



MUSCLE ELEMENTS
Massage Therapy Inc.

September Newsletter

2010



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Autumn marks the transition of summer into winter, characterized by dropping temperatures and the changing color of leaves. It is also the season where Thanksgiving is celebrated, a holiday created to give thanks for the harvest and to express gratitude in general. I would like to express my gratitude during this Thanksgiving for the talented therapists who make up the Muscle Elements team, the clinic space we have, and mostly for the faith of our loyal clients who walk through our door everyday. Happy Thanksgiving!

Sincerely,

Marni Gallagher

Change of Season Soup

Fall and winter make up the inner, or 'yin' time of the year, which is ideal for recharging and nurturing yourself and retreating to quieter, internal pursuits. For many people, fall represents a time for new beginnings and new endeavors. In nature, leaves and flowers are dying and energy sinks, becoming concentrated in the seeds and roots of plants.

During fall, the lungs are particularly vulnerable to colds and flu. Change of season soup is an immune system tonic. It is a Chinese herbal blend that is ideal to enhance your immune system during the changing of the seasons; it also improves resistance to colds and flu and helps to balance the body during periods of stress.

One cup or bowl twice a day for 12 days is often recommended for a healthy person. Wait until after you have recovered if in the midst of a cold or flu. The soup has a slightly bitter taste. To improve the taste, use it as a base for a hearty chicken soup made with a whole chicken and immune-enhancing shiitake mushrooms, onions, carrots, potatoes, pumpkin, squash, beets, and other locally harvested vegetables - this can help tonify the lungs and enhance the immune system.

Ingredients:

You will need equal parts (2-3 oz) of the following herbs. Chinese herbal shops usually sell the herbs prepackaged for convenience and we have some available at the clinic.

Codonopsis root

Astragalus root

Dioscorea (Chinese yam) root

Chinese Lycii berries

Fill a large pot with water. Add the above herbs to the pot and place the lid on. Bring to a boil and simmer for 4-6 hours, adding water if the water level boils down.

Remove the herbs from the pot using a strainer and allow the soup to cool. This recipe makes about 4 litres of soup. You can drink it as a broth, use it as a base for soup recipes, or place it in a mug or thermos and sip it throughout the day.

Barefoot Venus

Featured Product for September.....

Coconut Kiss SOS (Save Our Skin) now is available in a large size (8oz) lotion and massage oil.



www.BarefootVenus.com

One amazing oil, two scandalous ways to use it: massage into your skin or add it to the bath. Each leaves you irresistibly tempting to the touch. This instant performer is packed with skin-nourishing superstar oils: avocado, sweet almond, and apricot kernel to name just a few. However you choose to enjoy this velvety oil, you will be left with flirtatiously soft skin.

*Use the coupon located at the bottom of the newsletter to try these wonderful new products!



When your skin is sending out an SOS that says "stop the flaking!", it's time to listen. Dry, chafed skin magically vanishes when a tried and true potion of macadamia nut oil, sesame seed oil and wheat germ oil starts to mollycoddle your needy skin. Smooth it on, and feel how quickly the SOS is called off.

Earth Mama Angel Baby

Earth Mama Angel Baby is the only complete line of safe, zero toxin, hospital recommended, honestly organic and natural herbal products and USDA Certified 100% Organic teas that have been specifically formulated to support women throughout the common discomforts of childbirth, pregnancy through labor, postpartum recovery, breastfeeding, baby care and even the loss of a baby. Every Earth Mama Angel Baby product is made with only pure, plant-based, natural, worry-free ingredients that are rated 0 on the respected Skin Deep database.

Milkmaid French Vanilla Chai

Milkmaid tea is formulated to support healthy milk production with fennel, fenugreek, anise seed and caraway seed with nettle and red raspberry leaf. Delicious hot or iced.

Milkmaid tea is NOT to be used during pregnancy.

- *1 bag Earth Mama Angel Baby Organic Milkmaid Tea
- *French Vanilla soy creamer
- *Ground organic cinnamon
- *Ground organic ginger



Brew one cup of Milkmaid tea extra strong, steeping for 12 minutes. Add French vanilla soy creamer to taste (approx. 1-2 tablespoons per cup). Garnish with a few sprinkles of ground cinnamon and ginger to taste. Mix, sip and enjoy!