

# All About Health





## *aah....Experience the power....*

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of....*

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*"The key to excellent health is to give the body a balanced environment that allows it to be proactive rather than reactive."*

*"Healing occurs naturally when given a chance. Learn how to give your body that chance."*

Thank you to all of our clients, friends and family for continuing to make *All About Health* a success! We are excited to announce that we have new products and services to offer. We have also added new educational opportunities for helping you take control of your health! *Aah....Experience the power....of natural health care.*

### *Experience the power....of the Human Body*

The body is an amazing and powerful creation. The more we learn about the body, the more we see how amazing and powerful it is. Given a balanced environment, the body has the ability to heal itself. We see this in our everyday lives when we get a small cut or bruise. If the body has the intelligence to repair itself when we get a cut or a bruise, why wouldn't the body have the intelligence to heal itself beyond those minor injuries? The truth is, it does have the intelligence and the ability to heal. The key to excellent health is to give the body a balanced environment that allows it to be proactive rather than reactive. *All About Health* offers many natural health care options for giving the body this balanced environment.

*Never underestimate the power of the body to heal.*

### *Experience the power....of Being in control of your health*

Health is your greatest wealth. We know health should be one of our top priorities, but too often we do not take the time to put it at the top of our lists. Fact: Health is something that you *can* have control of *if you choose*.

Modern medicine acts as if the body is deficient and incapable of healing itself without the intervention of drugs and/or surgery. However, as we experience the power of the human body, we see that this is absolutely **not** true.

We tend put the responsibility for our health on others. We do not want to exercise, we want to eat whatever we want, we want a pill that makes us feel 'better' and we do not want to experience any symptoms. If we don't experience any symptoms, we think that we are healthy. Then, in the future when we are diagnosed with dis-ease, we wonder how such a thing could've happened. We have given up control of our health for the ease and convenience of a quick fix.

We learn to live with symptoms that we consider normal and we teach our children to live with symptoms that are 'normal'. Stuffy noses, constipation, obesity, behavioral issues, acne, ear infections, etc are *not* normal. They are warning signals from our bodies that there is a problem. They are signs of an imbalanced body. Ignoring these imbalances now simply jeopardizes one's future health.

**Mark your  
calendars for our  
upcoming classes!**

**February 11-12  
Quantum-Touch  
Video Workshop**

10 am – 5 pm  
\$65

NOTE: This is the last *video* workshop scheduled – future workshops offered will be Live workshops. The registration fee for Live workshops is \$295 per person. Live workshops can be scheduled anywhere in Idaho!

**February 23  
Healthy Cooking**

Taste-test healthy dishes  
& take home the recipes!  
6:30 pm – 8 pm  
\$20

**March 2-4  
FootZonology  
Beginner's Seminar**

Take control of your health and share the power of ZoneBalance through the FootZonology education. Within this education, you will learn *many* things in addition to the ZoneBalance method.

**March 7  
The Power of  
Essential Oils &  
Aromatherapy**

Learn the basics of the power of essential oils.  
6:30 pm – 8 pm  
\$10

*RSVP is required for all classes to guarantee seating.*  
Stacie@aahidaho.com  
208-863-7986

**Gift certificates are  
available for sessions &  
classes!**

**Contact us!**

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After continual disappointment from the 'solutions' given to me by the medical profession, I was blessed into realizing that I do not have to rely on someone else for the health of me or my family. I realized that if we were going to truly become healthy, I would have to take control. I took control and have learned (and continue to learn) new knowledge about the body and natural health care options and have made many changes in my life – not to regain control of my health (because I never had control), but to finally *take* control of my health. And best of all, I am teaching my children how to take control of theirs.

*Choose to educate yourself and let us help you **experience the power...** of being in control of your health!*

***Experience the power...* of Knowledge**

Knowledge is power. Knowledge is invaluable. Knowledge puts *you* in control. The more you know about health, the less you have to rely on others. ***All About Health*** is committed to giving you the power of knowledge by providing educational opportunities to help you in **your** quest for knowledge. See our list of upcoming classes and plan NOW to attend!

*Let us help you **experience the power...** of knowledge.*

***Experience the power...* of Quantum-Touch®**

If we fall and hurt our knee, if we run into something and hurt our arm, or if we bump our head, our first instinct is to hold the place that was injured. The worse it hurts, the longer we tend to hold. This is our first instinct for a reason – because the body knows what it needs. This is hands-on healing and it is within each and *every* one of us.

Quantum-Touch® is a method that literally must be seen to be believed and that is so simple that anyone (even children) can learn to use it!

Quantum-Touch® is a wonderful method that increases the power or effectiveness of other natural health care modalities. It has been reported that chiropractors think of it as an advanced form of chiropractic; physical therapists think of it as a more effective form of physical therapy; acupuncturists think of it as an advanced form of acupuncture and Reiki masters refer to it as "*Reiki empowerment*" or "*turbocharging the Reiki*". Quantum-Touch® combines seamlessly with numerous other techniques to enhance their effectiveness as well: massage, shiatsu, jin shin do, acupressure, polarity, cranial sacral, therapeutic touch, healing touch, etc.

Quantum-Touch® is also a wonderful stand-alone therapy for people without any previous training. Mothers, fathers, grandparents, sisters, brothers, cousins, and co-workers (and those around them) will benefit from knowing this simple method.

***All About Health*** now offers Quantum-Touch® sessions and workshops! Contact us or visit our website for more information.

*Let us help you **experience the power...** of Quantum-Touch®.*

If you no longer wish to receive ***All About Health's*** newsletter, please send an e-mail to newsletter@aahidaho.com with UNSUBSCRIBE in the subject line.