

REDCRICKETHEALINGCENTER

Dec 2015 Newsletter

This Issue:
New CommAcu Hours
Donation Yoga
Meditation article
Golden Milk recipe



Welcome Winter: Holiday Edition

A peaceful haven from holiday stressors!

By Joi Thomas, L.Ac., Dipl.O.M.

Holiday Hours:

Christmas Eve
9am-12:30pm

Christmas Day
CLOSED

New Years Eve
9am-5pm

New Years Day
CLOSED

Are the holidays a time of year you dread? Is the frantic pace a challenge for you? Or maybe you are dealing with a loss, or coping with difficult memories. For so many of us, this can be a painful time which is made all the more difficult by the feeling that we should be happy, festive and filled with cheer.

Know that we are here to help you during this

transition. If you need a quiet space to get collected...we got it. If you need relief from pain - be it physical or emotional - we are here for you, and we are ready to help! We have so many options to support you - **donation based yoga** with James and Autumn, **massage** with Rachel and Susie, **community acupuncture** with Carrie (sliding scale), **solo acupuncture** with Joi and

Lisa, and **holistic physical therapy** with Bill.

Let us use our skills and talents to protect you and keep you healthy and strong.

Our newsletter this month features an article on meditation and stress relief to keep you centered and a yummy recipe to keep you from getting sick at this busy time.

Clinic Updates

New Community Acu Hours, Donation Yoga

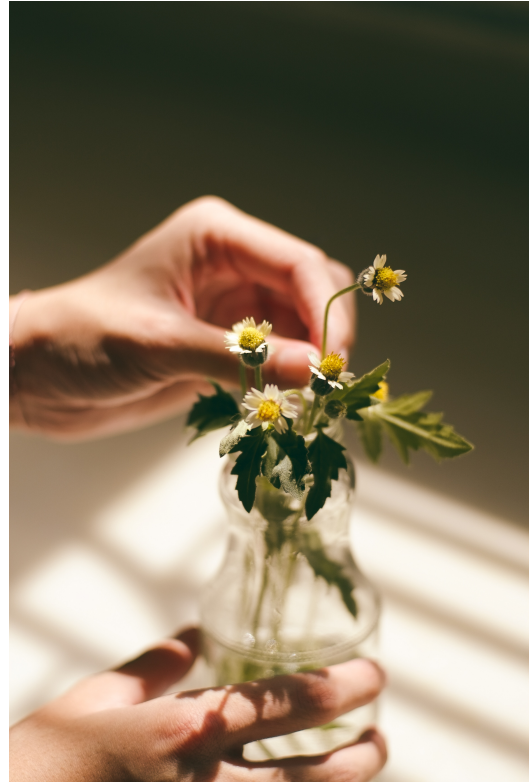
Community Acupuncture will now be offered:

Sunday 2-5pm
Thursday 10-3pm

As always its sliding scale \$15-\$35 with no questions asked and no insurance hassles!

Community acupuncture is a great way to affordably maintain stress levels this holiday season.

Get a treatment. Give a treatment.

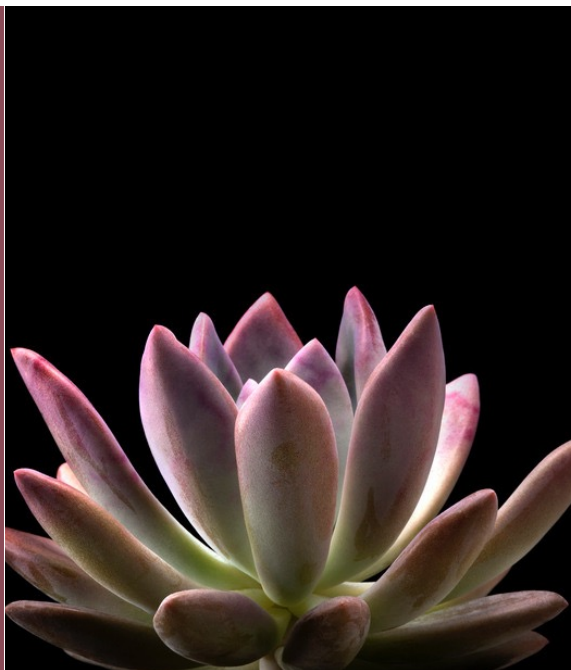


CLASS SCHEDULE

Thursdays:

