The Holistic Use of Essential Oils and Flower Essences with Dementia and Alzheimer’s Patients

What are the symptoms of dementia or Alzheimer’s? What are the contributing factors? How many people are affected? Can essential oils or aromatherapy be effective in lessening some of the symptoms such as anxiety, managing pain, stress, insomnia, and other symptoms. Find out more.

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MAY 25, 2015 by MONTEREY BAY HOLISTIC ALLIANCE

The Essentials of Essential Oils

If you’ve chosen to live a more holistically healthy life, chances are high that you’ve encountered essential oils in some way. Today, they are available in many stores and mass marketed through many companies. Perhaps you’ve wondered about the sudden popularity of essential oils. Is this a passing craze or has an ancient holistic healing wonder been introduced to modern individuals in a new and effective way? Can essential oils help others live a more happy, healthy,

There is an incredible story in our eyes! The minute crystalline patterns and colors in the structure of the iris provide a rich source of information that allows an Iridologist to assist their clients by developing personalized in-depth healing programs based on what they see within “the windows to their soul.”
What is Generalized Anxiety Disorder? – Causes, Symptoms, Treatment

Generalized Anxiety Disorder
People with Generalized Anxiety Disorder or GAD experience an excessive amount of worry about everyday subjects such as work, family, friends, and health. The National Center for Complementary and Alternative Medicine (NCCAM) (2013) states that “Anxiety disorders affect about 40 million Americans age 18 years and older (about 18 percent) in a given year”. The feeling of anxiety is persistent and lasts for more than 6 months.

People with GAD tend to exaggerate the feeling of uneasiness and tension when there is no reason to worry. The disorder may keep people from doing things they enjoy because they are fearful of the consequences.

The disorder can develop at any age of a person’s lifetime whether it is during childhood or adulthood. The symptoms of the disorder can mimic other mood disorders such as obsessive compulsive disorder. Generalized Anxiety Disorder can be a life-long condition. Women are twice more likely to be diagnosed with the illness than men (Anxiety and Depression Association of America, 2014).
Causes of GAD

The cause(s) of Generalized Anxiety Disorder are unknown. There is evidence that the condition may be inherited however the findings are inconclusive. Environmental factors may play a role in the progression of the illness. Living in a stressful household or working in an uneasy workplace may exacerbate GAD (National Institute of Mental Health [NIMH], 2014).

Symptoms of GAD

The National Institute of Mental Health (2014) states that the physical symptoms of anxiety are “fatigue, headaches, muscle tension, muscle aches, difficulty swallowing, trembling, twitching, irritability, sweating, nausea, lightheadedness, having to go to the bathroom frequently, feeling out of breath, and hot flashes.” Mayo Clinic (2014) provides a list of the general symptoms people may exhibit from the condition. The symptoms include, but are not limited to the following:

- Persistent worrying or obsession about small or large concerns that’s out of proportion to the impact of the event
- Inability to set aside or let go of a worry
- **Inability to relax**, restlessness, and feeling keyed up or on edge
- Difficulty concentrating, or feeling that your mind “goes blank”
- Worrying about excessively worrying
- Distress about making decisions for fear of making the wrong decision
- Carrying every option in a situation all the way out to its possible negative conclusion
- Difficulty handling uncertainty or indecisiveness
“People with GAD can’t seem to get rid of their concerns, even though they usually realize that their anxiety is more intense than the situation warrants. They can’t relax, startle easily, and have difficulty concentrating. Often they have trouble falling asleep or staying asleep.” - National Institute of Mental Health (2014)

Diagnosis of GAD

When a person has persistent and excessive feelings of uneasiness, anxiety and worry for longer than 6 months, it is recommended to seek a medical professional to receive a diagnosis. Since the cause(s) of Generalized Anxiety Disorder are unknown, it can be difficult to properly diagnose the disorder without ruling out other illnesses that manifest similar symptoms. The doctor will perform a thorough mental health examination. If Generalized Anxiety Disorder is diagnosed, the doctor will discuss proper forms of treatment.

Treatments for GAD

Generalized Anxiety Disorder is commonly treated with three types of treatments: psychotherapy, medication, or lifestyle changes. In psychotherapy, cognitive behavior therapy is beneficial for people suffering from GAD. The National Alliance on Mental Illness (2012) states that “Cognitive behavior therapy is a form of treatment that focuses on examining the relationships between thoughts, feelings and behaviors”. People learn to think and react differently to certain stressful situations to prevent self-destructive behaviors and
negative thoughts that could cause anxiety. Anti-anxiety medications such as benzodiazepines are used to treat GAD.

Antidepressant medications such as Prozac are also helpful in treating mood disorders; however people can have suicidal thoughts while on antidepressants.

**Natural Holistic Lifestyle Changes**

Mayo Clinic lists the following natural lifestyle changes that are helpful in preventing and treating GAD:

- Keep physically active. Develop a routine so that you’re physically active most days of the week. Exercise is a powerful stress reducer. It may improve your mood and help you stay healthy. Start out slowly and gradually increase the amount and intensity of your activities.

