

ASSOCIATION OF HOLISTIC PRACTITIONERS



The Association of Holistic Practitioners

www.holisticassociation.org

Detoxification

The idea of detoxifying the body is a new concept for many people in today's fast way of living. In reality, many treatments of the past were actually detoxification and cleansing procedures.

Due to the exposure we face every day to many toxins, it is more important than ever to make use of various methods or procedures to detoxify and cleanse our body and its systems.

If a person wants to detoxify and learn to reduce their exposure to toxins, it stands to reason that we must be aware of what toxins are or where they come from. The Gage Canadian Dictionary defines a "toxin" as "any poisonous product of animal or vegetable metabolism, especially one of those produced by bacteria". Another definition of "toxin" could be "any substance that causes irritation or harmful effects in the body". This is a much broader definition that better fits for this discussion. (Cont' on page 3...)



7 Steps to Change a Habit

1. Recognize the fact that you have a habit you'd like to change. You won't get anywhere unless you can admit this fact.
2. Define your habit. What is it and why does it persist? What stops you from getting rid of it?
3. Share your desire to change only with those who will support you - not sabotage you.
4. Replace your habit with something new and positive in your life. The key is not to focus on the 'not doing', but to think instead about 'doing'. Instead of thinking about missing that piece of chocolate cake after dinner, think about how good it is going to feel to take a long walk without all that sugar

12 Values of Play & Self-Discovery

Play Value #1: Permission

To truly enjoy the playground of life, the first place to start is giving yourself permission to be playful. Permission is liberating and is the foundation of a playful attitude. It frees you to be silly, imaginative, creative, spontaneous and much, much more! Begin by giving yourself permission!

Play Value #2: Joy & Fun

Joy is the essence of who we are. Even if we have forgotten, joy is still there within all of us. Play is a safe and simple way we can return to our joyful Self and celebrate it with the world. When we fully express our joyful Self we have the most fun!

Play Value #3: Laughter

Laughter expands energy in the body and relaxes us from doing things the "right or reasonable way." Ideas are more freely shared and we find humor in our short-comings, allowing us to celebrate the creative process more joyfully. So, build your sandcastles to the stars and laugh as the tides wash them away. (Cont' on page 2...)

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★
**Stress-release
 Quotes**

“For fast-acting relief, try slowing down.”
 ~ Lily Tomlin

★
“Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.”
 ~ J. Lubbock

★
“Tension is who you think you should be. Relaxation is who you are.”
 ~ Chinese Proverb

★
“The mark of a successful man is one that has spent an entire day on the bank of a river without feeling guilty about it.”
 ~ Unknown

★
“There is more to life than increasing its speed.”
 ~ Gandhi



PLAYVALUES (Cont' from page 1)

Play Value #4: Imagination

When you were young your imagination took you on wild adventures. The sky was the limit as you rode on daily adventures into the unreasonable. Allow yourself to imagine daily. Let it take you to new possibilities where your mind is set free.

Play Value # 5: Creativity

Play leads you directly to your creative potential. Even if you are not looking for creative inspiration you may be surprised to see that some of



your best ideas sneak up on you when you are just out enjoying yourself. Play opens your mind so that you don't have to look for ideas...they come to you!

Play Value #6: Flow

To the degree that you let go, you will enjoy play and its possibilities. Letting go releases you from the burden of control and opens you to a flow of creative potential that exists everywhere. You ride freely down the river of life, engaging more fully with the potential of the present moment and more fluidly with the currents of life.

Play Value #7: Trust

Play is a safe way we can learn to trust each other and ourselves. The light nature of play creates comfort in expressing parts of ourselves we don't normally share. And in the true Yes And nature of play, our feelings, thoughts and ideas are more easily welcomed by others.

Play Value #8: Silliness

Isn't it fun to be silly? It has a childlike quality about it that dissolves seriousness and opens us to innocence and vulnerability. Inject silliness into your play and you'll soon discover that saying "Silly me!" is a good thing!

Play Value #9: Spontaneity

In spontaneity there is freedom – freedom not to think, to sound smart, to get it right or to receive approval. It is the freedom to express what wants to be expressed in any given moment. No longer responding to life through a pre-set routine. You are participating afresh and alive, dancing in the moment and recreating yourself anew at every turn.

Play Value #10: Connection & Cooperation

When we play we connect with our authentic Self and share it openly, allowing our light to shine. In turn, we automatically give permission to others to do the same, bringing people together in greater harmony and cooperation. Play is the great equalizer. (Cont' on page 4...)





DETOX *(Cont' from page 1)*

Where do the toxins we are exposed to come from?

Here is an incomplete list of some of the sources: food, water, air, plants, microorganisms, dust, mold, personal care products, pesticides, herbicides, agricultural and industrial chemicals, toxic metals, noise, cleaning supplies, perfume, cigarette smoke, anesthesia, electromagnetic sources (computers, microwaves, etc.), temperature, altitude, radiation, normal metabolic products, improper formation or metabolism of normal body chemicals (hormones, neurotransmitters), production of free radicals, excess lactic acid, stress, emotional trauma, emotional or spiritual challenges, etc.

Fortunately our bodies are made in a way that they detoxify naturally every day. Unfortunately, due to multiple and continued exposure to toxins, the body systems can become overloaded and unable to fully cleanse or detoxify the tissues and organs. This, in time, creates an imbalance in the body.