5pm - Hatha

**6:30pm -
Candlelight
Restorative**



All Yoga is now **donation** based! That means taking class doesn't need to break the bank. With our knowledgeable and dedicated instructors, you can take time out of your hectic week to renew and restore!

All props and mats are provided.

Thursdays:

5pm - Hatha with James Ford

**6:30pm - Candlelight Restorative
with Autumn Zeigler**

MEDITATION - WHAT IS IT AND WHY YOU SHOULD BOTHER?

by Joi Thomas, L.Ac., Dipl.O.M.

Before I began my practice, I thought that meditation was only for a select few evolved souls – and I knew that I wasn't one of them. I realize now that I had put up many roadblocks to making meditation a part of my life. I thought that my mind and my life were too busy, I lamented my lack of a space to meditate and lack of tools – like cushions, gongs/ bells, meditation clothing, but what really held me back was my lack of time! Who has an hour or even a half hour to commit to meditation every day? Maybe you have had these thoughts, too.

The fact is that these misconceptions prevent people from receiving the many powerful benefits of meditation (see infographic). It can change your life in so many ways - literally all for the better, and we want that for you. Let's explore some of the very common fallacies about meditation so you can see that it won't be that difficult to make it a part of your life. You will be so thankful that you did.

Meditation is about having a quiet mind, and my mind is way too busy.

This is one of the more common thoughts. The fact of the matter is that meditation is NOT about having a quiet mind, because our minds are not made to be quiet. For that reason, many types of meditation are to help us learn to disconnect to the thousands of thoughts that we have each day. Its sort of like watching a boat float by versus climbing aboard and riding it. Think of how frantic it is to jump from one boat to another!

I don't have the time or space to meditate.

I have super good news for you here. I have seen very positive changes in patients' lives and bodies from only 10 minutes of meditation a day!! With meditation, regularity is much

Have you heard the buzz about meditation and all of its benefits?

Have you thought about trying it, but felt stuck or unable to do it?

MEDITATION - WHAT IS IT AND WHY YOU SHOULD BOTHER?

more important than quantity. I am sure that you can find 10 minutes in your day to manifest all of the goodness that meditation brings. The bigger question is why wouldn't you? Plus, you can meditate any place and any time. You don't need fancy clothes or a dedicated room or any of that...you just need to find the best type of meditation for you.

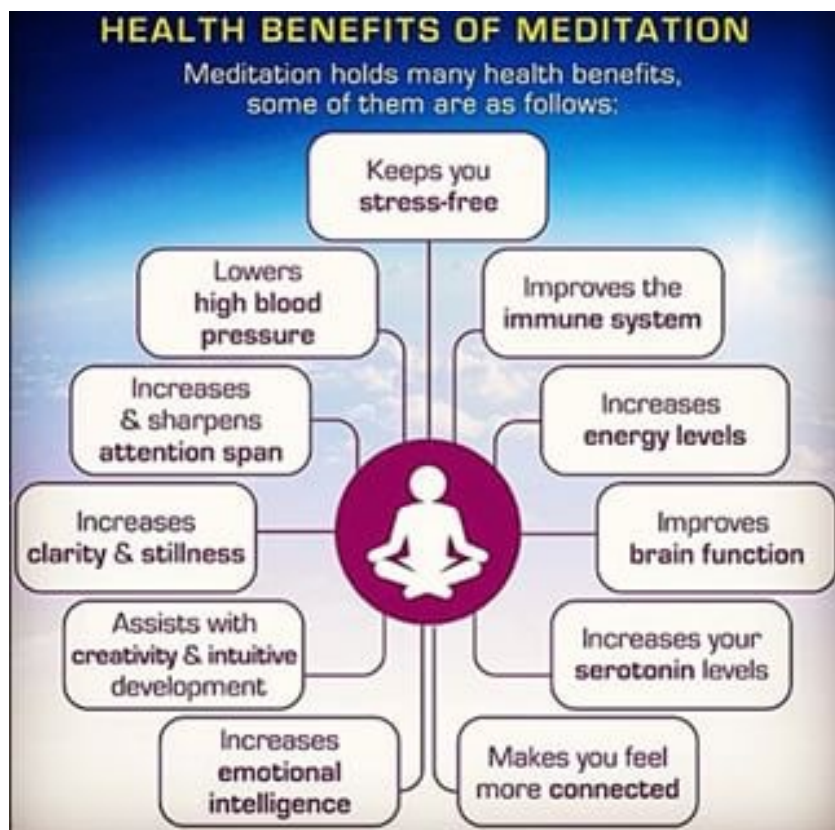
I don't know what to do!