- Avoid alcohol and other sedatives. These substances can worsen anxiety.

- Quit smoking and cut back or quit drinking coffee. Both nicotine and caffeine can worsen anxiety.

- Make sleep a priority. Do what you can to make sure you’re getting enough sleep to feel rested. If you aren’t sleeping well, see your doctor.

- Eat healthy. Healthy eating—such as focusing on vegetables, fruits, whole grains and fish—may be linked to reduced anxiety, but more research is needed.

**Alternative Treatments for Generalized Anxiety Disorder**

In addition to the natural holistic lifestyle changes listed above, there are other effective natural and alternative methods for treating Generalized Anxiety Disorder. Some of the most popular methods are: acupuncture, yoga, and meditation.
Acupuncture is a form of Chinese medicine that focuses on the human body’s flow of energy. With acupuncture, needles are inserted into certain areas of the body. Acupuncture is becoming more widely used as a treatment for a wide variety of mood disorders.

Yoga is a Hindu philosophy. The goal of practicing yoga is to gain control over the mind and body through physical postures and breathing exercises. Research studies show that yoga can significantly reduce symptoms of stress and anxiety.

Meditation is a type of relaxation technique people use to calm the mind and to eliminate negative thoughts (National Center for Complementary and Alternative Medicine, 2013). Many research studies have been conducted on the effects of meditation in reducing anxiety and stress. Recently the United States government has been conducting research using meditation with men and women in the military. See our article, “Marines are Meditating! Mindfulness-Based Fitness.”

Generalized Anxiety Disorder (GAD) is a serious condition which can begin at any age in a person’s lifetime. If you believe you have GAD and your symptoms have lasted for more than six months, consult with your trusted family physician or health practitioner. There are many treatment options available to help you.

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This article is written by Hang Pham. Hang Pham is a Monterey Bay Holistic Alliance Health and Wellness Educator. Hang Pham was born in Hoc Mon, Vietnam. She came to America in 1994, becoming a U.S. citizen in 2011. Hang graduated from Seaside High School with diploma and received her AA in General Studies from Monterey Peninsular College in 2011. She received her BA in Collaborative Health and Human Services from California State University Monterey Bay (CSUMB) in 2012. In addition to working as a volunteer staff with the Monterey Bay Holistic Alliance, she currently works as a Clerical Aid in the Human Resources Department of Salinas City Hall. The Monterey Bay Holistic Alliance is a registered 501 (c) 3 nonprofit health and wellness education organization. For more information about the Monterey Bay Holistic Alliance contact us or visit our website at www.montereybayholistic.com.

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What Is the Anatomy of the Human Back?

The human back is made up of bones, muscles, tendons and ligaments. These parts make up the spinal column. The spinal column consists of 30 bones called the vertebrae. The spinal column helps hold up the upper part of the body. The back is an integral part of the human body (National Institute of Arthritis and Musculoskeletal and Skin Diseases [NIAMS], 2013).

Why Do We Experience Back Pain?

Back pain can affect people of all ages and ethnicities. Back pain can be acute or chronic. Acute back pain usually lasts a couple of days and is generally treated by orthodox practitioners by Ibuprofen or other over-the-counter pain medications or prescription drugs. However, people can becoming addicted to pain medications especially with chronic pain. Chronic back pain normally occurs for more than three months. Older people are more susceptible to back pain because as they age, their bone strength decreases and muscles become less elastic and flexible. People who are overweight have more back pain due to the excess amount of weight the back has to support. Children who carry heavy backpacks for hours during the school day may experience back pain. Back pain can also affect people who live sedentary lifestyles, smoke often and have unhealthy diets (NIAMS, 2013).
What are the Primary Causes of Back Pain?

Mayo Clinic (2014) provides a list of possible reasons for the cause or causes of back pain:

1. Ankylosing spondylitis
2. Fibromyalgia
3. Herniated Disk
4. Kidney Infection
5. Obesity
6. Osteoarthritis
7. Osteomyelitis
8. Osteoporosis
9. Paget’s Disease of Bones
10. Poor Posture
11. Pregnancy
12. Sacroiliitis
13. Sciatica
14. Scoliosis
15. Spinal Fractures
16. Spinal Stenosis
17. Sprains and strains

How are Back Problems Diagnosed?

