

# RISE BC WELLNESS CENTRE

## FEELING STRESSED?

### Acupuncture may be able to help you

Acupuncture is a major component of Traditional Chinese Medicine (TCM), and has been shown to ease stress, depression and anxiety with good results. TCM theory states that the free flow of Qi (which may be loosely translated as “energy force”) regulates the overall health in your body. Qi circulates in the body through pathways called meridians and when this flow is blocked or disrupted, imbalance and health issues occur. When acupuncture needles are inserted into prescribed acupuncture points, the flow of Qi may be restored which helps to balance the body and mind, thereby promoting overall health. One of the way acupuncture works is by stimulating the nervous system, nerves and brain.

### How can acupuncture help decrease my stress?

Researchers at Georgetown University used lab studies to demonstrate that acupuncture slows the body’s production of stress hormones. Their findings were published in the April 2013 issue of the Journal of Endocrinology. In western terms, acupuncture balances the Sympathetic and Parasympathetic nervous systems. The Sympathetic system is responsible for fight or flight response, while the Parasympathetic system is responsible for the rest and digest functions. In today’s hectic world, many people walk around with an over-stimulated Sympathetic nervous response. Acupuncture can inhibit the Sympathetic nervous response (often due to over-stress and a busy lifestyle) while activating the Parasympathetic response, which creates space for healing and regeneration to take place in the body.

Actual treatment is always based on differentiation of syndrome or your diagnosis in TCM terms. The most appropriate treatment overall is the one that is specifically for you as an individual so proper diagnosis in Chinese Medicine terms is critical.

Andrea Wilson TCM/Acupuncturist



### Bon Voyage to Dr. Vince Zenarosa

We would like to wish Dr. Vince Zenarosa all the best as he leaves us in July to take part in a new program. We all appreciate how hard our physicians and practitioners work to constantly continue their education, ensuring their patients are receiving the best care possible. Sadly this next part of continuing education take Dr. Zenarosa back home for the next three years.

Dr. Zenarosa has been working with Dr. Kailia since 2014 at Community First Medical Clinic, now Rise BC Wellness Centre and helped Dr. Kailia start the Rise Above Pain program. He volunteers with our local search and rescue and is an active member in our community. He will be greatly missed by his patients, friends and family here in the Kootenays.

We want to wish Vince the best of luck as he leaves Canada in July to head back to the Philippines. We are all going to miss you at the office and look forward to your return.

Don's forget to check The HUB webpage to see what group classes are happening this month.

[thehubnelson.com](http://thehubnelson.com)

If you are interested in renting the studio space to put on your own classes please contact me to set up a viewing of the space.

### Planned Closures

June 18 We are Away

June 7 to 19th Dr. Kailia will be out of the office. If you need to book an appointment please call arrange to see one of our other physicians.

July 2 Lieu of Canada Day

July 20th, Aug 3 & Aug 31

Thank you Shannon for putting on a great yoga program this spring. We are looking forward to your classes starting up again in the fall. Have a great summer

## Embodiment Counselling

with Tara Emery

### Looking for a Disconfirming Experience

As our human brains are designed to keep us alive and protect us from danger they have a tendency to pick up the negatives, and scan our environment for hazards. As we age the potential hazards can become more and more, making it feel like our view of world gets more narrow. Often we are not even aware that our bodies are bracing for danger, especially if our early childhood was a challenging one. Much of our traumatic experiences (my fav. definition; any negative life experience where we experience helplessness) are actually stored in our body and are often triggered by our senses, such as a smell that can bring us right back to the moment. When these body memories are triggered it can feel like we are reliving our trauma and unless something changes this cycle can go on and on.

A **Disconfirming Experience** interrupts this cycle, it is the moment we realize the trauma is over and perhaps that we do not have to be afraid any longer. If we had experiences of not being loved or only being loved part-time it would be a realization that we are completely lovable, even when we make mistakes. We usually need support to discover these disconfirming experiences, we are social animals designed to connect! I recommend finding a registered somatic therapist for this. However, we can also look for little ones in our everyday life by practicing mindfulness, soaking up joy and gratitude, challenging automatic thoughts and studying our bodies.

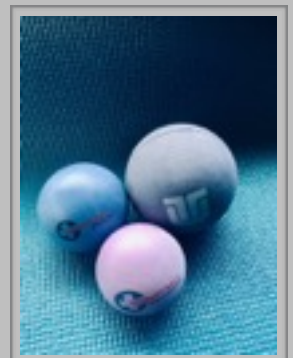
A great resource to help practice mindful gratitude, <https://gratefulness.org>

Wishing you wellness as you soak up the Joy this month!

\* I would like to honour my teacher Mariah Moser, [openingtograce.com](http://openingtograce.com) for teaching me about this amazing topic, *Disconfirming Experiences*.

