

# All About Health Wellness & Education Center

aah... Experience the power...

January, 2008

Helping unleash the natural healing power of YOUR body!

Volume 10

www.aahidaho.com

## In This Issue

- Experience the power of **Unlimited Possibilities!**
- Experience the power of **Intentional Health!**
- Experience the power of the **T'ai Chi Chih!**
- Experience the power of the **Knowledge!**
- Featured Product: **Zrii: The Original Amalaki**
- Essential Oil Tips

**Getting older is inevitable – but growing old is optional.**

Another year has come and gone and we want to take this opportunity to thank all of our clients, family and friends for your part in our success. Each of you has played a very important role in our lives and we are grateful for YOU! As we bring in the new year, we foresee that 2008 will be a very special year - a year of new beginnings and a year of unlimited possibilities! We wish you a happy, healthy and abundant new year!

---

## Experience the power of... Unlimited Possibilities!

You are an amazing creation and the power you have within is infinite. One key to accessing this internal power is to remove the limits you put upon yourself - or the limits that others have put upon you and that you believe. By changing old patterns and releasing limits, you can open up a world of unlimited possibilities.

With the beginning of a new year, I invite you to contemplate what you *really* want; I invite you to recognize what limits you have accepted; and I invite you to think about what possibilities are out there for you by removing those limits.

Physical, health-related limits that are generally accepted are: "it runs in the family", "I was born with it", "it comes with age", "it's that time of year", etc. Consider the possibility that if, by removing those limits, your body is able to overcome physical ailments. Consider the possibility that if, by removing limits, your body *can* get to a healthier state. Consider the possibility that your health IS within your control and that you don't have to just leave it to chance. Consider the fact that you have unlimited possibilities - not only in health, but in life.

**aah...experience the power of Unlimited Possibilities!**

---

## Experience the power of... Intentional Health!

What is your opinion about your health? Do you consider yourself healthy? Unhealthy? Somewhat healthy? Does this opinion define your health? Does this opinion limit your health?

What is intentional health? **Intentional Health** is simply being healthy - intentionally! Many people leave their health to chance - accepting that how they feel physically, emotionally and/or mentally is just how it is. Not realizing that they actually have control over the state of their health; that they actually have some control over how often they will or will not get sick; that they actually have control over how they want to feel - physically, emotionally, mentally and spiritually.

Once you realize that your health is not really left to chance, that your health - like it or not - is a product of your lifestyle (from your entire lifetime), that your health comes from your choices, you can begin to make changes that will lead you to being healthy - on purpose. Making small changes little by little is an excellent step towards this goal. Although at times it may not be easy, it will be worth it. Start 2008 with promise to be healthy - intentionally!

**aah...experience the power of being healthy - intentionally!**

*There is no key to happiness. The door is always open - come on in!*

### Our Mission:

- To offer natural health care services that help unleash the natural healing power of your body.
- To offer select, high-quality natural health care products that work with the body, supporting the natural healing power within.
- To offer a variety of educational opportunities to help you take control of your health; to help you get on a path to wellness; and to help you learn how to unleash the natural healing power of your body.

### Event Calendar

Check out our event calendar to keep updated on our upcoming events!



## *Experience the power of...T'ai Chi Chih!*

T'ai Chi Chih is made up of 18 gentle, repetitive movements and one stationary form. Derived from T'ai Chi Chuan, it tones the body while it refreshes, relaxes, and invigorates the body and the mind. T'ai Chi Chih strengthens the whole body, especially the feet and ankles, measurably improving balance while increasing body vitality and flexibility. It is easy to learn and with practice is a simple method of staying in shape regardless of your fitness level. If you are already involved in a fitness program, T'ai Chi Chih may improve your performance.

Instructor **Elissa Maguire**, CMT, RYT, is a certified T'ai Chi Chih instructor with wide-ranging experience teaching not just T'ai Chi Chih; but acupressure, Hatha Yoga, and self-help techniques, as well.

Class meets from 6:30 -7:30 p.m. every Tuesday January 15, 2008 through March 18, 2008. For more information or to register, please call Elissa at 208-566-1566.

*aah...let us help you experience the power of T'ai Chi Chih!*

## *Experience the power of... Knowledge!*

### UPCOMING EVENTS / WORKSHOPS:

For more information or for registration forms, visit our online event calendar.

**T'ai Chi Chih** - Tuesday evenings January 15 - March 18 - see above for details.

**Discovering Your Memory Power** - January 21 ~ 6:30 pm ~ FREE ~ Discovering Your Memory Power will be a meeting you will not soon forget! You are guaranteed to take away 2-3 good ideas about utilizing your memory more effectively to build better relationships and access the information you need, when you need it.

Space is limited - pre-registration is recommended to guarantee seating!

**EFT (Emotional Freedom Technique) Level I** - February 7 & 8 - EFT is a universal healing aid for physical and emotional healing. You can learn to use it for yourself and in partnership with an Energy Therapist or health professional for the most effective results. With it, you have at your fingertips the ability to release fears, chronic pain, negative memories and abuses, emotional eating, stress, low self-esteem, relationship difficulties, depression and so much more, often in a fraction of the time previously required. Experience a new kind of freedom from the inside out. \$295 Pricing includes materials. Visit [www.cadencehealing.com](http://www.cadencehealing.com) for more information!