Acute back pain can be traced back to an injury or trauma. Chronic back pain is usually a symptom of an underlying disorder or illness. To receive an accurate diagnosis for the back pain, visiting a family physician may be the wisest decision.
The physician may take a look at your medical history along with your family history to rule out any genetic predispositions to back disorders. A thorough physical exam will be conducted. In addition, a few other tests may be performed. These tests include, but are not limited, to the following (NIAMS, 2013):

1. Ultrasound imaging
2. Bone Scans
3. Magnetic resonance imaging (MRI)
4. Computerized tomography (CT) scan
5. X-ray

**What is the Traditional Treatment?**

To relieve acute and chronic back pain, traditional methods used by orthodox medical doctors or practitioners usually include:

1. Hot and cold compresses to decrease swelling and pain.
2. Medications such as Advil, Ibuprofen and muscle relaxants or prescription drugs to eliminate or reduce pain.
3. Low impact exercises such as walking, climbing and swimming have been proven to increase muscle tone and decrease tension in the back.

*Prescription drugs* can be addictive and harmful to the body with long-term use.
What are Alternative Treatments?

Other non-traditional ways to ease back pain include the following:

1. **Chiropractic care.** Back pain is one of the most common reasons that people see a chiropractor.
2. **Acupuncture.** A practitioner of acupuncture inserts sterilized stainless steel needles into the skin at specific points on the body. Some people with low back pain report that acupuncture helps relieve their symptoms.
3. **Therapeutic Massage.** If your back is caused by tense or overworked muscles, massage therapy may help. Massage can help stretch tight muscles and circulate the blood, relieving pain.
4. **Yoga.** There are several types of yoga, a board discipline that involves practicing specific postures or poses, breathing exercises and relaxation techniques. Yoga has been found to relieve stress and be effective in eliminating pain.
5. **Naturopathy** The use of natural methods and non-toxic remedies to improve or restore health is known as naturopathy. It includes herbal remedies, homeopathic remedies, change in diet, etc.
6. **Physical therapy and exercise** are considered alternative and natural treatments. Exercise can be very effective in treating back pain. Research studies confirm that those with osteoarthritis or sciatica back pain are greatly relieved by a daily practice of physical therapy and exercises. Be sure to consult with your trusted health practitioner before starting new exercises.
References


This article is written by Hang Pham. Hang Pham is a Monterey Bay Holistic Alliance Health and Wellness Educator. Hang Pham was born in Hoc Mon, Vietnam. She came to America in 1994, becoming a U.S. citizen in 2011. Hang graduated from Seaside High School with diploma and received her AA in General Studies from Monterey Peninsula College in 2011. She received her BA in Collaborative Health and Human Services from California State University Monterey Bay (CSUMB) in 2012. In addition to working as a volunteer staff with the Monterey Bay Holistic Alliance, she currently works as a Clerical Aid in the Human Resources Department of Salinas City Hall. The Monterey Bay Holistic Alliance is a registered 501 (c) 3 nonprofit health and wellness education organization. For more information about the Monterey Bay Holistic Alliance contact us or visit our website at www.montereybayholistic.com.

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Posted in Health and Wellness
Tagged acupuncture, alternative medicine, anatomy of the back, arthritis, back pain, backache, chiropractic, holistic, osteoarthritis, physical therapy, sciatica, spinal injury, spine, therapeutic massage, Yoga

Leave a comment
What are the benefits of yoga? How does the daily discipline of yoga affect the body, mind and spirit?

### 30 Yoga Benefits

1. Relieves Stress
2. Improves Breathing
3. Eases Pain
4. Improves Circulation
5. Increases Strength
6. Increases Endurance
7. Lowers Heart Rate
8. Develops Inner Peace
9. Lengthens Muscles
10. Increases Flexibility
11. Reduces Cortisol Level
12. Improves Concentration
13. Increases Range of Motion
14. Dissolves Ego
15. Develops Compassion
16. Enhances Energy
17. Heals Ailments
18. Fosters Joy
19. Lowers Weight
20. Lubricates Joints
21. Detoxes the Body
22. Strengthens Abdomen
23. Improves Memory
24. Delays Aging
25. Burns Fat
26. Improves Posture
27. Improves Metabolism
28. Builds Immune System
29. Improves Balance
30. Brings Harmony

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### What is the History of Yoga?

Yoga is a holistic health and wellness activity that both relaxes and energizes the body. **Yoga** is a Sanskrit word meaning “union with God.” The common belief that Yoga derives from Hinduism is a misconception. Yoga actually predates Hinduism by many centuries. Ancient archeological finds discovered the Indus Valley provided unquestionable evidence that Yoga was practiced earlier than 3,000 B.C.E. and the classical techniques of Yoga may date back to more than 5,000 years. The word Yoga means “to join or yoke together,” and it brings the body and mind together in harmony with one another. The whole system of Yoga is built on three main structures: **exercise**, **breathing**, and **meditation**. One of the earliest texts on Yoga is believed to have been compiled by a scholar named Patanjali. This book contains Yoga theories and practices and is entitled Yoga Sutras (“Yoga Aphorisms”) and is thought to have been written as early as the 1st or 2nd century B.C. or as late as the 5th century A.D. This system is known as “Ashtanga Yoga.” This is the eight limbs of Yoga, and referred to today as Classical Yoga. Most all forms of yoga include a variation of Patanjali’s original ancient yoga system.

