

Cooking Class Indian Cuisine

Saturday, June 18th, 10 am

Join us for an exotic, delectable taste of India, a cuisine rich in culture, spice, and flavor. Learn some new, delicious recipes to add to your international cooking repertoire!



\$25 per person

Fitness Fact

Many of us think that stretching is for before or after a strenuous workout only. This is not true! As we age, our muscles tighten and we lose range of motion in our joints. Regular stretching improves circulation, which brings nutrients to each and every cell of your body while also removing waste products. Stretching also increases your strength, creates better posture, helps with relaxation and stress relief, reduces lower back pain, and enhances deep breathing techniques. So join us at the Well for an Assisted Stretching Session or Well Stretching Class today!

Massage Minute

Did you know that there are 640 muscles in the human body, and that they make up about half of your total body weight? What are you doing to take care of those muscles? A massage can reach deep into the layers of your muscles, stimulating blood flow and awakening them to regenerate new, healthy cells. Call our massage department at 610-346-9080 ext. 305 to schedule your massage today!

Fun In The Sun!

With the lazy days of summer stretched out before us, it is time to think about how to protect our skin in the sun. Below are some great options to keep your skin healthy and glowing!

Cataplex F and Calcium Lactate

These two pieces of nutrition work together to hydrate your skin and help you avoid sunburn. Just take three of each before you hit the beach, and three more when you return home.

Olive Oil

Olive oil is an excellent, natural choice for those of you with medium to dark skin, or if you already have a base tan. Olive oil keeps your skin hydrated while also working as an antioxidant to repair damaged skin cells.

UV Natural Sunscreen

Formulated from entirely natural ingredients and zinc oxide, UV Natural Sunscreens offer protection for all skin types against sunburn while allowing the body to build a safe, natural tan. For more information about all of the products they offer, visit www.uvnatural.com.



Ask the Clinician

When we are tested, are we monitored for vitamin D and calcium deficiency? How do we know if we are deficient?

When a body is deficient in vitamin D or calcium, it is most often because there is an organ, system, or function somewhere that is not doing its job. For example, the parathyroid is largely responsible for blood and bone calcium levels. If the parathyroid is not functioning properly, the body may become calcium deficient. The answer here is not to pump more calcium into the body; that would be like continually refilling a bucket of water that has a hole in the bottom. The solution is to plug the hole! Addressing the distress within the parathyroid will not just treat the symptom, it will heal the problem.

As we are testing your body, we are looking for distress within each of your organs, systems, and functions. If there is a distress, your body will tell us. We will then support that organ, and allow it to truly heal from the inside out, alleviating symptoms such as calcium or vitamin D deficiency once and for all.

In order to ensure you are getting the proper intake of calcium and vitamin D, there are two things you may do. Eat plenty of leafy green vegetables for calcium, including kale, spinach, Swiss chard, asparagus, broccoli, and Brussels sprouts. The best source of vitamin D, on the other hand, is the sun! Make sure you are getting outside throughout the week, and enjoy that bright sunshine!