If you resonate with this issue, you are not alone! Meditation is an art in its own way, so there are skills in learning what works best for you. Did you know that there are various types of meditation? There are! Trust that there is a type of meditation that will feel good or easy for you and your lifestyle. You may need to get some support initially. That could come in the form of a guided meditation that you can buy or download (there are even apps for this!), or it could come from a meditation center in your area. Ask around with your friends and family - maybe they have a good resources

for you. We also can help you in that area right here in our clinic.

It could feel like a big step to incorporate meditation into your life a lasting way, but you are worth it. Who doesn't want to be calmer, sleep better, less pain, lower blood pressure and have a mind that is agile? Guess what? Those are only a **few** of the benefits! You deserve a life that is easier, and more peaceful. Meditation can help you find that.

And don't forget to come to us if you need help!



Feeling overwhelmed, tense, or burnt out?



Stress Busting Community Acupuncture. Only \$15-\$35
Sundays 2-5pm and Thursdays 10-3pm

Calming Yoga - Donation only!
Thursdays: 5pm Hatha and 6:30pm Candlelight Restorative
(Mats & Props provided)

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WINTERWELLNESS



The Almighty Turmeric Golden Milk

A warming and healing drink

By Joi Thomas, L.Ac., Dipl.O.M.

Golden milk, or Haldi ka doodh, has been used for centuries in India to help with the common cold. Often times, children were made this delicious milk to drink before bed when they began to feel symptoms coming on. If you look at the ingredients, you will find that this drink isn't just for kids, and it is definitely not just to drink during the cold and flu season.

If you look at this drink through a Chinese medicinal lens, you would find that most of the herbs in this drink strengthen the tummy. Why would that be important? Well, the digestion is the key to a healthy immune system and a healthy body. There is a reason our tummy is in the middle of our body! Studies say that the health of your gut determines up to 75% of your immunity, so it is essential to treat

your tummy right! All of the herbs used in this drink support the digestive process in a soothing, warming way to keep you strong so you can easily defeat any virus that come your way.

Plus its just darn good! Try it, add spices or change amounts.

Cheers to good health!

Turmeric “Golden” Milk

Ingredients

1/4 tsp	Ground Turmeric
1/4 tsp	Ground Cardamom
1/8 tsp	Ground Black Pepper
1 pinch	Ground Ginger
1 pinch	Ground Cloves
1 inch	Ground allspice
1 cup	Milk
3/4 tsp	Honey, or to taste
1/8 tsp	Vanilla extract



Instructions

Prep 10 min

Cook 5 min

1. Whisk turmeric, cardamom, black pepper, ginger, cloves, and allspice together in a small bowl.
2. Heat milk in a small saucepan over medium heat until heated through (3-4 min). Stir honey and vanilla extract into milk until completely dissolved.
3. Whisk 1 teaspoon turmeric mixture into milk. Reduce heat to medium-low and cook until flavors blend (2-3 min). Pour mixture through strainer.