

Rise BC Wellness Centre News

Our TEAM at Rise has come together to bring you another month of great information and tips.

Promising New Therapy for Treatment Resistant Depression, Pain, PTSD and more.

RISE BC is pleased to announce “Ketamine and Psychotherapy” (KAP), an innovative treatment for people struggling with depression, chronic pain, PTSD and other conditions. KAP relieves symptoms of depression, pain and even thoughts of suicide, often after one treatment. Ketamine is a safe medication that is being used for this purpose ‘off-label’, as it is usually used in the operating room and the Emergency Department. In these settings, it has been used for decades with few major problems. The long-term effects for depression symptoms are largely unknown and the risk of dependence or addiction should be considered. As many individuals are reporting that they feel better immediately and requiring less and less treatments, ketamine is offering exciting new hope.

For more information on this service call to book an appointment with Tara Emery and Dr.Kailia

New Yoga Classes will be hosted by Shannon Dikkema in the Fall starting September 12th. To ensure a spot for yourself pre-register with the front desk or email us at office@risebc.com

The Power of Stretching Mary Houle- RMT

Stretching is an efficient self-care tool for reducing pain and tension caused by chronically tight muscles. Massage therapy and stretching together provide individuals with an effective treatment plan for elongating tight, short muscles. When stretching, always engage your core while maintaining proper posture. If you are not feeling the stretch in the correct muscle you could be doing the stretch incorrectly. Remember to breathe. Do not engage in any ballistic movements: this means any extra movements like swaying or bouncing of the body or limb while performing the stretch. Although you will feel some resistance with stretching you should not feel pain. Like any physical activity, stretching requires consistency and long-term use to produce results.

Yoga for Chronic Pain

Join us for 7 weeks of integrative gentle Yoga classes that include an informative presentation prior to each class by a medical doctor who specializes in Chronic Pain Management

Shannon Dikkema loves to share mindfulness and yoga with people of all ages and abilities. Her focus is chronic fatigue and fibromyalgia (see her on a fascinating journey of discovery). Early in that journey, she discovered yoga and has experienced the huge benefits of a regular practice for 18 years and has been searching for 10 years. She has also recently taken a training in trauma-informed yoga, as well as a training in Reiki and Energy Healing, which is a grounding therapy for restoring wellness and reducing other symptoms/trauma and chronic stress.

Any questions about the classes can be directed to: office@risebc.com

Seven weeks Fall Session starting September 12th to October 24th
Wednesdays 1:00-2:15 PM
Pre-registration for 7 sessions: \$75

To register or for more information:
office@risebc.com

Brought to you by Shannon Dikkema in cooperation with Rise BC Wellness Centre

It's Summertime - Beat the heat with this TCM Superfood

As we transition into the official arrival of Summer, we are met with the intense temperatures that can bring on anything from sunburns and dehydration to sun stroke and stomach ailments. Many of us may be reaching for iced drinks and cold foods while sitting in an air-conditioned room but this type of intense cold can cause more harm than good to our bodies, often leading to bloating, sluggishness, and achiness.

Our bodies are *meant* to harmonize with summer heat, so going too far in the opposite direction has the potential to cause imbalances. Here's an ancient secret for beating the heat in a healthy way: eating foods that are "cool" in essence (thermal nature) rather than cold in temperature. These foods can gently cool the body without shocking your immune system and taxing your digestion with extreme temperature changes.

The most famous, time honoured food remedy is watermelon juice. Otherwise known as *xi gua*, this seemingly ordinary superfood-as-medicine has been included in academic Chinese herbal *materia medica* textbooks for centuries. Its ability to cool summer fevers, soothe sunburns, and heal any inflammation in the body is unparalleled.

The best way to enjoy this healing fruit is by juicing *everything*: seeds, white flesh, and skin included. The white flesh, usually thrown away by modern Western consumers, was commonly used back in the day to make pickles or stir-fries in both Asia and in the West. Splash it on sunburned skin for instant relief and to promote healing, and down a glass or two of watermelon juice (cool, not ice cold) to treat any kind of heat condition.

Other "cooling" foods you can make part of your regular summer diet to ward off the heat include: apricots, peaches, berries, oranges, cucumbers, avocados, mung beans, eggplant, asparagus, bean sprouts, bamboo, bok choy, spinach, watercress, cilantro, and mint.

And if you need a bit more help to keep cool and balanced through the heat of the summer, acupuncture can be very useful for clearing heat from the body.



THE HUB

Have you heard about our studio space THE HUB? We host group classes and programs. We also rent the space out to others that are looking for a studio space to put on their own programs. For more information email thehubnelson.com





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 to the rest of our 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 a flatter, healthier looking abdominal area.

An easy way to practice isolating and engaging the core is this: while lying down or sitting, place 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 should not interfere with regular breathing. Now, you can start to add movement of the legs or arms while maintaining the core and the breath.

Exercise of the month: Anna Topf- Kinesiologist can set you up with an exercise plan that will help you get back on track. Try this one to help you with your posture



- 1) Stand tall with core lightly engaged
- 2) Tuck chin in slightly and lengthen back of neck
- 3) Turn palms forward at the sides of body
- 4) Inhale—squeeze shoulder blades together and hold for 3-5 seconds
- 5) Exhale—release shoulders and relax

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Therafit Ball strength training resistance ball - 3 pack

This 4-1 hand, finger, grip & forearm strengthening set will help keep fingers, hands and forearms strong, improve strength, release stiffness, and relieve joint discomfort. It comes in three different resistance allowing you to start of easy and build your strength.

This product is great for athletes who want to take their performance to the next level, or for those experiencing weakness due to stroke, post surgical procedure or other debilitating conditions.

I've enjoyed using this product not only for my aches and pains but it's also been a great way to take the little daily stresses away focusing that energy on the ball instead of my surroundings.