### What are the Different Types of Yoga?

There are over a hundred different schools of Yoga. There are many Yoga **poses or postures** within each of the different schools of Yoga.
Some of the most well known schools of Yoga are as follows:

1. **Hatha Yoga** – Hatha Yoga is the most widely practiced form of yoga in the United States. It is the branch of yoga which concentrates on physical health and mental well-being using exercises and breathing control. “Ha” can be translated to mean “sun” and “tha” to mean “moon” meaning to balance the opposite forces.

2. **Raja Yoga** – Raja Yoga means the “King” of Yoga, or the royal path. It is a form of Hindu yoga intended to achieve control over the mind and emotions.

3. **Jnana Yoga** – Jñāna yoga or “path of knowledge” is one of the types of yoga mentioned in Hindu philosophies. Jñāna is a Sanskrit word translated to mean “knowledge”.

4. **Bhakti Yoga** – Bhakti yoga is a spiritual path described in Hindu philosophy as focused on love of, faith in, and surrender to God. It is a means to awaken to God consciousness. It is a selfless devotion of reaching Brahman (God) in loving service.

5. **Karma Yoga** – Karma Yoga is selfless action to reach perfection. “Karma” is a Sanskrit term meaning “action” or deed, either physical or mental. What makes a Karma Yogi is first the experience of union with God, and then selfless action.

6. **Tantra Yoga** – Tantra yoga is a type of yoga designed to awaken the kundalini energy in the body and addressing relationships and sexuality. In Hinduism, the word Tantra means: 1) weaving and 2) the sacred scriptures of Hinduism, presented as a dialogue between Shiva and Shakti.

7. **Kashmir Shaivism Yoga** – Kashmir Shaivism is a transformative non-dual, yogic philosophy that originated in Kashmir in the ninth century. The goal of Kashmir Shaivism is to merge in Shiva or Universal Consciousness, or realize one’s already existing identity with Shiva, by means of wisdom, yoga and grace.
What Does Research Tell Us About the Effectiveness of Yoga?

Sudarshan Kriya Yoga was concluded to be a potentially effective treatment in reducing or eliminating depression in a study by Janakiramaiah N and others (2000) and a review of clinical studies of the effectiveness of Hatha Yoga on depression by Uebelacker et al (2010).

The practice of yoga has been shown to be therapeutically useful in bronchial asthma. Nagarathna R, Nagendra HR (1985) concluded that “There was a significantly greater improvement in the group who practised yoga in the weekly number of attacks of asthma, scores for drug treatment, and peak flow rate.” However, a 2011 systematic review of clinical studies suggests that there is no sound evidence that yoga improves asthma.

Multiple studies have found yoga to be a helpful treatment in low back pain such as Sherman KJ, Cherkin DC, Wellman RD, et al (2011) and Tilbrook HE, Cox H, Hewitt CE, et al. (2011). Other studies have shown yoga to be potentially helpful treatment for cardiovascular disease, such as Raub (2002), type II diabetes mellitus (Innes and Vincent, 2007), stress and hypertension (Kiecolt-Glaser JK, and others, 2010) as well as other conditions. The practice of yoga can also play a role in the rehabilitation of those who have physical and mental challenges (Uma, et al, 2008). Many other benefits are inherit in the practice of yoga as described below.

What Are the 30 Benefits of Yoga?

1. Relieves Stress
2. Improves Breathing
3. Eases Pain
4. Improves Circulation
5. Increases Strength
6. Increases Endurance
7. Lowers Heart Rate
8. Develops Inner Peace
9. Lengthens Muscles
10. Increases Flexibility
11. Reduces Cortisol Level
12. Improves Concentration
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17. Heals Ailments
18. Fosters Joy
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20. Lubricates Joints
21. Detoxes the Body
22. Strengthens Abdomen
23. Improves Memory
24. Delays Wrinkles and Aging
25. Burns Fat
26. Improves Posture
27. Improves Metabolism
28. Builds Immune System
29. Improves Balance
30. Brings Harmony

Have you tried yoga? If so, how has it helped YOU? Best wishes for a yoga-riffic day!!

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What is Naturopathy?

In the dictionary, Naturopathic Medicine is defined as, "the integration of alternative practices such as Botanical Medicine, Homeopathy, Acupuncture, and Oriental Medicine with modern scientific diagnostic methods and standard of care." In a few words, Naturopathy is the usage of natural methods and non-toxic remedies to improve or restore health.

Naturopathy has been around for centuries. The Chinese are known for their usage of acupuncture. The Greeks and especially Hippocrates described in their literature many Naturopathic principles like the usage and benefits of water, diet, massage, herbs and physical therapies. During the 19th century, Naturopathy was extensively developed with more than 20 Naturopathic schools in the United States (today there are only four). The practice of Naturopathic medicines declined as the use of pharmaceutical drugs increased. However, in the past several decades there has been a resurgence of interest in Naturopathy. Today there are more people consulting a natural health practitioner in the United States than their primary care practitioner.

