



Healing Times

October 2009
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Available at Enhance Your Life

SRI with Dr. Brian Dickert

Dr. Brian is available by appointment for private Somato Respiratory Integration sessions. Developed by Dr. Donald Epstein, SRI uses touch, breath and movement to assist people in moving through the 12 Stages of Healing. Our goal is for you to learn the exercises and develop a strategy for self assessment.

Call or e-mail Dr. Brian at 434-971-5433 or drbrian@eylc.com.

Feldenkrais Class - Marsha Robertson Awareness Through Movement® Every Tuesday, 12:30 – 1:30PM Your First Class is Free! Walk-ins Welcome!

Call Marsha at 434-970-1066 or e-mail her at marshaerobertson@cs.com for more information on classes, and/or to schedule a one-on-one private Feldenkrais session.

Emotional Freedom Techniques & Rapid Eye Technology

Join Patricia Ducharme, RN, using EFT and RET to gently and easily release deep stress and trauma. For appointments call: 434-985-1832 or email: MRETEch@aol.com.

Mariclaire Hession - Hands of Healing

A certified Reiki practitioner, Mariclaire is also an amazing clairvoyant. Call her at 703-999-5425 or e-mail at mchession@yahoo.com to find out more and make an appointment.

Tuesday Morning Yoga Class

Sara O'Hare teaches gentle yoga classes on Tuesdays at 10AM in our big room. Sara is certified in the yoga traditions of Structural Yoga, Integral Yoga, and is a teacher of the Alexander Technique.

Sessions are six weeks long for \$60, or you may drop-in for \$12.00 per class. Classes are one hour long. Please bring a mat for lying on the floor.

Please call Sara at (434) 984-3503 for more information and/or to register. Walk-ins are welcome.

As the holiday months approach, I felt this was a good reminder for all of us to begin the season of sugar, stress, and late nights with our eyes wide open!

Start out on the right foot: skip the Trick or Treat candy!

Six Ways to Avoid the Flu

Are reports of the flu season causing you to worry? Do you feel helpless against the flu? If you said yes, and if you feel that avoiding the flu is beyond your ability, then read on. These are surefire ways to greatly reduce your chances of getting the flu this year.

1. Avoid Sugar

Sugar decreases the function of your immune system almost immediately, and as you likely know, a strong immune system is the key to fighting off viruses and other illness, including the flu.

It is especially imperative to avoid sugar if you feel you are coming down with something, but keeping sugar out of your diet for the long haul will do wonders for your health and make your body stronger, which will make it harder for the flu to bother you. Be aware that sugar is present in foods you may not suspect like ketchup, fruit juice and other prepared foods.

2. Get Enough Rest

Just like it becomes harder for you to get your daily tasks done if you're tired, if your body is overly fatigued it will be harder for it to fight the flu. Regular rest will keep you strong and ensure that your body has the strength to fight off any potential invaders.

3. Eat Nutritiously Dense Foods

You can keep your immune system strong by eating foods rich in vitamins A, C, and E: carrots; citrus fruits, red peppers; and nuts,

spinach, peanut butter and olive oil.

Did you ever notice citrus is abundant in the winter? Nature provides plenty of vitamin C just when we need it most.

4. Watch Your Stress Level

We all face some stress everyday, but if stress becomes overwhelming your body will be less able to fight off the flu and other illness. It has been estimated that up to ninety percent of illness and disease is stress-related.

Regular Network Spinal Analysis Entrainments, meditation, exercise and movement practices like Feldenkrais, NIA, or Yoga, and massage are great ways to manage your stress levels.

5. Exercise

When you exercise you increase your circulation and your blood flow throughout your body. The components of your immune system are also better circulated, which means your immune system has a better chance of finding an illness before it has a chance to spread. In a sense, exercising helps your immune system to be more efficient in weeding out and acting upon viruses and diseases.

6. Wash Your Hands & Avoid Touching Your Face

Washing your hands will decrease your likelihood of spreading a virus to your nose, mouth or other people. If your immune system is strong, it should be able to fight off the virus if it does enter your body, but washing your hands provides a bit of extra protection.

Don't use antibacterial soap for washing up--antibacterial soaps cause more harm than good by killing helpful bacteria in addition to harmful bacteria. Instead of antibacterial soap, use a simple, chemical-free, soap. Local health food stores typically carry a variety of natural soaps.

The best defense against any illness is to lead a healthy lifestyle, which includes eating right, exercising, getting adequate sleep, and addressing stressors, year round. If you do,

chances are you'll never have to worry about coming down with the flu.

However, if you do succumb to flu or cold symptoms, **use common sense and remember your mothers' advice: stay home, rest, eat well and drink lots of fluids, and you'll be healthy enough to fight it!**

Dr. Brian Hosts "Sample Night"

**Free demonstrations for the curious,
in our Charlottesville Office:
7PM on Monday, October 26th
Please RSVP by Noon on the 26th**

Do you want to share the great changes you've experienced with a friend or family member? Do you know someone who could use more ease in his or her life? Do you have a skeptical spouse you've been trying to get in to see us?

Sample Night is a great opportunity for you to help them discover the power of gentle Network Spinal Analysis Entrainments and experience the difference Network Care can make! During Sample Night, Dr. Brian will describe Network Care, answer questions and provide a demonstration of an entrainment.

We love to help your friends and family achieve greater health and wellness, and your kind referrals allow us to continue to focus on our practice members.

Thank you! Your referral is the nicest compliment we receive.

And now last but not least...

**EYLC now has three great locations
to serve you – Charlottesville, Afton**

&

we're reopening in Staunton!

New Location:

Inside Bittersweet Bakery

120 South Lewis Street

Historic Downtown Staunton

Parking available in back

Call 540-478-5433 for an appointment.

October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 NEW! Staunton Hours by appointment	2 C'ville 8-Noon & 3-6 Afton Hours by appointment	3 C'ville 10-1
4	5 C'ville 8-Noon & 3-6 Afton Hours by appointment	6 10-11AM Yoga-Cville 12:30-1:30 Feldenkrais class-C'ville	7 C'ville 8-Noon & 3-6 Afton Hours by appointment	8 Staunton Hours by appointment	9 C'ville 8-Noon & 3-6 Afton Hours by appointment	10 C'ville 10-1
11	12 C'ville 8-Noon & 3-6 Afton Hours by appointment	13 10-11AM Yoga-Cville 12:30-1:30 Feldenkrais class-C'ville	14 C'ville 8-Noon & 3-6 Afton Hours By appointment	15 Staunton Hours by appointment	16 C'ville 8-Noon & 3-6 Afton Hours by appointment	17 C'ville 10-1
18	19 C'ville 8-Noon & 3-6 Afton Hours by appointment	20 10-11AM Yoga-Cville 12:30-1:30 Feldenkrais class-C'ville	21 C'ville 8-Noon & 3-6 Afton Hours by appointment	22 Staunton Hours by appointment	23 C'ville 8-Noon & 3-6 Afton Hours by appointment	24 C'ville 10-1
25	26 C'ville 8-Noon & 3-6 7PMSample Night Afton Hours by appointment	27 10-11AM Yoga-Cville 12:30-1:30 Feldenkrais class-C'ville	28 C'ville 8-Noon & 3-6 Afton Hours by appointment	29 Staunton Hours by appointment	30 C'ville 8-Noon & 3-6 Afton Hours by appointment	31 C'ville 10-1 Trick or Treat!