

REDCRICKETHEALINGCENTER

Spring 2016 Newsletter

Wouldn't you like to
nap in a flower too?!



Spring is Here to Get Us Moving! A Time for Purifying

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

Welcome to our spring newsletter! Spring is not called spring for nothing!

This is the time when all that was quiet starts moving, and it moves with leaps and bounds! You can harness the energy of this time to support your body as it moves towards

the energy and heat of summer!

In this newsletter will explore cleanses which can help move you towards summer as well as ways to support spring allergies. Don't forget to check out our upcoming workshops,

the launch of our new scoby bank, and the delicious spring-detoxifying recipe!

We all want to support you in having the best spring ever that leads into a fantastic, healthy summer!



Announcements + Workshops

Red Cricket Healing Center
224 W. Franklin Ave,
Minneapolis, MN 55404
www.redcricket.com

Community Acupuncture is on Hiatus



We have had some internal changes here at Red Cricket and unfortunately had to put the community acupuncture service on hiatus until further notice. As it is our commitment to bring affordable healthcare to the community, we hope to have this service return in the very near future! Stay tuned for more information.

We Need Your Review Help!



Please help us by writing a review on **Google or Yelp**. We are passionate about helping more people in our community and would love to be of service to the people you care about.

Search: Red Cricket Healing Center.

We are committed to your health and we sincerely appreciate you helping us spread the word!

Scoby Bank: Donate or Adopt



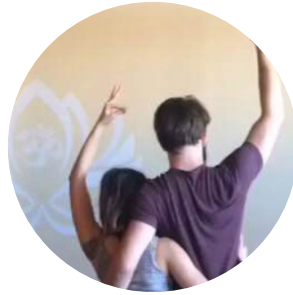
Don't know what to do with those extra scobies? Looking to start your own kombucha? Red Cricket now has a scoby bank! Give us a call or send an email for more information on donating or "adopting" your very own scoby.



Announcements + Workshops

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Sun, May 22, 2016
12:00pm-1:30pm



Chakra Yoga \$10

The Chakra system is a theory that there are seven energy centers in the body, each center relating to a different color with unique characteristics. It is believed that yoga practice can aid in balancing these channels of energy. This class will provide an overview of each of the seven chakras, as well as yoga practices and poses to highlight each individual chakra.

Space is limited. To Register: karamarell12@gmail.com

Fri, Jul 29, 2016
6:00pm-8:00pm



Brew Your Own Kombucha \$10

Do you catch colds easily, have low energy, digestive issues, or struggle with mental health?

Fermented foods are KEY to keeping our bodies healthy and strong. Kombucha is a fermented, tea-based beverage with naturally occurring organic acids, active enzymes, and amino acids that can help detoxify and energize your body. In this class, you will learn how kombucha is an **inexpensive and powerful tool** to maintaining the health of you and your family.

Space is limited. To Register: redcricketjoi@rocketmail.com

Questions? Call 612-824-0037 or email redcricketjoi@rocketmail.com

SPRING CLEANSING

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



What's the right one for you?

Many people come to me each spring wondering about what would be the best way to help their body cleanse after a long winter filled with filling rich foods. People will ask about cleanses from the store - usually with herbs that can be helpful to clean out the body or they may look to a particular diet - either one that will focus upon foods that will clean the body (especially the liver) or food that will purge out accumulated junk that built up during our long winters.

Spring cleansing is an especially big issue in Minnesota where the winters are long and dark. We spend the days in darkness retiring from all of the activity of summer. **If you have lived here very long you will notice a bit of mania amongst the people here once it gets warm** - first you may notice that we wear clothes that are a bit more summery than the weather supports - you will see people in shorts as soon as we hit 40! Or you may notice us trying to be outside as much as possible after we spent so much time indoors. You may also notice us filling those weekends up with outdoor activities. Our summers fill up fast.

Interestingly enough, Chinese medicine does not look favorably upon cleanses. We do therapeutic purges, but that treatment is very judiciously applied and only when patients show very specific signs. The challenge is that not everyone is alike, and for some a cleanse could be quite damaging. **It could strip away the good that their body is trying to retain leaving them drained and tired.**

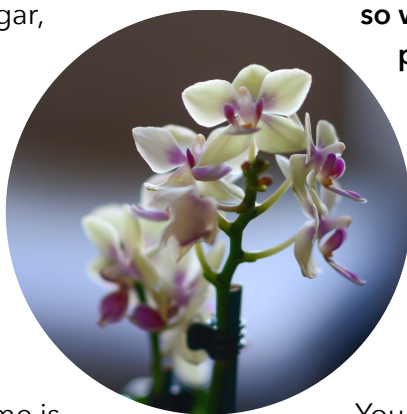
If you feel that you would welcome more support as you move from winter to spring remember that our practitioners are here to help. **Yoga is amazing at supporting your body's ability to purify itself, as well as massage and acupuncture.** If you do feel the need to clear stuck-ness, herbs can also be helpful, speaking to a trained herbalist who can make up the perfect formula for you would be a fantastic option.

SPRING CLEANSING

Continued

For most people, the best thing for them would be to take a break from harmful or challenging foods. **Try eating a very clean diet for a few weeks to give your body time to repair itself. The body is the ultimate healer.** So if you were to take a few weeks break from the biggest offenders – milk, wheat, sugar, alcohol, other stimulants and processed foods, your body would probably show great improvement by the end of that time.