What are the main principles of Naturopathy?

The body’s inherent ability to heal itself: The body, with the appropriate use of non-toxic remedies, has the ability to recover its initial functions. For that to be accomplished, the Naturopath needs to investigate and find all the different causes of the symptoms expressed by the patient by conducting a very detailed questionnaire. Then, if it is possible, the naturopath will help the patient to remove, one by one, the obstacles (physical and emotional) that blocked the body to use its own self-healing process.

The notion of intoxination: Naturopaths consider that one of the reasons why people get sick is because their body is intoxicated by the consumption of too many chemicals and prescription drugs, as well as inappropriate diet. Thus, the Naturopath’s first goal is to help the patient to clear this state of intoxination.
Prevent and educate: Information and education are very important keys given to the patients to improve their quality of life. The Naturopath carefully and thoroughly explains to his patients how to eat better, how to exercise, and how to prevent most of the current diseases. This helps the patients to become more autonomous by a better understanding of how their bodies work. Thus, a typical Naturopathic consultation includes not only the recommendation of certain remedies, but also the explanation of the reasons the body may malfunctions. As a consequence, the patient becomes more and more knowledgeable and responsible for his own health.

The idea of the Whole Person: To really understand and find the primary causes of a person’s disease, Naturopaths always consider all the factors integrated in the patient’s lives. This includes their physical health, but also their psychological and emotional state, their environment, their genetic inheritance, and their professional and social life.

Nutrition: Good nutrition is the foundation of good health. Naturopaths take a considerable time to explain to their patient how their diet is important to improve their health conditions. A personalized nutrition program is built with the patient to meet his personal needs depending of his health problems. Generally, improvements appear very quickly if the patient follows the diet recommendations faithfully.

Every person is unique:
Naturopathy is very aware of the individuality of a person. As everyone is a very unique human being with his own past, his own story and his own sufferings, every treatment is personally adapted to fulfill each patient. Because everyone has a different health history, there is not a standard treatment and not a standard dosage of the remedies. Instead, Naturopaths recommend a specific and unique treatment to each individual.

What are the different techniques utilized in Naturopathy?
They are many different techniques used in the domain of Naturopathy, and each Naturopath chooses his/her own specialties during his/her studies. Those techniques are for example: Acupuncture, Homeopathy, Aromatherapy, Reflexology, different types of Massages Therapies, Iridology, Herbal medicine, Nutritional Therapy, Counseling, Mind-body therapy, Applied Kinesiology, or Cranio-sacral Therapy. We will detail some of them:

Nutritional Therapy:
Only whole food based supplements are used to improve or restore one’s health. An unhealthy body has a lot of needs for supplements but only if when they are of the best quality can they be assimilated properly. Chemically made or extracted types of vitamins are at the most not efficient, at worst harmful.
Herbal Medicine:
Plants are used in different forms such as the entire plant in a tea (fresh or dried), a mother tincture (plant in alcohol), or as dried plants put in capsules. Throughout the ages people have turned to herbal medicine for healing. Many drugs used today originated in the herbal traditions of various cultures such as the medication commonly used for heart failure, digitalis, which is derived from Foxglove. The World Health Organization (WHO) estimates that 4 billion people or 80% of the world’s population use herbal medicine for some aspect of primary care.

Homeopathy:
Homeopathy is a 200-year-old practice developed by the German physician Samuel Hahnemann. It is based of two main principles. The first one states that a substance that can cause certain symptoms when given to a healthy person can cure the same symptoms in someone who is sick. The second states that the more substance is diluted, the more potent it becomes. Homeopathy is a very useful technique that has its best results on chronic symptoms because it really works on the origins of the disease.

What can Naturopathy address?
Naturopathy can improve and/or resolve almost all types of health problems from acute to chronic symptoms. Indeed, there are limitations for Naturopathic medicine, as for any type of technique or method. Naturopathy doesn’t perform miracles. Today there is more scientific research conducted on natural remedies to understand how they work. More and more physicians are accepting the concept of Naturopathy. Naturopathy can help in certain areas where conventional medicine cannot. But, Naturopathy also needs the competence of conventional medicine. Naturopathy is in fact a complementary medicine. When naturopathy and conventional medicine work together, all the benefits accrue for the patients and that is certainly the most important.

Who should consult a Naturopath?
Anyone who is concerned about his own health and wants to eliminate or reduce the use of chemicals medications. Anyone who wants a better understanding on how to prevent illness and cure it with natural remedies. Anyone who is ready to make changes in his/her way of living and thinking. Naturopathy is wonderful for babies, children, adults and the elderly. It is a family orientated medicine that can improve everyone’s health. “The body is the temple of the soul”, and we need to take care of our body very carefully if we want to live a happy and healthy life.

