



Oasis Health & Wellness

Focusing on mind, body & spirit

A New Look, A New Name for a New Year

Welcome to the 2009 !

As you may have noticed RNCP Rita has taken on a new look and a new name for the New Year.

The transformation of the new website is an ongoing process and I look forward to providing you with new and interesting information and features.

Navigate through the new site and enjoy the categorized recipes and updated services.

I wish you all a **HAPPY NEW YEAR** full of love, health and happiness.

Welcome to Oasis Health & Wellness

Oasis Health & Wellness focuses on **Holistic Nutrition** and **Acupuncture**.

We specialize in custom tailoring treatments specific to each individual's unique body chemistry.

Services we provide

- ❖ Nutrition
- ❖ Body Resculpting
- ❖ Ionic Detoxing Footbaths
- ❖ Electro -Dermal Screening (EDS)
- ❖ Acupuncture
- ❖ Food Sensitivity Testing
- ❖ Cooking Classes
- ❖ Head Massage
- ❖ Facial Rejuvenation
- ❖ Cellulite Reduction
- ❖ Weight Loss Programs
- ❖ Auricular Acupuncture

Newsletter & Recipe Archive

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Providing you with natural, relaxing therapeutic methods for a **healthier** and **happier** you !

New Year's Weight Loss Resolutions

It is a time-honored tradition to make resolutions at this time of year. If your resolution is to lose weight - and keep it off - then keep reading! Here are a few simple tips that will have you losing weight in a balanced and healthy way.

Lose weight with water. Water is essential for every-body - it is also the key to losing weight. If you haven't been drinking enough water, your body has developed a pattern of storing water and not eliminating toxins.

Eat early to keep weight off. The human body follows a circadian rhythm, which means that the same foods eaten at breakfast and lunch are processed differently than when eaten at dinner. Studies show that when you eat breakfast you tend to lose weight and have more energy; however, eating too late at night tend to increase tendencies toward weight gain. I suggest that you eat your last meal of the day by 7 p.m. Or 3 hours before your bedtime.

Eat smaller meals, more frequently. Follow an eating schedule with five little meals every day. Eating steadily through the day keeps you from becoming famished and overeating at your next meal.

Walk off the weight Physical activity is the key to speeding up your metabolism. Try taking a brisk walk 30 minutes in the morning or 30 minutes in the early evening.

Stop the Yoyo Dieting Most of the fad diet programs out there nowadays are extreme and deprive the body of many nutrients. Decreasing calories to extremely low levels only leads to a lowered metabolism and will most likely lead to weight gain once you begin to eat normally.



If you are struggling with your weight
Oasis Health & Wellness
can customize a weight loss program for you that includes acupuncture, nutrition and detoxification

Acupuncture

Acupuncture for weight loss became popular in 2003 when CNN reported on successful acupuncture weight loss clinics in China.

An increase in obesity in China led to the practice of acupuncture for weight loss because Chinese medicinal theory says that overweight people have imbalanced digestive systems.



Nutrition

When it comes to achieving long-term weight loss, the only real solution is a healthy approach.

Gradual weight loss through healthy lifestyle changes will produce long-lasting results not only in terms of pounds lost – but you'll also feel better.



Detoxification

There is a direct relationship between weight gain and body toxicity, for two basic reasons: Toxins are stored in our fat cells, and as the body grows more toxic, more fat is produced to store the additional toxins. This is the body's way of protecting the organs from being damaged by the toxins. Be aware that many weight loss diets on the market do not address the need for body detox in long term weight management.

Extended Health Benefits
Weight loss programs may be covered by your extended health insurance benefits
Don't have benefits? Ask me how you can get \$ 750 in benefits for 1/3 of the price

Eating for the Winter Season

The ancient Chinese believed that human beings should live in harmony with the natural cycles of their environment.

The cold and darkness of winter urges us to slow down. This is the time of year to reflect on our health, replenish our energy, and conserve our strength.

Winter is ruled by the water element, which is associated with the kidneys, bladder, and adrenal glands.

According to the philosophy of traditional Chinese medicine, the kidneys are considered the source of all energy (Qi) within the body.

The kidneys store all of the reserve Qi in the body so that it can be used in times of stress and change, or to heal, prevent

illness, and age gracefully.



Eating warm hearty soups, whole grains, and roasted nuts help to warm the body's core and to keep us nourished.

Sleep early, rest well, stay warm, and expend a minimum quantity of energy.

During winter you should emphasize warming foods:

Soups and stews

Root vegetables

Beans

Miso and seaweed

Garlic and ginger

Chicken Soup

The holidays are gone and its time to say farewell to the season's fatty foods. Enjoy this winter warming soup full of nutritious veggies. Be creative and add your own favorite spices and vegetables

Broth Ingredients

- 3-5 lb roasting chicken, cooked
- 2 carrots, chopped
- 2 stalks celery, chopped
- 1 onion, chopped
- 1 leek, chopped (optional)
- 3 sprigs fresh parsley
- Herbs (thyme, bay leaf etc.)
- Salt and pepper to taste

- 1/2 cup diced celery
- 1/2 cup diced zucchini
- 1/4 cup wild rice
- 1 teaspoon salt, or to taste

Remove chicken breasts and legs and set aside for later use. Remove skin from chicken carcass and place into a stockpot along with the carrots, celery, onions, parsley, salt, pepper and herbs. Cover with cold water and bring to a boil and then let simmer for 1 hour. Pour chicken broth through a fine-mesh sieve into a large bowl or soup pot. *(You can also let the broth to cool in the fridge so you can skim off the fat.)*

Soup Ingredients

- 3 tablespoons olive oil
- 1/2 cup diced onion
- 3 tablespoons chopped garlic
- Homemade broth
- 1 cup green beans (cut into 1/2" pieces)
- 1/2 cup diced carrots

Return strained broth to the stove and then add wild rice. Cook 30 minutes at medium boil. Add in carrots, celery, zucchini and other vegetables. Simmer, partially covered, stirring occasionally, until vegetables are cooked about 15 min. Stir in shredded chicken and serve.



Did you know?

wild rice really isn't rice at all, but a long-grain marsh grass native to the Great Lakes region of North America

On-site Wellness Services

Looking to bring health & wellness programs to your workplace?

On-site wellness services and programs will allow you to take advantage of your extended health care

benefits without leaving the office.

Corporate Wellness Programs translate into fewer injuries, less time off for work related injuries (*carpal tunnel syndrome, neck, shoulder or back pain, eye strain, migraines etc.*) and a healthier you!

Oasis Health & Wellness can work with your human resources team to help develop the right Wellness Programs for your workplace!

For more information please contact us at info@oasishealth.ca