There are some foods that can be helpful in spring to support the liver. Springtime is a very important time for the liver – when it is most active and energized. Working with and supporting the energy of the liver during springtime is very good for your health. **A fantastic food that supports liver function are beets.** Beets can gently encourage the elimination of stool while simultaneously nourishing the blood – which is the other important job of the liver. Cleaning your diet while eating a beet or ½ of a beet a day would be a very helpful and



supportive way to give your body time to cleanse itself and prepare for the activity and heat of summer.

Drinking a lot of water with lemon, lime or fermented cider vinegar can also be very helpful in spring. **Sour flavor is one that is loved by the liver, so when you eat or drink sour products that makes it very happy!** People often ask how much water to drink, and I generally advise them to drink enough water to make their urine very pale yellow once it is clear, you have had enough.

You can also add gentle cleansing activities – winter is a time of retreat when it is important to slow down, but spring is the perfect time to start moving again. **Remember to keep it gentle if you haven't exercised in a while.** No pushing yourself – that would just add more stress on your body and life. As your body gets stronger it will crave movement, and just listen to it.

You can trust your body!

SPRING ALLERGIES HOLDING YOU BACK?

For many people allergy season is really challenging time. So many of us wait all winter for sun and warmth just to be hit with the discomfort and frustration of allergies. For many of us, allergy season can really be a bummer! Don't give up!

There are great options that can relieve your symptoms as well as move your whole body towards greater health.

When you want to reduce or clear up your allergy symptoms it is important to think of your long game and your short game. That means finding and addressing the core cause and making lifestyle changes to support a body that doesn't have allergy symptoms as well as treating the immediate symptoms you currently have.

What I have found in my many years of practice is that the most important issue to address is digestive health. **Our digestive system is truly the center and core of our health.** If your digestive system is weak, you will notice that things that never bothered you - foods, or pollen, or pet dander will begin to create symptoms that never seemed to bother you before... This is especially true for people who never had allergies as a child who have noticed that these symptoms have occurred as they've aged. In many cases it's related to the health of their digestive system.

So one of the things that I find most helpful if you want to strengthening your digestion is to make your diet as clean as possible. **That would involve clearing the most obvious offenders which would be wheat, sugar, and milk, just for a few months to give your body the chance to repair itself.**

Another great option would be to eliminate foods from your diet that are not foods. Those would be things that when you read the ingredients you find that you would need to be a chemistry major to

understand what they are! **The cleaner your diet, the more that your food will support your health and the health of your body.** The body can only handle a certain toxic load and once that is exceeded things that usually bother it a little began began to become a big problem.

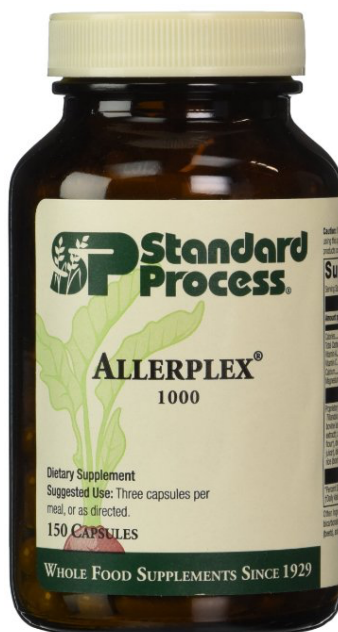
Another thing that can be really effective for supporting a healthy digestive system is increasing fermented foods in your diet. We have discussed the benefits of fermented foods many many times for a good reason - they support healthy levels of your micro biome. Your micro

biome is the assorted population of life supporting bacteria that inhabit your gut. These bacteria help not only to bridge the gap between the food and your ability to absorb it. In other words - they help your food keep you strong.

Making these changes will not create immediate results - it may take anywhere from 3 to 6 months to notice changes in your health, so it can be helpful to have short term help while you heal. One of the products we carry is called **Allerplex** and it can be very helpful for decreasing the severity of your allergic symptoms. The nice thing about Allerplex is that it is food-based so you won't have any issues with your energy level. We carry a lot of Allerplex during this time year so if you feel that

this is something that could be helpful for you swing in and Kimberly, our office manager, can help you. **Of course, acupuncture can help alleviate stuffiness and pain of allergies as well.**

Sometimes your body may need more support in it's healing, in that case a specific herbal formula may be the best bet. The body creates symptoms to give us messages to move us towards increased health and vitality. **Think of your symptoms as informational tools that can help you establish you to a healthier body and life.** If you need further support we are here to help!



SPRINGWELLNESS

Photo & recipe
courtesy of The
Pleasures of the
Palate



***Roasted Beets with Thyme and Goat Cheese | Ingredients for 6 portions**

6 beets peeled, quartered and sliced
4 Tbs. of fresh thyme leaves
Coarse sea salt
Freshly ground black pepper
Olive oil
6 Tbs. of goat cheese

Preheat the oven to 400°F. Line two baking sheets with aluminum foil and brush them with olive oil. Spread the beets in the baking sheets. Salt and pepper to taste. Sprinkle the thyme leaves. Drizzle with some olive oil. Bake for 20 minutes. With a spatula flip the beets and bake for 20 more minutes. Serve warm or cold with goat cheese.

*This recipe is also great for breakfast with some scrambled eggs!