

## June 2011

The weather is getting warmer and it's time to get active outside! There's a flurry of outdoor activity right now - gardens are getting groomed, camping trips are underway, and people are out for walks & bike rides. The soccer fields are full and we're all getting some sun on our cheeks. You might even be busy planning your summer vacation. As the good weather begins and life gets busier, remember to take care of your body. Stresses and strains from swinging that axe or golf club a little wildly are common this time of year!

This month, we sat down for a chat with the newest member of our team, Dr. Jennifer Yee. She has answered some common questions about naturopathic medicine for you.



Who Can Naturopathic Doctors Help?

[More of Dr. Yee's videos are here.](#)

Also this month, if you're looking for a great way to get your days going, or if you are a Mom or Dad who wants to get a workout in before the school run, the morning classes at Survivor Bootcamp come highly recommended. We hear that Patricia at the Sherwood Park location is an amazing instructor for those of all fitness levels - our clients are getting brilliant results and a fantastic energy boost from her classes. [Find out more here.](#)

Have a great June, and we'll see you next month!

## Get a Feel-Good Boost with Reiki

Have you seen the publicity that Reiki has been getting lately? Here's [a clip from ABC News](#), discussing how this complementary therapy can help you feel great

We've been offering the service at Muscle Elements for about a year now, and we've been thrilled with the feedback we've had. The great news is that Reiki is for just about everyone! You don't have to have a health issue to treat - reiki can also help you relax, feel less stress, sleep better, and feel more energized.

Though the practice of Reiki is relatively young as compared to many other Eastern healing arts, its benefits are immense from a complimentary perspective. That is, Reiki is really meant not as an alternative to other therapies, but as an additional source that will reinforce the healing effects of your health plan.

Reiki is deeply rooted in relaxation and the reduction of stress. By guiding your body into a state of relaxation, a Reiki master is able to tap into the body's self-healing mechanism that allows for a strengthening of overall wellness.

Reiki has been proven effective in the reduction of blood pressure, in healing from addictions, as a method for cleansing and detoxifying and body, as well as an overall support of the immune system. When used in conjunction with other therapies such as massage, naturopathic medicine and acupuncture, reiki can enhance their healing results.

This complementary effect is achieved through the channeling of energy. The idea is that through touch we can transfer this higher energy to one another in a gentle manner in order to aid those who need a boost for mental, physical and emotional health.

Reiki therapy is used on adults and children alike and has even been found an effective treatment for animals. The relaxation and support created through a Reiki session has been used as a complimentary treatment for every ailment from autism to cancer, and cannot be over used or overdosed like medication. The key is working with a trained Reiki master and designing a plan that is specific for your needs and goals.

Call us today at 780-410-1100 for further information or to schedule a relaxing reiki treatment.

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## REFER A FRIEND

Do you have a friend who needs some relaxation in their life?

Refer them to us, and when they book their first appointment and mention your name, we'll send you a coupon for \$5 off that you can use next time you visit us as a thank you.

Last month, we offered you a chance to win a 30 minute massage. The winner is **Dawn Hemming!**

Thank You to everyone who participated!

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