



2009 Fall Newsletter

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Breast Cancer Awareness Month

Let's talk about prevention...

Studies show that lifestyle changes after treatment for breast cancer decrease reoccurrence - why not apply this knowledge to prevention? Our immune system works to police for mutant cells and remove them. Take pro-active steps in your daily life to promote healthy breast tissue and lower risk.

What are some ways to promote an efficient immune system? Many breast cancers are estrogen-dependent. A daily intake of fiber such as ground flaxseed promotes removal of estrogen. Flaxseed's lignans can also choke off a tumor's blood supply. Increase your intake of dark, green leafy vegetables and B vitamins (from whole grains) to help the liver detoxify chemicals. Cruciferous vegetables such as broccoli protect the liver and breast.

Treat your senses to the deep colors and flavors of fall that are rich in life's nutrients.

Recipe: Mint Vinaigrette

Mint contains breast-protective limonene which is also found in orange and lemon peel.

Combine ingredients and mix well, drizzle over your veggies.

- 2 tablespoons chopped fresh mint
- ½ cup extra virgin olive oil
- 1 teaspoon natural mustard
- ¼ minced shallots
- ¼ teaspoon sea salt
- Juice from 1 fresh lemon

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Classes and Special Events

"Take a Spa Moment"

Autumn marks the beginning of a new schedule of classes and events to support your health goals. Beginning in October, the second Tuesday of each month is designated as "Take a Spa Moment". To rejuvenate your immune system we offer half-hour sessions of acupuncture, acupressure/ tuina massage or facial rejuvenation. You can schedule any combination of sessions for optimum stress reduction and deep relaxation. Each 1/2 hour session is \$ 25.

Gift Certificates

Gift Certificates are a special way to say thank you to a customer, reward an employee or honor a birthday or anniversary.

Givers receive rewards: Relax to a free 30 minute Holiday Stress buster with a \$ 120 purchase of gift certificate(s).

Well-Being Facial

Fall and Holiday Glow special - get one facial and receive second for 50%. Call Edit 941-544-8009 to schedule your appointment.

Dance!

Bonnie Gray of "That's Dancing" is offering a free introductory dance lesson at her studio and at the Dance Parties at the Bradenton Women's Club. Call 941.741.8131 to schedule with Bonnie.

Herbs from the Garden



Ginger root is easily grown in Florida. It likes a shady location and plenty of room to grow in to a mass planting. The flowers in spring are large grape-like clusters. Ginger is known for its wealth of digestive enzymes and anticancer properties. Grate a little with fish or scallops. It is hot and pungent so use sparingly if you have a hot stomach. Ginger tea is helpful for alleviating morning sickness or nausea from chemotherapy. Steep a slice of ginger for ten minutes in a cup of water.

Tips for Cold and Flu Prevention

(From the National Institute of Health with additions from East West Health Center)

- Wash your hands frequently and keep them away from your face.
- Avoid foods that tax your immune system such as sugar and processed foods.
- Get 7-8 hours of sleep each night.
- Have a supply of disinfectant wipes for counters, door knob, phone and your vehicle.
- Eat a whole foods, mostly plant based diet.
- Add beta-carotene foods that bolster immunity and protect the lung: carrots, squash, pumpkin, parsley.
- Add yoga, meditation, acupuncture and/or dance to your stress management plan.
- Chinese herbals such as astragalus and reishi mushroom formulas support your immune system and help ward off a viral invasion
- If you don't feel well, stay home, rest and eat light soups. Stock up on organic vegetable or chicken broth.

Special Discount: 20% off cold/flu herbal medicinals

Our favorite: Cold Quell made by Blue Poppy A combination of antiviral, anti-bacterial and immune enhancing herbal formula may be taken preventatively or at the onset of cold symptoms. A dose of prevention begins when someone in your household or work environment is infected, exposing you to the virus.

Sharing

October 24th is Acupuncture and Oriental Medicine Day. The purpose of this day is to educate the community of the benefits of this ancient healthcare system. I invite you to share your knowledge and experience of Oriental Medicine with your community of family and friends. Bring a friend to one of our events.

Class/Events Calendar

October

- Tuesday, October 20th Take a Spa Moment: \$ 25 per session
Tuesday, October 27th 6-7:30 Class - Health at Your Fingertips: Tools for Breast Health \$ 20
Friday, October 30th Dance Party from 8-11 at the Bradenton Woman's Club (BYOB).

November

- Tuesday, November 10th Take a Spa Moment: \$ 25 per session
Tuesday, November 17th Class - Building strong bones: Preventing Calcium Leaks \$ 20
Friday, November 27th Dance Party from 8-11 at the Bradenton Woman's Club. (BYOB).

December

- Tuesday, December 8th: Take a Spa Moment: \$ 25 per session

At "Take a Spa Moment" events you can schedule a combination of sessions (acupuncture, acupressure/ tuina massage or facial rejuvenation), each 1/2 hour session is \$ 25. Please call 941-744-9770 to reserve.