Beatrice Levinson is a Naturopath and submitted this article to MBHA as a member and Health and Wellness Educator of the Monterey Bay Holistic Alliance. For more information about membership, contact us or visit our website at www.montereybayholistic.com

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Crystals have been used for centuries in many capacities. They are used today in quartz watches and computers. They were also used in radios. Battered crystals have been found at sites where Native Americans lived. Why were they battered? Because crystals have piezoelectric qualities, and when you hit two crystals together both will light up!

Are crystals magical? You could say that. Do crystals have practical uses? You could say that too. Crystals like everything else on the planet carry a unique vibration, and each type of crystal, just like each unique individual carries its own energy. Quartz crystals have an affinity with humans in that they vibrate at a similar rate when at their optimum.

There is a law in Physics that says when two things vibrating at a different rate are in proximity eventually they will meet. The higher will lower, they will meet somewhere in the middle, or the lower will raise. This is one of the reasons people wear crystals; it can raise their resonance. There are certain crystals that carry such a high vibration that they will not lower. This means that when you wear these crystals, you will definitely come up. Two of these crystals are Citrine Quartz and Kyanite.

Citrine is a beautiful quartz that ranges from pale lemon to golden smoky in color. It will not hold negativity, but transmutes that energy into positive. It is highly recommended to wear some form of Citrine everyday. It helps keep people out of depression and works on all levels of being, physical, mental, emotional, and...
Kyanite is found in different colors, the most common being a deep blue. Both of these stones are wonderful to wear or use for healing purposes. They help bring the wearer to a state that is conducive to meditation, and they help keep us centered. Crystals have also been used for healing purposes for centuries. They have also been used for spiritual purposes. They are mentioned in the Bible as special stones used in a breastplate. While some people think of stones for adornment purposes, the original meaning for wearing them was for much more than showing off.

I have witnessed many wonderful things that have happened when I have worked with people using crystals. One woman had a lump on her breast, and when she taped a Watermelon Tourmaline over the lump, it began to decrease in size and eventually disappeared. She cancelled her scheduled surgery. Crystals can be as well. I used what is known as a “communicator crystal” to get in touch with someone I had not seen in years. I sat with the crystal and programmed that I wanted the person to call me. Within days, the person showed up where I work. The amazing part is that they did not know I worked there!

Crystals and stones are beautiful, and beneath that beauty lies more than meets the eye; mysteries and wonders that are fascinating to explore.

Valerie White, a Psychic Counselor and Life Coach, has helped hundreds of people Work Magic in their lives by finding clarity and answers that may have eluded them. She submitted this article as an MBHA member and Health Educator to the Monterey Bay Holistic Alliance. If you would like to join our Alliance, find out more about our benefits, and/or submit a wellness article on our blog site, please contact us. For more information about the Alliance, go to our website at www.montereybayholistic.com

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Is there anything that can help diminish wrinkles and aging? What can be done to keep the skin youthful-looking and healthy? Here are the top twenty holistic health natural tips for radiant, glowing skin.

1. Don’t smoke
   The more cigarettes you smoke and the longer you smoke, the more skin wrinkling you’re likely to have. This is because the nicotine in cigarettes causes narrowing of the blood vessels in the outer layers of the skin and impairs blood flow. The result is that the skin doesn’t get as much oxygen and important nutrients, such as vitamin A.

2. Don’t drink alcohol
   Alcohol can make you age faster and cause more wrinkles. Drinking alcohol can cause premature wrinkles, dehydration, loss of elasticity, loss of collagen, redness, and puffiness of the skin.

3. Get plenty of sleep
   When a person doesn’t get enough sleep this causes the skin to sag, bags under the eyes, and a lack of luster and radiance. Lack of sleep causes blood vessels to dilate, creating the appearance of dark circles under the eyes. A person who gets plenty of sleep is less stressed. Getting plenty of sleep at night helps to keep the skin healthy and glowing.

4. Avoid sun during the peak times
   As the sun moves higher in the sky, the sun’s rays become more intense. This means more potential damage to the skin and eyes. The ultraviolet (UV) light travels a shorter, more direct distance to reach the earth during the peak sun intensity hours when UV light is the strongest. This is between 10 a.m. and 2 p.m. standard time or 11 a.m. and 3 p.m. daylight savings time.

5. Use broad spectrum sunscreen with both UVA and UVB protection.
   Ultraviolet rays are grouped into three different categories: UVA, UVB and UVC. The SPF, “sun protection factor”, is only a measure of protection against UVB rays which burn the skin, but SPF is not a measure of UVA rays which penetrate deep into the skin, suppress the immune system and may cause cancer. This is why it is important to look on your sunscreen for “broad spectrum” protection of both UVA and UVB protection.

6. Wear protective clothing
   The primary cause of aging and skin damage is damage from the sun. If you are planning on being outside for many hours, wear long sleeved shirts, hats, long pants and sun glasses, to protect yourself from the sun’s damaging rays.

