



Happy Birthday, Well of Life Co-op!

The Well of Life Co-op is one year old this month! Thank you to every member and volunteer who has worked so hard to enable its existence and contributed to its success. A HUGE thank you goes to Co-op Coordinator Wandy Bush, who has devoted untold hours to the running and maintenance of the Co-op. The Well of Life Co-op would not exist without all of the work and love you have poured into it. We hope you all have enjoyed the benefits of fresh, healthy produce, meats, and dairy, and we look forward to another successful year!

Mythbusters!

Myth: It is more expensive to eat organically.

Fact: It is not more expensive; in fact, it sometimes can be less expensive. When you are eating organically and eating the right way, your body requires LESS food intake, because it is satisfied that much more quickly by the good nutrients you are eating. Remember to try out our food co-op, which is a great source of organic eggs, produce, cheeses and meats, all at prices that are often less expensive than at a local grocery store.

Example: Organic peaches at Giant are 3.99 a pound; through our Co-op, they are .99 a pound.

Fitness Fact

Fitness goals should be **SMART:**

Specific
Measurable
Attainable
Relevant
Time-Bound

Setting your goals in this way ensures a greater probability of success!

Massage Minute

Muscles normally receive 25% of the body's blood as it is circulating through the body. During a massage or exercise, the blood flow to the muscles is increased to 50%. This blood carries vital nutrients and oxygen to the muscles. By getting a massage, you are improving the nutrition that your muscles receive, thereby feeding it without exhausting it.

Yoga & Pilates

Well Yoga Classes

Wednesdays
8am - 9am

Mat Pilates

Mat Pilates sessions are available by appointment only!

To schedule or attend any one of our wellness sessions please call us at 610-346-9080

Take advantage of our Client Rewards Program!

In appreciation of your trust, support, and involvement in the Well of Life, we are happy to offer you a rewards program. The different ways you may participate include...

Refer your friends and family! Just tell other people about what we do here and how much better you are feeling. As a thank-you, all referred clients receive their initial consult at a substantially discounted rate, while you receive a coupon for \$5, \$10, or even \$25 at the Well of Life Center.

Host a tea! You host a tea party in your home for your friends and family members, and one of our clinicians will come and speak, absolutely free of charge. As a thank-you, you will receive a \$50 gift certificate toward any purchase within our office.

Attend a lecture! Our goal is to educate you on the way your body works, and how our program helps you to achieve true healing. After all, the more you know, the more equipped you are to make healthy decisions. Our lectures are free of charge and open to the public, so bring a friend with you to the next lecture that catches your eye. You will receive a coupon for 5% off nutrition just for attending!

Bring a friend to a New Client Dinner! As a new client, you are not only invited to our New Client Dinner, but you are also invited to bring up to two friends with you. If your friend schedules an initial consultation, they will receive a FREE visit with our newest clinician, Victoria, and you will receive a referral coupon.

Attend a cooking class! Participate in one of our cooking classes and you will receive \$5 off the next cooking class you attend.

Note: Current client rewards program will expire on December 31, 2010. A new rewards program will begin in January 2011. More information to follow.

Parent's Group! Saturday, October 23rd at 12 pm

If you missed our first Parent's Group meeting, don't worry! Come out to our next meeting, "Healthy Holiday Treats". This meeting will be a great opportunity to discuss and share ideas and recipes to get your family through the holiday season while still making healthy decisions. Come also to learn how to navigate your way through family get-togethers while still enjoying your time together. This is a great time to receive information, fellowship, and support for parents, from parents. Sign up at the Front Desk if you are interested in attending!

Ask the Clinician

Q: Is there a natural way to whiten teeth?

A: Yes, there is, and it is quick and easy! Brush your teeth with this recipe no more than once per week for a sparkling, healthy smile:

1 ripe strawberry
1 teaspoon baking soda

Crush the strawberry to a pulp and mix with the baking soda. Using your toothbrush, apply the mixture to your front teeth and let sit for 5 minutes, then rinse with water. Be sure to floss and brush your teeth with your standard toothpaste following every application.

Q: How is Apple Cider Vinegar tea beneficial?

A: Apple Cider Vinegar tea has several benefits, and is useful for the alleviation of many different symptoms.

Digestively, it promotes pH balance and the presence of proper enzymes needed for digestion. For this reason, Apple Cider Vinegar tea is great to drink if you are feeling indigestion or stomach upset from a food you have eaten.

Apple Cider Vinegar also aids the body in the removal of toxins through the breakdown of fat and mucous, as well as the promotion of the digestive process. This will help the body fight off parasites, rashes, headaches, colds, the flu, and aches and pains. When applied topically, Apple Cider Vinegar can help with bug bites, acne, rashes, and even cellulite!