



225 Clandeboye Avenue  
Selkirk, MB (204) 785-8922

Email: [soulspa@mts.net](mailto:soulspa@mts.net)

Web site:

[www.revitalizesoulspa.com](http://www.revitalizesoulspa.com)



We'd like to Welcome Vivian Chrapchynski to Revitalize. She will be replacing Debbie K as our Bookkeeper.



We're saying Good Bye to Debbie K , Mary Webb and Cally Essery. They will be missed.



**If you don't invest time and money in Wellness,  
You will....in Illness**

## ELIMINATE DEPRESSION NATURALLY

By [Jacob Teitelbaum, MD](#) From: *Dr. Oz website*

Depression is becoming increasingly common, but often goes away with natural therapies. Though how we feel has a lot to do with psychological issues, it can also be dramatically affected by our biochemistry. So while doing one's "psycho-spiritual" work is important in treating any illness, you will be amazed at how much better you can feel when you optimize your biochemistry — naturally!

From a psychological perspective, depression usually represents repressed anger that has been turned inward. This is why choosing to allow yourself to be angry or even to sometimes go into a rage can be healthy when you're depressed. You can tell when the anger is healthy because it will feel good. Remember though, that you are choosing to be angry, and what you are angry about is nobody else's fault (so don't beat up others with your anger). When you don't allow guilt to get in the way, notice how your depression decreases and you feel better after a good fit of anger!

From a physical perspective, depression often reflects faulty biochemistry. Begin by asking yourself this simple question: "Do I have many interests?" If the answer is yes, you're probably not depressed but rather have other physical problems causing how you feel — for which effective treatment is available — and not depression. If you do not have many interests, you probably are depressed and the treatments below will be very helpful for you.

Happiness has its own biochemistry which can be powerfully balanced and enhanced naturally. Let's start with the basics:

1. Overall nutritional support is essential. So take a good multivitamin supplement.
2. Begin a walking program. Research has shown that walking briskly each day is as effective as Prozac for depression.
3. Get more sunshine. Inadequate sunlight is a common cause of depression (called "Seasonal Affective Disorder" or "SAD"), which should be considered if your depression is worse in the winter.
4. Get eight hours of sleep a night (use natural sleep therapies if needed). Ambien is also reasonable, but about 1% of people report experiencing severe depression after a year of being on Ambien (if Ambien is causing it, it goes away within a few days of stopping its use).

This is a good foundation. But what can you add specifically for the depression?

1. Take fish oil. Fish can be very helpful in depression and other psychological problems. Most of your brain is actually made of DHA, one of the two key components of fish oil. In fact, taking fish oil during pregnancy markedly decreases the risk of post partum depression. Fish is called "brain food" for a good reason!
2. Optimize thyroid function. Natural Armour thyroid hormone (by prescription) has been shown to be very helpful in treating depression. Taking thyroid hormone may help even when Prozac fails
3. Treat other hormonal disorders. Suboptimal testosterone and estrogen levels can frequently cause depression and are easily treated by holistic physicians.

It is also critical that your body has what it takes to make the three key "happiness" neurotransmitters that your body needs. These are serotonin, dopamine and norepinephrine. High dose B vitamins and magnesium are critical for energy production. That along with tyrosine and tryptophan produce the hormones and neurotransmitters that contribute to your feeling well!

Most of you have heard of St. John's wort, and 25 double-blind studies with a total of over 1,500 patients have shown it to be as effective as prescription antidepressants, without the side effects. Magnolia bark also has a long history of use in traditional Chinese formulas that relieve anxiety and depression without leaving you feeling like you've been drugged.

Prozac is only about 10% more effective than placebo, and the side effects — despite 90% of the benefit coming from the placebo effect — can be serious, including loss of libido, weight gain, emotional flattening, and sometimes becoming downright suicidal (and perhaps even homicidal). So wean yourself off the Prozac and recover the full and happy feelings and lost libido you once had — *naturally*.



