



# NATURAL HEALTH & HOME ESSENTIALS

By Tanya Hammond

It's that time of year that both our health and home could use a pick me up. The long dark days of winter can take a toll on us, with many people often experiencing what is commonly known as the "winter blues."

The lack of daylight hours combined with less than ideal weather conditions can sometimes mean we don't get the exercise we do in the warmer months. When I say we I mean me! Unfortunately, my body lets me know in no uncertain terms that it isn't happy with my more sedentary lifestyle with increased time spent at the computer. Thankfully, I know just the remedy for the aches and pains that come from neck and back strain.

I have known for years the benefits of receiving chiropractic care to restore, maintain and enhance my health. I have relied on the talents of Dr. Kelli Blunt and her team for a number of years to get me back up and functioning time and time again. I do wholeheartedly believe that there is a great ability for a person's body to heal, given a chance to experience treatment from a variety of trained health care providers. A drug-free, surgery-free path to natural healing is a route worth exploring.

Our community is abundant with professionals specializing in a wide range of hands-on therapy, and I encourage you to seek out those that can help you on your journey of well-being. I have recently had the pleasure of receiving treatment from another area professional, Marcy Fraser Rmt, of Green Door Massage. After a lengthy discussion during my first consultation, Marcy instinctively knew what was needed. I received treatment that incorporated diaphragm release and fascial restructuring. It's not the relaxing massage that one might picture in their head, but it is well worth taking the time to schedule. Immediately after the treatment, I noticed how much better I could breathe. I felt reinvigorated and ready to step back into a better exercise routine.

As well, on this quest to improve health and home I discovered the benefits of essential oils and all they have to offer. My introduction to essential oils began coincidentally with the desire to continue to breathe better. I started by purchasing a diffuser and some peppermint oil so that I could feel the uplifting effects as it filled the air with the sweet, mint aroma. Soon after, I found myself not only ordering

health care products made with essential oils, but also home cleaning products created with essential oils that are free of the harmful toxic chemicals found in many other cleaners on the market today. Although essential oils have been used for centuries for digestive and sinus problems and to support the nervous and respiratory systems, they are now gaining mainstream popularity with numerous distributors in the area.

Another old world product that has resurfaced in recent years is the use of Himalayan salt lamps to not only create a warm ambiance but also help with indoor air pollutants and decrease allergens. In fact, I have added one to my home office to help neutralize the effects of the electronics that surround me. I have also found that decluttering clears not only the space in your home, but also your inner spirit. It allows creativity to flow more freely.

I encourage you to seek out those things that soothe the soul and create healing from within. The promises of sunny spring days are just ahead. There is no better way to go into a season than feeling rejuvenated and reinvigorated in your health and your home. **LH**