Some of the signs of toxification and an imbalance include: headaches, muscle pain, fatigue, mental confusion, memory loss, emotional upset, poor concentration, skin rashes, neurological problems, vision disturbances, flu-like symptoms, mucous membrane irritation, nausea, vomiting, diarrhea, asthma, sinus problems, abnormal body odor, bad breath, coated tongue, back or joint pain, arthritis, environmental sensitivities, food allergies, insomnia, depression, irritability, brittle nails and hair, psoriasis, adult acne, overweight or underweight.

Instead of panicking and thinking we have to lock ourselves away somewhere sterile, we can decide to learn some common-sense protective measures. Doing that will allow us to significantly lower our risk of degenerative diseases and other illnesses caused by the accumulation of toxins and we can expect to live longer and in better health.

If you suspect that you are in need of detoxification or cleansing you can contact your nearest Natural Health Practitioner or Naturopath and set up an appointment to assess your situation.

Once you have done an initial detoxification or cleansing it is a good idea to repeat the procedure at various times throughout the year, depending on your overall health and the toxic exposures you face.

Colleen Kirtzinger - Natural Health Practitioner / www.itsmyhealth.ca



HABIT *(Cont' from page 1)* in your system.

3. Keep a journal of successes and failures.
4. Reward yourself for your successes with something positive that directly reflects the benefits of changing your habit.
5. Forgive yourself when you slip: Don't beat yourself up if you end up falling into the habit again. Pick yourself up and try again. Your efforts have not been wasted and you have not lost any ground. With every attempt you make yourself stronger.
6. Open your eyes: Life shows you the way if you just listen. You always 'know' when you're crossing a line.
7. Visualize the new you, without the habit: See it, feel it, hear the sounds of success. Hear the compliments. Hear your new thoughts of how great it feels to have made this change.

New Membership Rates

Lifetime membership
\$ 126. Canadian



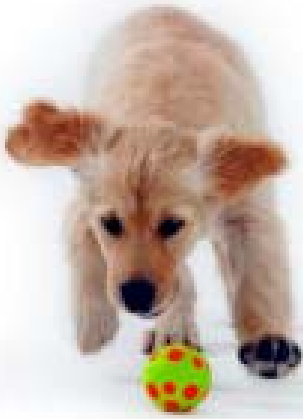
Annual membership
\$63. Canadian



Membership renewal
\$48. Canadian

(Annual members are required to renew each year, Lifetime member are exempt.
Choosing a Lifetime membership is a great value to members and also helps the association reduce administration time.)





PLAY (Cont' from page 2)

When everyone plays fully, all roles and hierarchies dissolve. We see each other more clearly and realize we are more alike than we'll ever know.

Play Value #11: Curiosity & Wonder

So, did curiosity really kill the cat? Or did we kill curiosity? Despite this myth, curiosity lives within all of us. As children we are very curious seeing everything with innocence and fresh eyes. Play reconnects us to the humility, joy and wonder of not knowing, where we discover more possibilities in the question than the answer. In the process we discover a world within each of us that is both unbounded and inspiring.

Play Value #12: Learning & Integration

Through play, we learn to embrace all aspects of our Self, the light and the dark. Instead of judging them, we celebrate them as part of our inherent wholeness. We see that the light is needed just as much as the dark. Like a painting, the contrast between the two is necessary to create the depth and beauty within each of us.

VINCE GOWMON
www.rememberingtoplay.com

Reiki for People & Pets

Two legged and four-legged friends share many of life's stresses, anxieties and health issues - mental, emotional and physical. Reiki can be used as a healing modality for both of you. Life force flows within the physical body of all living creatures through pathways called chakras, meridians and nadis. It also exists in the field of energy called the aura. Life force nourishes the organs and cells of the body, supporting them in their vital functions. When this flow of life force is disrupted, it causes diminished function in one or more of the organs and tissues of the physical body.

Reiki heals by flowing through the affected parts of the energy field and charging them with positive energy. It raises the vibratory level of the energy field in and around the physical body where the negative thoughts and feelings are attached. This causes the negative energy to break apart and fall away. In so doing, Reiki clears, straightens and heals the energy pathways, thus allowing the life force to flow in a healthy and natural way.

Reiki promotes deep relaxation and releases blockages within the physical, mental, and emotional bodies. Release of tension and blockages then allow the natural flow of energy through the body, releasing toxins and waste products as the blockages leave. Once the blockages are removed, the ability to receive, hold and store more energy.

1. Loosens blocked energy in the body and promotes a sense of deep relaxation.
2. Provides relief from acute and chronic pain, anxiety and depression.
3. Significantly reduces stress and tension.
4. Shortens the healing time after medical procedures.
5. Boosts and strengthens the immune system.
6. Releases blocked and suppressed feelings.
7. Works as a complement to all types of healing.



ASSOCIATION OF HOLISTIC PRACTITIONERS



OUR MISSION:

To unite Holistic Practitioners in the fields of alternative healing, holistic education and intuitive consulting through the World Wide Web.

To assist in maintaining the highest standards in the fields listed above.

To serve as a resource for Holistic Practitioners and the clients who seek such services.

To register as an association member visit www.holisticassociation.org