



HOMEOPATHIC MEDICAL SPA

HOMEOPATHY HYDROTHERAPY MASSAGE **the ink SPAhT**

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FRESH START

Happy New Year from all of us here at SPAhT Homeopathic Medical Spa! Spring is just around the corner, and winter is still lingering over us! What a great time to review the past year(s), take a look at where you've been, and plan ahead to where you'd like to go.

February is American Cardiovascular Health Month, so I hearten you to take a look at your heart and the body that embraces it. The body is a reservoir of emotions, memories and calories—creating a map of where we've been. What you see does not have to determine what is possible for the future, if you are willing to break through the habits of the familiar. Driving the same roads will produce the same map, of course, but what if you took a completely different route? That's my challenge to you... how radically different are you ready to be?

Our body is constantly regenerating itself. Every 7 days, an entirely new digestive tract lininf. Every 90 days, all new red blood cells. Seven years from now, every cell in your body will be different from the ones that are there now. What changes would you like to accomplish during that time?



I invite you to SPAhT to unfurl some new leaves into an entirely new you... beautiful from the inside out!

Cheers to your optimal health,

Dr. Tolle Murphy

PLANTAR FASCITIS

Unfortunately, new exercise programs often produce sports injuries that derail you from your fitness goals! Plantar fasciitis is a particularly plaguing problem for many runners and weekend athletes. Do you have heel pain with running or walking? Is it worse in the morning? Perhaps you've been suffering for years, modifying your activities and resigned to your fate?

Your body heals itself with the correct therapeutic interventions. Typically see results in just three weeks with the UltraSound Package: First Office Visit, plus 6 sessions of Therapeutic Ultrasound and a tailored nutrition program.

Problem: heel pain especially intense each morning with the initial steps across your bedroom floor.

Solution: Night boot allows permanent healing to occur by holding the fascia in an extended position, so that it won't be healing in a contracted position, becoming reinjured each morning anew.

Problem: Low bloodflow in fascia makes localizing treatments difficult.

Solution: Therapeutic Ultrasound converts electric energy to sound waves through a crystal transducer. Sonic energy drives heat deep into the tissue and increases circulation to the fascia, allowing scar tissue to break up and healthy strong tissue to form instead.

20% off ULTRASOUND PACKAGE



10 THINGS THAT MAKE ME HAPPY

Some of which are giftable, and some of which may make you and your sweetie and loved ones happy, too! All have in common being healthy for you inside and out!

1. Green's First*. Such a lovely way to start the day! Sipping a deliciously minty and frothy cold beverage full of a concentrated daily allotment of organic fruits & veggies! "Green", literally, has never tasted so good!
*Available through select practitioners, (including SPAHT!)

2. Terra Bella Flowers: artful arrangements of organic, (and often edible!), flowers. Great for chemically sensitive individuals, those going through toxin intensive therapy like chemotherapy, and the rest of us who like old fashioned fragrant, local, good-for-you-and-the-environment gorgeous flowers!
www.terrabellaflowers.com

3. Max Green Alchemy (MGA) shampoo & conditioner contain no parabens, sodium lauryl/laureth or petrochemicals. Parabens, like pthalates from plastics, are xeno-estrogenic. Xeno-estrogens are chemical that mimic estrogen hormones. Parabens are used ubiquitously in body care products as a preservative and have been found in breast cancer tissue. On the upside, MGA products have a nice consistency and scrumptious aroma! Now available at SPAHT!

4. Built-in water filters for drinking and showering. Enjoy a New Wave Premium Shower Filter for about \$45 from Pharmaca Integrative Pharmacy and replace your seldom used spray nozel with a GE SmartWater Dual Stage inline drinking water filter for about \$110 from Home Depot. Even though City of Seattle has arguably the cleanest water in the world, it is still preferable to filter out the chlorine once it has done it's job and delivered water "on tap" that's clean and microbe-free. Your skin will thank you for rainforest fresh water both inside and out!

5. Romantic vacation get-aways for the everyday. (For the days when you can't jet off to Paris, and instead stay home and work.) A low-flow Kohler shower head is such an inexpensive (and green) investment for a spa vacation in your own home. Also the Aviva 3 liquid dispenser beautifully tames the mess of bottles and tubes lining the tub, providing calmness and clarity of mind early in the morning. Use the French lables for that Swiss vacation spa effect right there in your very own water closet.

6. Pilates. If you have unlimited resources, go to the pilates studio every day! If that's not you yet, choose a great substitute that fits easily into your lifestyle! The payoff is in the consistency... just 20 minutes a morning tones your feline suppleness and revs up the metabolism for all day at the office! Call to find out which program is Dr. Murphy's fav!

7. Walking to work. It may take years of planning, to bring work and home into the same neighborhood, but it's worth it! LOVE the simplicity of navigating life under human powered means. It adds such a level of continuity, not to mention a giant step towards future generations enjoying our same high standard of living. Visit http://www.davidsuzuki.org/NatureChallenge/What_is_it/ for more on sustainable living.

8. Style as Substance. Getting lifestyled by Darcey Howard www.getlifestyled.com creates calm happy mornings where you can look pulled together and have fun doing it, all in a matter of 2 minutes if need be! Now if your purse and shoes don't match, it's a premeditated fashion move that helps explain who you are and what you're about, not a harried accident!

9. Ergonomic elimination. Using a step stool at the toilet aids in easy and complete elimination. www.healthstep.com for info.

10. Sigg bottles from Switzerland: lightweight aluminum lined with a non-plastic thin enamel that is safely washable and provides pure portable water without pthalate contamination in a multitude of fun colors and designs!