



Oasis Health & Wellness

Focusing on mind, body & spirit

Acupuncture for Health

What's New at Oasis Health & Wellness ?

- ◆ **Metamorphic Technique**
⇒ *A type of energy work using gentle foot, hand and head massage. It can help individual's free blocks in their body's energy pattern which could be contributing to life or health problems.*
- ◆ **E-Coaching**
Nutritional Counseling on-line
⇒ *Have all the benefits of individual nutrition consultations in the comfort of your own home.*
- ◆ **New Cooking Classes**
⇒ *This year's cooking classes include all new recipes !! Start the year off right and shed those extra holiday pounds !*



www.facebook.com/Oasishealth

**Wishing you all a
HAPPY NEW YEAR
full of
love, health and
happiness**

Dr. Oz has already introduced Oprah to acupuncture. Now I would like to introduce you all to the benefits of Acupuncture. This traditional Chinese form of medicine works on the basis of energy meridians or pathways of energy that go up your arm, legs and torso. When these lines of energy get blocked they can present with symptoms of pain, insomnia, digestive complaints, anxiety and stress, high blood pressure and weight gain just to name of few !

Here are a few ways that Acupuncture can help you keep some of your New Year's Resolutions.

Resolution: Go back to School

Your New Year's resolution may be to learn a new language or take a class at the local college. However you choose to exercise your brain, acupuncture can help. Numerous studies suggest that acupuncture can help improve memory, mental clarity, concentration and cognitive function.

Resolution: Relieve Pain Naturally

Increasingly, people are looking for more natural approaches to help relieve painful conditions instead of relying on medications. Acupuncture has no side effects and can be helpful for all types of pain, regardless of what is causing the pain or where the pain is located. Some studies have shown the pain relief it provides can last for months. Magnetic resonance imaging (MRI) of the brain before and after acupuncture treatment for pain shows dramatic decreases in brain activity -- up to 70%. This decrease in brain activity in certain areas of the brain is thought to be the reason for the reduction of pain caused by the acupuncture treatments. In addition to reducing pain, acupuncture also hastens the healing process by increasing circulation and attracting white blood cells to an injured area.

Resolution: Eliminate Stress

Stress reduction is always on the top ten list for New Year's resolutions and for a good reason. Stress is often the cause of illness and the deterioration of health. Numerous studies have demonstrated the substantial benefits of acupuncture in the treatment of stress, anxiety and lowering blood pressure. If the stress in your life is throwing you off balance, consider coming in for a treatment to regain peace of mind and stay healthy.

Resolution: Reach Target Weight and Stay There

Losing weight is the #1 most common New Year's Resolution. Acupuncture and Oriental Medicine can help you reach your goal weight and maintain it by promoting better digestion, smoothing emotions, reducing appetite, improving metabolism, and eliminating food cravings. From a Western perspective, acupuncture and Oriental medicine have been shown to have an effect on the function of the nervous system, endocrine system, digestive system, food cravings, and metabolism. All of which can help to energize the body, maximize the absorption of nutrients, regulate elimination, control overeating, suppress the appetite, and reduce anxiety.

Treat yourself well this year by making your health a priority. To learn more about acupuncture treatments visit www.OasisHealth.ca or book yourself in for a FREE 20 minute consultation to discuss your health concerns and treatment options.



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



Metamorphic Technique

A gentle form of foot, hand

and head massage that draws on reflexology in its theory and approach.

It does not claim any specific healing power but uses the idea that the massage helps the individual's own innate inner intelligence free deep blocks in their body's energy pattern and bring about resolution of stuck patterns at the root of problems in their life and health.

It was devised originally by British naturopath Robert St. John in the 1960s. He had been practicing reflexology on his patients but found he had more success if he gave up trying to bring about a specific result and gave a general massage of the spinal reflexes. It was further developed by his student Gaston Saint-Pierre in the 1970s who coined the term Metamorphic Technique and founded the Metamorphic Association

in 1979.

What happens during a treatment?

A session usually lasts for about an hour. The recipient removes his/her shoes and socks and may be either sitting or lying down. The practitioner uses a light touch on the spinal reflex points in the feet, hands and head.

How many sessions are needed?

It is entirely up to each person to determine the number and frequency of sessions received. Some people have regular weekly sessions, while others have sessions every so often or when they feel the need. As everyone is different, practitioners cannot predict how long it will take for changes to happen. Sometimes people begin to notice changes after

just one session; for others it may take weeks or even months. Each person's life force will bring about changes in whatever time-scale is right for him/her. While changes may not always be immediate, they do tend to be permanent.

Is this treatment suitable for everyone?

Yes. The Metamorphic Technique is gentle, non-invasive and completely safe. It can be used safely by anyone including children, pregnant mothers and people who critically ill.

What can this treatment do for you?

As the name suggests, the Metamorphic Technique is concerned with change and transformation, which can occur on a number of levels - physical, mental, emotional and behavioural. People are often drawn to the Metamorphic Technique at difficult times

such as illness, bereavement, divorce and so on, or because they feel at a crossroads or 'stuck' in their lives. They find that the power of life within them can help them to cope better in these difficult or transitional times.