**Remember – Gift Certificates  
Make a Wonderful Gift  
For Any Man or Woman**



**Gift Certificates are always available  
In any denomination**

### The Value of Acupuncture

I have suffered with back problems all my life with generalized lumbar spondylosis and significant spinal stenosis. This can create excruciating pain and difficulty with walking or standing for long periods of time. My first experience with acupuncture was in Ottawa in 1985, which proved to be very successful leaving me pain free for many years. However, the last five years have been a different story. I have had physiotherapy, strong pain killers and even some minimal acupuncture through physiotherapy clinics. I actively spent a lot of time searching for someone qualified, competent and skilled in acupuncture. As luck would have it, I read an advertisement describing the kind of services and care that I wanted, offered by Manée Hamilton DTCM, in Selkirk, Manitoba. My first appointment with Manée confirmed my impression of the advertisement. Manée is truly qualified, skilled and competent. She is very knowledgeable about acupuncture and the effects it has in the treatments on your body. Through Manée, I have learned so much about the workings of the human body and the interaction with the mind, and how acupuncture treatments restore health and wellbeing to the body's network. I have learned to pay attention to the foods that I eat, medications I might take, physical wellbeing and much, much more. I have also had acupuncture from Manée for chronic sinusitis and asthma. I am also pleased with the benefits it has given me such as, from nagging pressure, pain and plugged sinuses, and being able to breathe without strain. I no longer take the asthma prescription medication, Symbicort and I continue to improve under her care. I consider myself so fortunate to have found Manée. She gives the very best of herself in services and care to her clients.

L. Swanson

To make an appointment with Manée Hamilton D.TCM, practitioner of Acupuncture & Traditional Chinese Medicine, call (204)485-4059.

Running out of Christmas present ideas?



Revitalize Soul Spa has a great selection of gifts  
Angels Warm Buddy Wraps and Animals  
Essential Oils Verde Skin Care Products  
Essential Oil Bath Salts Soy candles

### *The Mall at Christmas*

*The festive lights are twinkling.  
The scent of pine is thick.  
The tiny tots are lining up  
To visit old Saint Nick.  
There's a ting-a-ling of sleigh bells  
As a chorus sweetly sings.  
And if you find a parking spot,  
An angel gets its wings!*

*--Christmas Unwrapped  
by Scott Emmons*



**Please note as of Jan 1, 2011  
there will be a \$5 price increase  
on massage, body talk and facial reflexology.**

**Extended Christmas hours for your shopping convenience  
Saturday Dec 18<sup>th</sup> 9:00 to 5:00  
Monday Dec 20 to Thursday Dec 23<sup>rd</sup> 9:00 to 5:00  
Closed Christmas Eve Dec 24<sup>th</sup> and Christmas Day Dec 25<sup>th</sup>.**

*From all the therapists and Staff, we wish you Seasons Greetings!*



Merry Christmas



### Meet our Spa Hosts:

**Peggy Smolinski, RMT**, Owner, Business Manager, Massage Therapist, Hot Stone Massage, Myofascial Release Therapy, CranioSacral Therapy, Ayurvedic Indian Head Massage, Aromatherapy, Lymphatic Drainage, Body Sugaring

**Barb Chimuk-Zdrill, RMT**, Massage Therapist, Hot Stone Massage, Body Talk, CranioSacral Therapy, Aromatherapy, Ayurvedic Indian Head Massage, Reflexology

**Tanya Wereschuk, RMT**, Massage Therapist, Ear Candling

**Debbie Tepleski**, Foot & Facial Reflexology, CranioSacral Therapy, Reiki, Body Sugarist

**Laura Law, RMT**, Massage Therapist, Sports Massage, Deep Tissue Massage

**Bernadette Koroscil**, Reiki Master, Spirit Body Healing

**Rosetta Matthews**, Bio-metabolic Analyst, Reiki Master

**Manée Hamilton, D.TCM**, Acupuncture Therapist, Traditional Chinese Medicine Practitioner

**Vivian Chrapchynski**, Bookkeeper & Newsletter

**Connie Frost**, Reception, Spa Support

**Tammy Keller**, Web page designer

### Alternative Health Therapies Offered at Revitalize Soul Spa

#### **Various Massage Therapies are available:**

Therapeutic Massage : Deep Tissue Massage : Hot Stone Massage :

Pre and Post Natal Massage,

Essential Alignment (Aroma Therapy) Massage

#### **Other treatments available, include:**

CranioSacral Therapy, Myofascial Release Therapy,

Ayurvedic Indian Head Massage, Reiki,

Visceral Manipulation, Body Talk, Spirit Body Healing,

Foot Reflexology, Facial Reflexology, Bio-metabolic Analysis

Acupuncture, Traditional Chinese Medicine, Ear Candling, Aroma therapy,

Body Sugaring, Aroma therapy Steam Shower, Lymphatic Drainage

*Because We're Good for the Soul*

**Call 785-8922 or  
email: [soulspa@mts.net](mailto:soulspa@mts.net)**

**[www.revitalizesoulspa.com](http://www.revitalizesoulspa.com)**