7. Get eyes checked regularly to eliminate wrinkles from squinting
   Many people avoid a trip to the optometrist when having trouble seeing. Long term effects of squinting the eyes in order to better focus or squinting the eyes because of the brightness of the sun, can cause wrinkled skin on the face and “crows feet” around the eyes. Always wear sunglasses and keep your prescriptions up to date.

8. Clean skin thoroughly daily
   Boil water in a pot or tea kettle, pour the water into a bowl, then put a towel over your head and hold the bowl near your face for about 5-10 minutes. Then wash your face thoroughly with a cleanser that is appropriate for your skin type. Pat dry with a clean cloth.

9. Use moisturizer if skin is dry
   Not everyone needs to use moisturizer. When purchasing moisturizers, check to make sure that it is appropriate for your skin type (oily, dry, normal). Always make sure your hands are clean before applying creams, lotions, shaving cream, makeup, etc., to prevent bacterial infections.

10. Always remove makeup before sleeping
   Many people state that they are too tired to properly remove makeup, lotions or
shaving lotions before going to sleep. Leaving makeup or other skin lotions and applications on overnight, can cause the skin to produce acne from build up of dirt and oil in the pores of the skin. Use warm water to clean the skin with a cleanser appropriate for your skin type.

11. **Always rinse well to remove dead skin and soap**
After thoroughly cleaning the skin, it is important to rinse several times to be sure to remove soap. Do a final rinse with cool (not cold) water to close pores.

12. **Use water-based products**
Water-based water-based moisturizers have a light, nongreasy feeling. They are appropriate for most everyone, including people with allergies, sensitive skin, oily skin, and normal skin. For very dry, cracked skin, it might be more appropriate to choose a heavier, oil-based moisturizer that contains ingredients such as antioxidants, grape seed oil to help keep the skin hydrated, or to consult with a doctor or skin specialist for the appropriate moisturizing products.

13. **Eat organic, non-GMO foods**
Eating healthy, natural foods that do not contain toxic chemicals such as pesticides and added chemicals help to bring a healthy, natural glow to the skin and help the body release toxins through the skin.

14. **Eliminate trans fats and added sugars**
Trans fats and high fructose corn syrup—are in 40 percent of the foods Americans eat every day. Multiple studies have shown that these foods contribute to obesity, diabetes and heart disease, bringing stress and ill-health to the body. Keeping the body healthy and in tip top shape adds to the health of the skin, because the skin is a major toxin removing system and when it is overworked, it cannot be in the best condition. Taking care of the skin begins with what you eat.

15. **Exercise regularly**
Studies show that regular exercise helps the body have healthier, younger-looking skin. Consult with your fitness coach, health practitioner, or physical therapist to design a physical fitness program that is safe and appropriate for you. Set aside time each day to devote to your exercise routine.

16. **Shave with a sharp, clean razor**
Nearly 5 million bacteria have been found on a single disposable wet razor handle in new laboratory research by antibacterial technology specialist Microban Europe. Clean the razor blade with alcohol daily before using, and thoroughly clean the skin after shaving.

17. **Dispose of old makeup and applicators every 6-12 months.**
Cosmetic manufacturers are not required by law to put expiration dates on their products. This leaves the responsibility of caring for the skin up to the consumer. Check makeup and lotions regularly for consistency (has it become thicker?), color (has the color become darker?), and smell (does it have a strange odor?). Makeup that is used around the eyes is more prone to bacteria and should probably be replaced every 3-6 months. Other products could be replaced every 6 months to one year. Do facial exercises regularly.

18. **Do facial exercises regularly**
You might be disciplined about working out on the treadmill but are you doing your face and eye exercises? If you spend long days in front of computer with a furrowed brow, it’s important to take breaks every few hours to stretch the muscles in the face and neck. This helps to maintain elasticity and prevent sagging skin, toning the face and eliminating wrinkles.

19. **Drink plenty of water**
The most effective treatment for healthy skin is hydration. Drink plenty of water to help the body remove toxins.

20. **Meditate or practice relaxation techniques**
Eliminating stress improves the condition of the skin. This is because stress causes your body to produce cortisol and other hormones, which causes the sebaceous glands to produce more oil. Oily skin is more prone to acne and other skin problems. Take a warm relaxing bath, do something you love, read a book, try deep breathing, yoga, meditation, listen to music, watch a funny movie, or talk to a friend or counselor.
24 Health Benefits of Spinach

1. Low in calories
2. High in vitamin A
3. High in vitamin K
4. High in magnesium
5. High in fiber
6. Protein source
7. Calcium source
8. Antioxidant source
9. Cancer prevention
10. Lowers blood pressure
11. Lowers cholesterol
12. High folate level
13. Increases brain function
14. Anti-inflammatory
15. Promotes healthy vision
16. Increases circulation
17. Helps immune system
18. Helps fight infection
19. Promotes healthy skin
20. High in flavanoids
21. Vitamin E source
22. Beta-carotene source
23. Zinc source
24. Increases bone density

Why should someone eat spinach?