Can it be used on children or pregnant women?

It has been used in schools for children with learning

difficulties, in hospitals, in prisons, and by people wishing to overcome addictions, eating disorders and stress-related conditions. It is also used by pregnant women and midwives, as their life force facilitates an easier pregnancy and birth.

Above all, the Metamorphic Technique is suitable for anyone who wishes to make changes that will enhance his/her quality of life.

Did you Know?

Most services are covered by your extended health care plans

Don't have benefits? Ask me how you can get \$ 750 in benefits for 1/3 of the price

Cooking Classes

We all make those New Year's resolutions to exercise and eat better. Cooking Classes are an excellent way to help you follow through.

Cooking with Superfoods !

The holidays are over and its time to shed those extra pounds with fresh healthy foods.

5 Superfoods will be discussed along with easy to follow recipes that you will create and share with fellow students. Dessert includes Chocolate Mousse !!!!

Monday, January 11, 2010—7pm \$ 25

Fast, Fabulous & Healthy

Learn healthy cooking techniques and quick ways to prepare delicious recipes that take little time but look like you've spent hours in the kitchen.

This class will focus on winter foods and each recipe will be prepared by the students and then served !

Monday, January 25, 2010—7pm \$ 25

Classes are a combination of hands-on and demonstration.

These monthly cooking classes will provide you, as well as your friends and family, with an array of quick, easy, wholesome meals for the years to come.

Classes are approximately 90 minutes and include hearty samplings. I look forward to seeing you at our next class!

Registration Required: info@oasishealth.ca or 416-312-7617

Quick & Easy Bean Soup

Keep warm this winter with this warm hearty soup.

1 tbsp. olive oil
 ½ cup carrots, chopped
 ½ cup celery, chopped
 ½ onion, chopped
 ½ cup salsa (mild or hot)
 1 cup. Vegetable broth
 1 cup tomato puree
 19oz. can organic mixed beans (not drained) *
 ½ tsp. cumin
 ¼ tsp. cinnamon
 1 zucchini, chopped
 ¼ cup quinoa, couscous or rice

Heat oil in heavy pot over med-high heat. Add onion, carrots and celery. Sauté until almost tender then add in salsa. Cook for 1-2 minutes before adding in remaining ingredients.

Bring soup to a boil and cook until quinoa or other grains are cooked (approx. 20 min.)

Serves 4

** if NOT using organic beans, then drain the beans and add 1/2 cup water or broth instead.*





E-Coaching (Online Nutritional Coaching)

Does your busy lifestyle leave you little time to deal with your health?
Now you can take charge of your health without leaving your home.

As a Registered Holistic Nutritionist and Traditional Chinese Acupuncturist, I have found that family, work, and other commitments make it difficult for many people to give health and nutrition the priority it deserves. That is why I have decided to offer online counseling. This will provide an opportunity for those who are interested in making positive changes to their eating habits to do so from the convenience of their home computer!

Send me a quick email and we will get you started today!
rita@oasishealth.ca

Starter Kit

- 3 day food diary evaluation
- PDF report emailed to you containing dietary analysis & breakdown of calories, protein, carbs & fats consumed
- Dietary and supplement recommendations

Reg. Price \$ 75

New Years Special \$ 50

1 Month Package

- 1 hour phone consultation. *You will fill out a detailed nutrition questionnaire which allows me to obtain a better understanding of your current nutrition plan in order to evaluate and assess your nutritional concerns*
- 4x—20minute phone consultations (1 per week)
- 4x—Nutritional evaluations of food journals (1 per week)
- A personalized plan designed to meet your individual nutritional needs including meal and snack ideas

Reg. Price \$ 275

New Years Special \$ 225

Deluxe Package—3 Month Package

- 3 hour phone consultation. *You will fill out a detailed nutrition questionnaire which allows me to obtain a better understanding of your current nutrition plan in order to evaluate and assess your nutritional concerns*
- 12x—20minute phone consultations (1 per week)
- 12x—Nutritional evaluations of food journals (1 per week)
- A personalized plan designed to meet your individual nutritional needs including meal and snack ideas
- The 3 month package includes :
breakfast ideas, recipes, snack ideas, sample meal plan, supplement recommendations, tips to control eating when eating out and the importance of choosing the right foods for your diet. *UNLIMITED email contact.

Reg. Price \$ 750

New Years Special \$ 475

Other On-Line Services

Recipe Analysis

Everyone has recipes that have been passed down for generations. Ever wondered what the “nutrition label” would look like for your Grandmother’s Pound Cake?

Recipe analysis provides a “nutrition label” (see left) and a more detailed nutrient analysis of any recipe.



Recipe Makeover

Modify your recipes to meet specific nutritional requirements (e.g., less fat, heart healthy, cholesterol free etc. . We can also provide a Nutrient Analysis before and after our recipe makeover, plus comments on how we modified the original recipe to make it healthier!