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○ HOLIDAY ISSUE | ○ WINTER | ○ 2009

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Words of wellness



A note from Tonnie

It's December already; where did the year go? I think time is accelerating; seems I have that thought every year! I'm not sure about you, but for me and many others I know, 2009 was all about change. I talk a lot about change in my office. Most of us really hate change. It's different. It's uncomfortable. And for most of us, it happens as a result of something that wasn't working in our life anymore.

The changes that occurred in my life over the last year include moving my office, moving my house, and opening a second office location. Moving my office is not only a change for me but also a change for my clients. It's a new rhythm, a new space, a different vibe, and a different routine.

Wellness Wave, LLC is now located at 427 Vermillion Street. It's on the corner of 5th street and Hwy 61 in the Caring Hands Massage and Spa building (across the street from Spiral Pizza). Wellness Wave is no longer an island; we are located in a space with several other health and wellness businesses. It's such a wonderful and logical fit!

Caring Hands Massage and Spa is owned by Judy Kulla and David Mueller. Judy and David have created a truly beautiful space down here. If you've never been here, please stop by and check it out. They offer several different kinds of massage services, acupuncture, naturopathy, colon hydrotherapy, intuitive readings, Pilates, yoga, and an infrared sauna. There are also monthly nutritional classes taught by Dave Blackie and Mind Body Spirit classes taught by Lisa Lillimoen. All of these classes and services compliment what I offer, Network Spinal Analysis (NSA), really well. I enjoy coming to the office and having colleagues to interact with on a daily basis.

In addition to moving my office, I also moved into a different home. I went from a huge house in Hastings to a duplex I own in Saint Paul. My living space is much smaller.

It's cozier and feels like a better fit for me. I'm also a commuter now. Instead of walking down the stairs to get to work, I have a 25-minute drive. Contrary to how many folks feel about commuting, I actually enjoy it! There's no traffic, as I'm driving away from the city in the morning. I watch the sun come up and have a chance to plan my day. The drive is peaceful.

As if that weren't enough change for one year, I'm also expanding my business. On January 4, 2010, Wellness Wave will expand into Roseville. The new office is located at the intersection of County Road B and Lexington – one block south of Hwy 36. This is welcome news for many of my clients who have been driving down from the metro area for their entrainments. I've been planning for this change all year, and it's finally coming to fruition.

In Roseville, I will be sharing an office space with my friend and colleague, Michele, who works with essential oils via biofeedback. She also offers ionic foot cleanses. A massage therapist and reiki practitioner, Ericca, will also be sharing the space with us. I'm looking forward to working with these two women, as their services are complimentary to NSA.

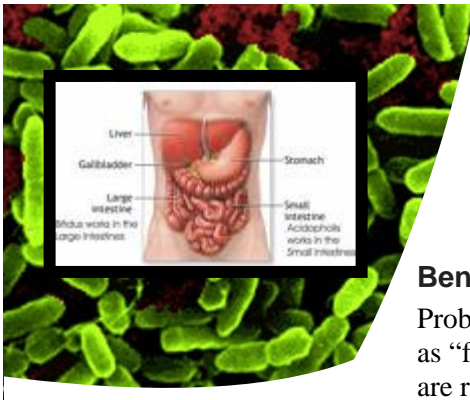
Although it's scary, I think that change is ultimately good for all of us. Change forces us to grow as humans. Growth is not always fun; that's why they call it "growing pains." However, when we're finally able to embrace change, we can see that we become stronger as a result of it. We see that we have the capacity to handle more than we ever thought was possible. We settle into a new rhythm, and we enjoy the new flow... until the next change comes along!

I once read, "The only thing that never changes is change." I'm choosing to embrace the uncertainty and sense of adventure that comes with all these new changes in my life. I hope you have a blessed Holiday Season and a Happy New Year!

~ Tonnie

“Friendly” Bacteria?

Probiotics are necessary for digestive health and immune function.



There are millions of bacteria naturally present in the large intestine. The different types of bacteria are referred to as microbial flora which have many useful functions that support health. A healthy human gastrointestinal (GI) tract contains trillions of bacteria from at least 500 species, estimated to be ten times the number of cells in the human body and 2.2 pounds of our total body weight.

Because we have evolved with these bacteria present in the GI tract, they are necessary for healthy digestion and immune function. Probiotics are safe to use at any age, as they are naturally occurring organisms that are already present in the body. Total health begins in the GI tract. If your gut is not functioning properly, then your overall health will be compromised. There is an increase of constipation, colds, yeast infections, and parasites as the number of beneficial types of bacteria decrease.

Benefits of Probiotics

Probiotics are referred to as “friendly” bacteria and are responsible for several important biological functions. Taking a probiotic formula can help you regain and maintain a healthy normal balance of bacteria in your system providing you with benefits such as improved digestion, better elimination, keeping other harmful bacteria at bay, and stimulating the immune system.

Probiotics can improve nutrient bioavailability, for B vitamins, vitamin A, K, calcium, iron, zinc, copper, magnesium and phosphorus, among others. They also improve lactose intolerance, promote the growth of healthy bacteria in the colon, and reduce the conversion of bile into carcinogens.

These healthy intestinal bacteria aid in the prevention or control of food and skin allergies in children, bacterial vaginosis, premature labor in pregnant women, inflammatory bowel disease, recurrent ear and bladder infections, chronic diarrhea, and may also relieve autism symptoms.

