin olive oil, nuts, raw sunflower and other kinds of seeds, a variety of olives, and avocados. And these ingredients would be staples in all of your salads.



You would enjoy sweets, but in moderation. Your desserts would be fresh, not store-bought, and more often than not you would substitute fruit for confectionary desserts such as cake or cookies. You won't regret making the change! You will soon see how delicious a cup of berries or melon is when it's topped with a dollop of yogurt or whipped ricotta that is drizzled with locally grown honey and sprinkled with cinnamon and a few shaving of dark chocolate. (Yes, you can make 1 ounce of organic dark chocolate, which has many health benefits, a daily habit!) You'd substitute high-fat potato chips for organic blue corn chips that

you dipped in hummus, salsa, or fresh guacamole dip. There are all kinds of yummy dessert and snack choices that will satisfy your sweet tooth while supporting good health.

Finally, you will pay attention to portion sizes, giving up the Super-Size-Me attitude and learning moderation.

If the Mediterranean diet appeals to you, start slow, making small but incremental changes. Challenge yourself to adopt this cuisine style for two days a week. Then three. . . and pretty soon you will find that it's a natural part of your life. Also nurture your creativity and daring. Try new foods. Experiment with new recipes. One of the strongest habits we have is our food choices. We tend to buy, prepare and eat the same few foods over and over, year after year. Isn't it time to step up your game and venture into new culinary territory? If you choose to eat the Mediterranean way, you not only will be delighting your palate, but enhancing your health as well.

Events and Classes



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

We are putting in place a line-up of fabulous classes for the spring. Check back in the February newsletter for all the details or visit the Events tab on our website (www.IntegrativeLifeSolutions.com) home page.

In the meantime, mark your calendars with these dates.

**Saturday and Sunday, March 1-2
The Energetics of Essential Oils:
All About Aromatherapy and Health**

ILS Classroom, 10-5 pm each day



**Saturday, March 15
Essential Oils: Make Your Own Natural Cleaning Products**
ILS Classroom, 10 pm – 5 pm



**Theragem Training
Light, Gemstone, Crystal Therapy
Friday, April 4, evening seminar open to public
Saturday and Sunday, April 5-6, Professional Training**
ILS Classroom



Friday through Sunday, May 2-4
Advanced Clearing Energetics with Richard Flook
ACE Parts I, II and III
ILS Classroom



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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.