### Featured Product: Therapy Balls

How can ball therapy help you? These three are my go to for my aches and pains. I have my kids and partner using them too. I truly believe they should be part of your every day life even if your not in pain. Ball rolling should be part of your daily health care just like you should brush your teeth every day, your muscles need regular care too. I don't always have a lot of time for ball rolling but I fit a bit in each day. I usually have one on my chair at work, working on my glutes and thigh muscles. There is one in my gym bag and I commit 5-10 minutes after my work out to rolling. It doesn't have to be a lot, you can rotate working on a new spot each day for a few minutes until you have managed to work from head to toe by the end of the week and then start over. I do spend extra time daily on my problem areas and those releases I get help me to have more pain free moments/days in my life. There are many different books and videos online that explain ball rolling or, if you are interested in learning more about how to take care of yourself at home with Ball Therapy, Anna Topf our kinesiologist could show you the best techniques. Please don't hesitate to stop in at the front desk and try them out and/or book an appointment with Anna.



Don't miss out on a chance to help support this program.

<https://www.gofundme.com/rise-above-pain-bootcamp>

FOLLOW US ON FACEBOOK: RISE BC WELLNESS CENTRE

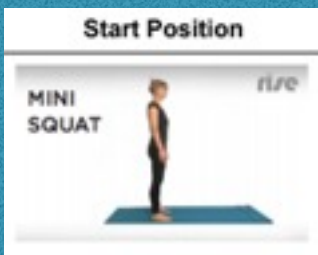
## EXERCISE OF THE MONTH FROM ANNA

Trees, buildings and our bodies receive their stability from strong cores. The human core consists of several muscle layers in 4 different directions.

When all of these muscles are working for you, you have your own natural built-in girdle that supports the centre of the body. From a strong core, we are then able to transfer strength into the rest of body: our legs will function better, our arms will have more support, and our posture will be more easily held upright. A strong core also has the aesthetic benefit of our abdominal area protruding less.

An easy way to practice isolating and engaging the core is to be lying down or sitting, placing a hand just below the navel. From here, take a deep breath in and then exhale through pursed lips, while drawing the navel in towards the spine. Do this a few times. Now try to maintain this contracted feeling while inhaling - it should be held at about 50% contraction and not interfere with regular breathing. Now, from here, you can start to add movement of the legs or arms while maintaining the core and the breath (try your yoga poses). The following is another easy one you can try.

### Mini Squat



- 1) Stand tall with core lightly engaged
- 2) Inhale- Slowly sit bum back as if you are going as if you are going to sit in a chair
- 3) Only go as low as comfortable: knees not going past toes
- 4) Exhale- push through the feet to slowly return to standing.

## Massage Therapy and Body Image

for the complete article shared not written  
by Mary Houle RMT please follow the link

<http://www.fascialfitness.net.au/articles/massage-therapy-and-body-image/>

Body image or the conscious sense of our body, is our perception of and beliefs about our own body's appearance. Or simply the feeling we have of our own body. Constructed by the brain from past experience and present sensations, the body image is a mental representation of our physical appearance and is a fundamental aspect of self-awareness and self-identity. Body image depends on our internal 'body maps' that are modulated by somatic and proprioceptive input

Body image can be distorted in people suffering from chronic pain, as complex regional pain syndrome, phantom limb pain, and back pain. Pain is commonly experienced as projected into the body. People say "My back is killing me!", but not "My pain is killing me." However, people having phantom limb pain show that we don't need a body part or even pain receptors to feel pain. The only factor that controls this pain is our body image. Physician VS Ramachandran said that pain is an opinion on the organism's state of health rather than a mere reflexive response to injury. The brain gathers evidence from many sources before triggering pain. Pain, like the body image, is a construct of our brain. Therefore he successfully used a mirror box to modify a body image and eliminate the phantom and its pain.

Massage is well known to make people feel more relaxed and better about themselves. While there are many evidences that suggest positive effects of massage on psychological health, several studies now showed the positive effects of massage on body image. Researchers have started to investigate massage as a way of improving body image. Thomas Pruzinsky in his book *Body Image: A Handbook of Theory, Research, and Clinical Practice*, writes that massage therapy is a somatic approach that is helpful in positively affecting body image "by helping the client reconnect to the body in a very concrete manner." Dr. Marcia Hutchinson, the author of the book *Transforming Body Image*, suggested that since body image is a product of the imagination, it can also be changed using the imagination. Hutchinson describes an exercise called "imaginal massage" in which you visualize massage occurring allowing the hands of the massage therapist to transfer healing to your bodymind allowing acceptance of your body.

Get Well Soon Dr. Devon Christie

Dr. Christie has taken a medical leave of absents from Rise while she recovers from an injury sustain in the winter of 2017. For everyone that has been asking about Dr.Christie's recovery we still do not have return to work date for her. Any of her patients that wish to book with Dr. Kailia until a date of return can be determined are encourage to call the front desk to discuss booking options. We have started a waitlist for patients that would like to be notified when she returns, please let us know if you wish to be added to this list. We hope a quick recovery for Dr. Devon Christie.

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