

Winter II 2010



# CHIROPRACTIC AND WELLNESS

on Pewaukee Lake

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Visit our **NEW WEB-SITE!**  
[Pewaukeelakechiro.com](http://Pewaukeelakechiro.com)

## SPECIAL POINTS OF INTEREST:

- New Faces! Featuring Patti Breitbach-Rashid RYT, OTR
- The germ theory, and its downfall
- The NEW Vitality bed! Keep your winter glow the healthy way
- Raindrop massage: the beautiful art of balance
- Chiropractic and Immunity
- Recipe of the Month: Hummus

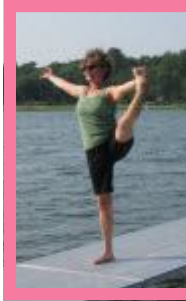
We must be the changes we want to see in the world"  
-Mahatma Ghandi



## Introducing....

### Yoga Instructor Patti Breitbach-Rashid

All her life Patti was the kind of person who would truly "go for the burn" when doing her workouts. She participated in years of dance and other sports, that caused her body to produce symptoms of pain in her back, knees, and hips. As she grew older, she looked for exercises that would be more soothing, and also calm her restless mind. It was at this crossroad that she decided to attend her first yoga class. Soon after, she found that yoga helped her physical issues, and she also felt an emotional "shift". Patti felt so blessed to have found yoga that she wanted



Patti believes in the benefits of practicing yoga in and out of the classroom

to share it with others. In 2004 she began her first yoga training program at Kanyakumari Ayurveda Education and Retreat Center.

Patti is registered with yoga alliance and she is a certified yoga instructor. She is also a registered occupational therapist with 23 years

of experience in adult and pediatric rehabilitation. Patti's approach to teaching is guided by balance and proper alignment to aide in functional

movement, and prevent injury. Patti's teaching style is infused with humor, acceptance and encouragement while providing a calm environment in which to explore and enjoy the process of self discovery.

Patti is also a certified ZUMBA instructor as well as the owner of "La Bella Terra", a line of aromatherapy products, body/room sprays, and personal essential oil perfume blends.

For more information contact [Patti@bodysoulwellness.com](mailto:Patti@bodysoulwellness.com) or visit [www.pewaukeelakechiro.com](http://www.pewaukeelakechiro.com) for a list of classes.

## The Germ Theory Downfall

In the mid 1800's, after continued disappointment with the spoiling of his wine, Louis Pasteur was credited with the germ theory proposing microorganisms are the cause of most diseases. Originally, it was thought that spontaneous generation was not only the reason food spoiled, but also the origin of disease. Because of this, microorganisms are still considered the culprit today, with pasteurization and anti-

septic methods used to counteract them.

Antoine Bechamp presented the counter argument to Pasteur. Bechamp stated that the primary cause of disease is within us. He concluded that it is not the microorganisms, but the conditioning of the body, and the challenging of its systems. Bechamp believed that it is the resistance of the host that is most important for fighting disease. A good example of

this is to challenge a classroom of children. It always ends up that the same children get sick.

Unfortunately today the germ theory is most widely accepted due to Pasteur's political backing. Ironically, on his deathbed, it is cited that Pasteur admitted Bechamp was right all along.

## Chiropractic and Immunity

Many studies now show that one of the best remedies for common colds and the flu is to get a chiropractic adjustment. Allowing the body to heal naturally will create greater resistance and strengthen the body's immunity. Chiropractic helps identify the cause of the problem.

There are various techniques to balance the body. In order to best strengthen the immune system, it is important to remove nerve interference, break up the fight/flight reflex, balance emotions, and strengthen the organs. These are all keys to healing through chiropractic. Additional support is gained through proper nutrition and additional supplementation. Our practitioners are skilled in determining the best form of treatment for you!

For more information, or to schedule an appointment contact Casey, at [Info@pewaukeelakechiro.com](mailto:Info@pewaukeelakechiro.com) or visit our website [www.pewaukeelakechiro.com](http://www.pewaukeelakechiro.com).

## Get Sun-Kissed, and Wrinkle-Free The Healthy Way!!

While natural sunlight in moderation is essential to your well-being, many people find it difficult to expose themselves to sunlight in the short winter days. Exposure to sunlight is the key factor in vitamin D synthesis, which helps your body fight off illness, disease and the flu. In the summer, when sunlight is abundant, and many of our days are spent outdoors, we tend to shy away from that essential exposure by staying in the shade, or covering up with a strong SPF lotion that will block all the benefits of sunlight.

We have recently added a new piece of equipment that highlights all the benefits of the sun, while eliminating all the bad. The vitality bed is the only tanning bed that provides anti-aging red light as well as infrared light which stimulates circulation and boosts metabolism. Finally the bed provides the healthy amount of UVB rays to allow your body to synthesize essential vitamin D. The vitality bed is also

the only bed approved by the Vitamin D council. To be safe and health promoting.



Use this coupon to receive \$3 off your first tanning session or 10% off your first month unlimited package!!

## Raindrop Technique: The Beautiful Art of Balance

Essential oils were used in ancient times to lift the spirit and increase the energies of the body. The ritual of applying oils was practiced with the purist intentions, and the hope of bringing great joy and relief to both those who gave and those who received it. Raindrop therapy (aromatherapy) is a gentle massage method of "dropping" essential oils on the spine and back to promote healing, wellness, and to boost the immune system function. The technique of Vita-flex is incorporated into the therapy which is a form of reflexology.

Many forms of spinal misalignment are caused by muscle spasms as well as inflammation producing bacteria and viruses. Once the body is aligned, it can

function more efficiently and effectively.

Essential oils are the regenerating, oxygenating, and immune defense properties of plants. The oils themselves are very powerful antioxidants, which work to prevent mutations of bacteria, viruses, and fungi.

They also create a very unpleasant environment for free radicals which can be very damaging. Essential oils help promote emotional, physical, and spiritual healing.

For more information contact Elise Trasser N.D. at (262) 695.0022.

Use this coupon towards a raindrop massage at a special price!  
**\$65 for One hour**

### Recipe of the month:

#### Hummus

1 Large can of Chickpeas

3 cloves of garlic

Juice from one lemon

1/4 cup olive oil

1/4 cup tahini (ground sesame seeds usually found in the international food aisle or near the peanut butter)

Add salt to taste

Combine all ingredients in a blender or food processor and blend until well combined. For creamier hummus, Add more olive oil or lemon juice to taste. To enhance flavor, add 1/4 cup of red peppers, Greek olives, or sun-dried tomatoes and combine.