**FaceZonology I** - February 22 - 24 ~ FaceZonology is the study and science of the signal system in the face. Whatever your eyes have seen, whatever your ears have heard, whatever your mouth has tasted, whatever your nose has smelled, whatever your hand has touched - have made an imprint in your mental body. In this class you will learn the signal system in the face and receive practical training in the four methods: Face ZoneAnalysis, Face ZoneBalance, Face TissueRejuvenation, and Aromatic FaceMassage. \$695 if registered by February 15; \$725 if registered after February 15.

**Quantum-Touch Live Basic Workshop** - March 7 & 8 - Quantum-Touch (QT) is an essential skill everyone should know. Spontaneously places bones into their correct alignment with a light touch; reduces inflammation; achieves deeper relaxation; reduces pain; balances emotions, and more! Truly an essential skill for every child, parent, grandparent, and health care practitioner! \$295 if registered by February 29; \$345 after February 29. Click here to register or forms are available on our website! Request a free CD to learn more! "We use QT daily for aches, growing pains, injuries, etc. It is truly a blessing! If you have children, this is something you need to know!" Stacie Farnham

## Our Practitioners:

### **Stacie Farnham**

Wellness Professional /  
Wellness Instructor  
[Stacie@aahidaho.com](mailto:Stacie@aahidaho.com)  
208-887-7843

### **Isabelle Dake**

Master Healer  
[messages-in-light@mindspring.com](mailto:messages-in-light@mindspring.com)  
208-409-9988

### **Lee Slichter, MRET**

Energy Therapist,  
Rapid Eye Therapy  
[leeslichter@frontiernet.net](mailto:leeslichter@frontiernet.net)  
208-315-3003

*For those who want to share their unique healing gifts, we offer a Practitioner Room and Seminar Facility for rent - visit our website or contact us for more information!*

### **All About Health Wellness & Education Center**

845 E Fairview Ave., Ste  
120  
(south of Fairview on N.  
Lakes)  
Meridian, ID 83642  
208-887-7843  
[www.aahidaho.com](http://www.aahidaho.com)  
[Stacie@aahidaho.com](mailto:Stacie@aahidaho.com)

If you no longer wish to receive our newsletter, please send an e-mail to [newsletter@aahidaho.com](mailto:newsletter@aahidaho.com) with UNSUBSCRIBE in the subject line or call us at 208-887-7843.

**EFT Level II: From Mechanics to Art and Intuition** - April 10 & 11 - Learn the required elements of Level 2 EFT and discover how to work with your intuition, the avenues of your intuition and open the doors of possibility. \$225 if registered by March 6; \$295 after March 6. Click here to register. Pricing includes materials and certificate of completion. Visit [www.cadencehealing.com](http://www.cadencehealing.com) for more information.

**Zrii Product Information Meetings** - 6:45 pm - Meetings are held monthly to educate you on the health benefits of Zrii (see our Featured Product section for more information). Hear testimonials, share testimonials, and ask questions! Our next scheduled meetings are Thursday, January 17 and Wednesday, February 20.

Be sure to receive our event updates by belonging to our distribution list!  
***aah...let us help you experience the power of knowledge!***

## *Featured Product ~ Zrii: The Original Amalaki*

I've said it time and time again - the body, when given the chance, has the amazing ability to heal itself. Zrii gives the body that chance. When you focus on the cause of the symptom, rather than the symptom itself, you see more dramatic results in healing. Zrii helps the body address the cause.

Zrii is a liquid nutritional product that is rooted in the ancient wisdom of Ayurveda. There are a lot of liquid nutritional drinks out there, but I have never found one as powerful as Zrii - and I have never found one at the quality that I was willing to offer. Zrii does *not* contain preservatives and has been specifically created to work at the cellular-level to gently detoxify and support all systems of the body.

Zrii is a synergistic blend of the Amalaki fruit and six herbs and is rich in antioxidants, free-radical scavenging polyphenols and bio-stable Vitamin C. From what I've seen, this special formula supports *total body health* and allows the body to focus on whatever the body's priority is at the time. Because of this, people taking Zrii consistently have seen a varying range of results - from improved colon function, reduction of inflammation, joint support to increased energy, hormonal balance, strengthened immune system, and more. Zrii's formulation brings forth vitality and the powerful ability to detoxify at the cellular level, while nourishing the cells at the same time.

I encourage you to make an investment in your health and try this product. I recommend taking 2 to 3 ounces per day for at least 60 days to see what Zrii can do for you.

For more information, visit [www.aahidaho.com/ProductZrii.htm](http://www.aahidaho.com/ProductZrii.htm) or [www.allabouthealth.myzrii.com](http://www.allabouthealth.myzrii.com) or contact us for an information packet. Join us for our next monthly Zrii Product Information Meeting on Thursday, January 17 at 6:45 pm.

***aah...let us help you experience the power of Zrii!***

### **Essential Oil Tips:**

**Colds:** Eucalyptus, Ginger, Lavender, Peppermint, Oregano

**Fever:** Peppermint, Lemon, Eucalyptus, Basil - Always keep a fever under control, but never suppress it. It is best *not* to eat if a fever is present - let the body focus on fighting the cause of the fever, instead of digesting food.

***aah...let us help you experience the power of therapeutic-grade essential oils!***