Can it be dangerous to eat too much spinach? Does spinach aid in healing?

Spinach has been shown to be effective in improving health for a variety of reasons. Spinach is high in fiber. One cup of spinach has nearly 20% of the RDI of dietary fiber. A diet that is high in fiber helps aid digestion, prevents constipation, maintains low blood sugar, and prevents people from overeating.

Research has shown that flavonoids—a phytonutrient have anti-cancer properties. Spinach is abundant in flavonoids. Flavanoids can slow down cell division in human stomach and skin cancer cells. Research has shown that flavanoids provide protection against the occurrence of aggressive prostate...
Spinach can help lower blood pressure by inhibiting the angiotensin-converting enzyme, peptides. Folate in spinach is good for a healthy cardiovascular system. Magnesium in spinach is a mineral that helps to lower high blood pressure.

Lutein is a carotenoid found in spinach that is protective against eye diseases. There is some indication lutein might be absorbed better if you eat it with a little fat. Both antioxidants lutein and zeaxanthin are especially plentiful in spinach and protect the eye from cataracts and age-related macular degeneration.

Spinach is good for our skin. It contains high amounts of vitamin A. Vitamin A promotes healthy skin by allowing for proper moisture retention in the epidermis. Eating spinach can help in fighting psoriasis, keratinization, acne and help to prevent early onset of wrinkles. Spinach is also a good source of selenium, niacin, and omega-3 fatty acids. Spinach promotes healthy brain and nervous system.

Arthritis sufferers will be glad to know that spinach can help reduce inflammation and pain. Neoxanthin and violaxanthin are two anti-inflammatory epoxyxanthophylls that are found in spinach. These play an important role in controlling inflammation.

Spinach is high in vitamins and nutrients. The vitamin C, vitamin E, beta-carotene, manganese, zinc and selenium present in spinach all serve as powerful antioxidants that combat the onset of osteoporosis, atherosclerosis and high blood pressure. Spinach is also an excellent source of vitamin K, vitamin A, magnesium, folate, manganese, iron, calcium, vitamin C, vitamin B2, potassium, and vitamin B6. It's a very good source of protein, phosphorus, vitamin E, zinc, dietary fiber, and copper.
The abundance of vitamin K in spinach helps to provide an essential part for the synthesis of sphingolipids. Sphingolipids are the crucial fat that make up the Myelin sheath around our nerves. Vitamin K is also an important part of the process of carboxylation. Carboxylation produces the matrix Gla protein that prevents calcium from forming in our body tissues. Eating one cup of spinach contributes to this process that fights atherosclerosis, cardiovascular disease and stroke.

The vitamin A in spinach can help us fight infection. One cup of spinach contains over 337% of the RDA of vitamin A. Vitamin A protects and strengthens mucous membranes, respiratory, urinary and intestinal tracts. Vitamin A also is a key component of lymphocytes (or white blood cells) that fight infection.

Spinach can be very helpful in preventing osteoporosis. If spinach is boiled, one cup provides over 1000% of the RDA of vitamin K that can prevent excess activation of osteoclasts. Osteoclasts are the cells that break down bones. Spinach can also increase the synthesis of osteocalcin. Osteocalcin is the protein that is essential for maintaining the bone density and strength.

Are there any reasons why someone should not eat spinach?
- Some people are allergic to spinach. If you have not eaten it before, eat a small amount to see if you are allergic to it.
- Spinach can be a high pesticide-containing food, so it’s important to always wash spinach and eat organic spinach.
- The oxalates in spinach may interfere with the absorption of calcium, and could crystallize. People who have kidney or gallbladder problems may want to think carefully about choosing to eat spinach.
- People with thyroid problems should consult their doctor about eating spinach. It’s possible that it can interfere with proper thyroid gland functioning. However, many people with thyroid problems choose to cook spinach. Cooking spinach can reduce the goitrogenic compounds.
- Spinach contains purines. Gout-prone people might choose not to eat spinach because they may be affected by the purines in this food.

What are the 24 Benefits of Spinach?
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7. Calcium source
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9. Cancer preventative
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11. Lowers cholesterol
12. High folate level
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This article is written by Jean Voice Dart, M.S. Special Education from Illinois State University. Jean is a published author and has written hundreds of health articles as well as hosting a local television program, “Making Miracles Happen.” She is a Registered Music Therapist, Sound Therapist, and Master Level Energetic Teacher, and is the Executive Director, founder and Health and Wellness Educator of the Monterey Bay Holistic Alliance. The Monterey Bay Holistic Alliance is a registered 501 (c) 3 nonprofit health and wellness education organization. For more information about the Monterey Bay Holistic Alliance contact us or visit our website at www.montereybayholistic.com.

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