Probiotics have also been documented to:

- Destroy molds, viruses, fungus and parasites
- Help maintain healthy cholesterol and triglyceride levels
- Increase the number of immune system cells
- Protect you from environmental toxins
- Reduce toxic waste at the cellular level
- Stimulate the repair mechanism of cells
- Break down and rebuild hormones
- Help manufacture the short chain of fatty acids
- Break down protein buildup in the colon
- Clean the intestinal tract
- Help with weight loss

Balancing the Good with the Bad

Good and bad bacteria must exist in balance, for health to be maintained. When harmful bacteria overgrow, the resulting imbalance creates symptoms of disease. Many factors, such as the **use of antibiotics**, infections, stress, a poor diet, and a poor lifestyle in general can upset this balance, which varies among individuals, and changes with age.

Who Needs To Reinforce Their Immune System?

Young children and the elderly are often immunocompromised and would benefit greatly from the immune enhancing

benefits of probiotics. The same is true of women who have had yeast infections, recently given birth, or are planning to get pregnant.

And Anyone Who...

- is taking or has ever taken antibiotics
- would like a strong immune system
- would like to dispose of excess fats and cholesterol
- wants to lose weight
- wants to support a healthy heart
- would like to feel great and have reserve energy
- would like clear sinuses
- values a clear mind
- experiences hunger after a full meal
- was never breast fed as an infant
- has ever had surgery or been hospitalized
- wishes to reduce the frequency and severity of colds

Probiotics help you tidy up your internal environment by maintaining optimal intestinal health and digestive support and also by reinforcing your immune system.

Take a trip to your local health food store or food co-op (we have a great one here in Hastings called Spiral Foods located on 2nd street across from the Post Office) and ask for Probiotics.

The Magnesium Miracle

If you're anything like me, you may find that information about nutrition and health can be a bit overwhelming at times. It seems I usually come across a few good nuggets of information here and there that I can slowly incorporate into my routine. One of the new things I've been reading about, using, and suggesting to clients this year is magnesium. What's the big deal with magnesium?

Health professionals are working to educate the public about the health benefits of magnesium. According to Dr. Nan Kathryn Fuchs, publisher of the *Women's Health Letter*, it's not more calcium you need for strong bones – it's magnesium. Although the government has raised the Recommended Dietary Allowance (RDA) for calcium from 500 milligrams to 1,000 milligrams a day, and U.S. women have one of the highest levels of calcium intake in the world, osteoporosis has gone up instead of down. Fuchs says the problem isn't too little calcium but too much. In order to be absorbed, she says, calcium must be taken with magnesium. Yet experts estimate that most American women are deficient in magnesium. You should take twice as much magnesium as calcium, says Dr. Fuchs.

What happens to that unabsorbed calcium? It gets stuck in your muscles where it can cause cramps and even fibromyalgia; it gets stuck in your joints where it can cause arthritis; it gets stuck in your kidneys where it can form kidney stones; and it gets stuck in your arteries where it causes the plaque that contributes to heart disease.

The health benefits of magnesium include:

- Reversing osteoporosis, slowing down and even reversing bone loss.
- Preventing heart attacks, because it keeps calcium from building up in your arteries and it helps maintain a regular heartbeat. While too much calcium causes the heart muscles to contract too much, which may cause heart attack, magnesium causes muscles to relax. That's why the prescription drugs known as calcium channel blockers are so popular; they prevent calcium from entering your heart. The American Heart Journal calls magnesium "nature's calcium channel blocker."
- Relieving migraines, insomnia and depression.

Health benefits of magnesium also include relief of PMS, high blood pressure, backache, constipation, kidney stones and chronic fatigue, says Fuchs. It even fights some food cravings, such as the PMS symptom of chocolate craving. Apparently PMS is caused by low levels of magnesium, and cocoa is rich in magnesium.

Foods High in Magnesium

To enjoy the health benefits of magnesium, consume good dietary sources of magnesium, which include nuts (especially almonds), whole grains, wheat germ, fish, and green leafy vegetables. Approximately 80% of the magnesium is lost when whole grains are refined to white flour. Processed foods typically are low in this mineral, and as many as three-quarters of Americans consume less than the RDA for magnesium.

Too Much of a Good Thing?

Magnesium is inexpensive and generally safe, although people with kidney failure should be closely monitored by their doctors while taking magnesium supplements.

Magnesium has hundreds of known functions in the body and is absolutely essential to good health. In doses too large for your body, however, it does have the side effect of pushing the contents of your intestines through your body faster than normal, which can result in loose stools or even diarrhea. So you could be taking magnesium for its good effects but fail to absorb it because it's moving through too quickly for absorption. Most people can tolerate 200 to 600 milligrams of magnesium daily. If you start having the bowel problems described, cut back.

Magnesium also assists the body in achieving deep, restful sleep. For optimal results, I recommend taking magnesium at night before bed.

Give the gift of health and wellness this holiday season

For a limited time, all new client evaluations are only **\$27!** The regular price is \$106.75... That's a BIG savings!

Simply cut out this gift certificate and give it to your family, friends, and co-workers who you know would benefit from care in my office. If you'd like to give this certificate to several people, you have my permission to photocopy it. Extra copies are also available at my office.

Don't delay; I'm usually very busy with new clients this time of year so **have them call ASAP** to book their appointment and take advantage of this offer!

	<h2>Gift Certificate</h2>
<p>Redeem for a \$27 INITIAL BODY AUDIT (Value \$106.75!) Includes consultation, paraspinal thermal imaging, surface EMG, exam, one treatment, and Report of Findings</p> <p>Call to book your appointment now! <i>Expires December 31, 2009</i> Referred by: _____</p> <p>427 Vermillion Street, Hastings (651) 438-1411 www.wellnesswave.net</p>	



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