

All About Health

aah....Experience the power....

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VOLUME 7

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*Steps to health &
wellness:*

1. Accept
Responsibility
2. Acquire
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3. Take Action

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

Experience the power of the...

All About Health Wellness & Education Center

One of our missions from the time we opened our business was to educate the public about how to take control of their health. We believe that one of the best ways to accomplish this is through education. That's why we are excited to announce that the All About Health Wellness & Education Center will be opening in August! We offer a professional healing atmosphere, dedicated to providing educational opportunities about wellness – physical, emotional, mental and spiritual wellness. Topics include FootZonology, Quantum-Touch, Nutrition, Aromatherapy, Children's Health, Animal Health, Healthy Cooking, The Power of Energy, Wellness for Children, Muscle-Testing, Dream Interpretation, and much, much more! We will also offer a variety of natural health care services to help you achieve health and wellness. Visit our website for more information about the new All About Health Wellness & Education Center!

Our offices are easily accessible and centrally located in the Treasure Valley at 845 E. Fairview, Suite 120 in Meridian (at Fairview and North Lakes, behind the Ultra Touch Car Wash).

*aah...Let us help you experience the power of knowledge....
Let us help you experience the power of being in control of your health!*

*Experience the power of...*Health & Wellness

Health - something that we want, but we're not sure how to get. Something that we want, but we're not sure if we want to make an effort to get there. Something that, if we *can* get there, will make our quality of life much, much better and more productive.

There are three main steps to health & wellness:

1. Accept **Responsibility**
2. Acquire **Knowledge**
3. Take **Action**

Let's take a closer look at what these steps mean.

1. *Accept Responsibility* – To whom have you given the responsibility for *your* health? A doctor? A drug company? A company who makes over-the-counter remedies to ease your symptoms? Is it a combination of them? Or, do you just leave your health up to chance? Until you accept that the responsibility for your health is yours and yours alone, it is

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

**June 27
Healthy Cooking**

**July 28-29
Quantum-Touch Live
Basic Workshop**

There are too many
to list! Visit us at
www.aahidaho.com
for a more complete
listing of upcoming
classes!

Natural Sunscreen:

**Joboba Carrier Oil and
Lavender Oil**

Natural Sunburn Care:

**1 TBSP Calendula
Carrier Oil, 3 drops
Lavender, 2 drops
Roman Chamomile, 1
drop Peppermint**

**All About Health offers
and recommends only
the highest quality
therapeutic-grade
essential oils.**

Contact us!

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If you no longer wish to receive our
newsletter, please send an e-mail to
newsletter@aahidaho.com with
UNSUBSCRIBE in the subject line.

impossible to achieve wellness. The first step is to accept that everything you do, every choice you make, affects your health. *Experience the power of responsibility.*

2. *Acquire Knowledge* – Once you have chosen to take responsibility for your health, the next step is to acquire the knowledge on how to achieve wellness. When we think of wellness, we tend to think of the physical body. However, wellness includes more than that; it includes the mental, emotional and spiritual health as well. Each of these three affects our physical health, and in turn, our physical health affects these three. Knowledge is something you must make an effort to acquire. You must also be selective of the source of the information. Is your source backed by big money? Does the source truly have your health as an objective? Instead of taking someone else's word for what's good for you, take the time to educate yourself. There are many articles and links from our website with valid sources to help you *experience the power of knowledge.*

3. *Take Action* – The final step to achieve health and wellness is to take action. Action can include taking 10 minutes a day to read health-related information, attending a health & wellness class (see our website for a complete listing of upcoming classes), being selective on your food choices, increasing your water intake, or making a commitment to exercise regularly. The key is to take some action every day. *Experience the power of action.*

The condition of your body today is based on every choice you've made from the time you came into creation until now. The path to your health today was not immediate and the path to health and wellness will take time. Taking the three steps (Accept Responsibility; Acquire Knowledge; Take Action) as outlined above will put you well on your way towards health and wellness. *Experience the power of being in control of your health.*

Experience the power of....Sunshine

Summer is upon us and it is time for sunshine, camping, sunshine, softball, sunshine, picnics, and more sunshine! Sunshine in moderation is the key, but remember, each person is an individual and each body is unique. Moderation means different things to different bodies. Do you know what moderation means to **your** body? The more you are out in the sunshine, the more your body gets conditioned to handle the sunshine. In simple terms, a suntan is your body's storage of the nutrition from the sun. As your tan fades, it means that your body is using up the stored nutrition. With little exposure to sunshine in the winter, building up this storage in the summer is critical for health and wellness.

The choice of foods and the current condition of your body plays a key role in your body's ability to handle the sunshine. Many times, as you improve your choice of foods and detoxify the body, you will find that you may tan rather than burn, hold a tan longer, or even hold a tan year-round!

If you *must* use sunscreen, make sure that it is chemical-free – or use our natural sunscreen blend that we've listed to the left. Read more about the power of sunshine on our website!