REDCRICKETHEALINGCENTER



Features: • New Service

Retreat

Menopause article
Green Chile Chicker

Chili Receipe

Autumn's Transformation Reclaiming Our Bodies and Spirit

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

Welcome to our September newsletter!

We hope that you have had a fantastic summer. We have been busy with our move but are so happy to be back in the swing of things! We have a number of new offerings that we are excited to share with you and the community. We are kicking off our **midlife transformation retreat series** and have included an article on menopause. We invite you to check-out our lovely new recipe and article on our new service: **facial acupuncture!**

Cheers to your continued health!



Announcements + Events

Red Cricket Healing Center 3747 Minnehaha Ave. Minneapolis, MN 55406 www.redcricket.com

Oct. 11-Nov. 15, 2017

6:00pm-8:30pm (6 Wednesdays)



Retreat: Midlife - Crisis or Commencement?

Are you a woman who has been assaulted or immobilized by changes in midlife? **Do you crave the ability to reclaim the forceful, self aware woman you once were?** Then this program is for you! Join Joi Thomas for a journey the wise and powerful you!

Midlife can be a challenging time, but it also contains the seeds for profound wisdom and power. You can use those burdens to propel you towards blossoming into the radiant wise woman that has been buried deep inside you, waiting for you? This is an amazing opportunity to unbury your precious heart in a trusted community of extraordinary women.

This is a unique and empowering retreat like opportunity to transform your inertia and pain into progress! This is happening in your own backyard so no need to travel. There will be 6 weekly meetings on Wednesdays from 6-8:30 from October 11th running through November 15th. This is truly a transformational opportunity and miraculous journey to bring your life to the next level!

If you are ready to move from a place of inertia to progress - you can't afford to miss this! This retreat is limited to 12 women to ensure that everyone will receive the personal attention they need to support their journey.

Yes, I would love more information!



Announcements + Events

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New Service at Red Cricket!



3) after 10 weeks

har)

Constitutional Facial Acupuncture

I had the great blessing to study with Mary Elizabeth Wakefield who is one of the original innovators of facial rejuvenation with Chinese Medicine. Since then I have been practicing and readying the clinic for treatments. If feel like your face is reflecting a tired, irritable or worn out you and you would like it to reflect health and vitality, check out more information below. We look not to **restore your youth, but your health - so you are the healthiest, most vital you**...in every way - body, spirit and emotionally - because it all shows on your face.

Fri, Oct 13, 2017 6:00pm-8:00pm



How to Brew Your Own Kombucha with Kimberly Lesik

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 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.

Cost: \$10

To Register: Call 612-824-0037 or email redcricketjoi@rocketmail.com

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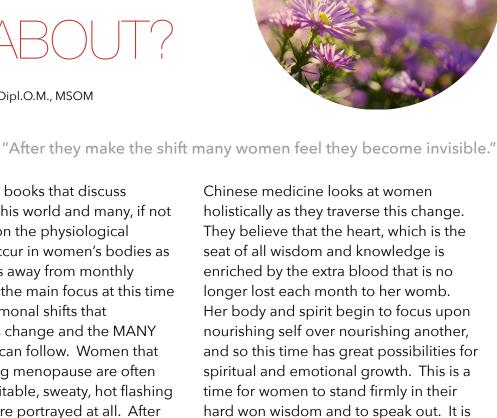
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Joi Thomas, L.Ac., Dipl.O.M., MSOM

There are many books that discuss

Menopause in this world and many, if not



most, focus upon the physiological changes that occur in women's bodies as their body shifts away from monthly periods. Often the main focus at this time is upon the hormonal shifts that accompany this change and the MANY symptoms that can follow. Women that are experiencing menopause are often portrayed as irritable, sweaty, hot flashing crabs... if they are portrayed at all. After they make the menopausal shift many women feel that by reaching a certain age they disappear from society - as if their community has no more use for them.

Suddenly they can't be beautiful or sexy or sexual anymore. Add to those challenges the fact that for many women their roles are changing - their children are growing and may be leaving the nest, or their parents are aging and needing more care. For many their relationships are also in transition or under strain as well. It can be a time with many stressors inside and out, with little time or space for a break for self reflection. These shifts can bring great confusion, disorientation and pain.

That is why it is vital at this stage in life for women to get in touch with the sage young girls that they once were - but this time, armed with the vision and wisdom of amazons!

as if nature planned for it to be that way -

that the Elders' bodies are designed to

become the vital protectors and

soothsayers at that time.

If you are struggling with menopause and you feel lost and confused, you may be interested in my ongoing retreat called, Midlife - Crisis or Commencement... connecting to the powerful Amazon within!

www.redcricket.com/retreats

FACIAL ACUPUNCTURE 101



1) prior to treatment 2) after 5 weeks 3) after 10 weeks

Source: Cosmetic Surgery Times, September 2006, p. 10 (Vanessa Lenz, photographer)

Does your face reflect you? Or do you see someone tired, or cross, or anxious when you look in the mirror?

Constitutional Facial Acupuncture is a safe, painless and effective treatment for renewing the face as well as the whole body. We find that as you age, your life becomes etched upon your face, and some do not like what they see! I you are depressed or often angry those feelings will often be displayed resulting in wrinkles or lines associated with those emotions over time. You have probably noticed elders whose faces look mean, or irritable or those who look open and sunny. **Constitutional Facial Acupuncture** works to both support the body back to balance - which includes balanced emotions as well as increasing collagen production in the skin. Fine lines may be entirely erased, deeper lines reduced and bags around neck and eyes firmed.

Benefits

Constitutional:

- Improves acne (caused by hormonal imbalance)
- Helps menopause, perimenopause, PMS and other GYN issues
- Helps sinus congestion and headache
- Improves hyper- and hypothyroidism
- Reduces symptoms of toothache, TMJ, trigeminal neuralgia, and Bell's palsy
- Helps headaches (except severe migraine)
- Treats diarrhea and constipation (and most digestive issues)
- Helps to eliminate edema and puffiness
- Benefits eyes, ears and brain
- Can help insomnia and dizziness
- Helps depression and aids self-esteem

Facial:

- Improves collagen production and muscle tone
- Helps reduce bags and sagging tendencies
- Helps eliminate fine lines and diminish larger wrinkles
- Helps reduce double chin and lift drooping eyelids
- Improves metabolism
- Tightens pores and brightens eyes
- Increases local blood and lymph circulation
- Improves facial color
- Reduces stress and promotes total health and well-being

FACIAL ACUPUNCTURE 101

Cont'd

<u>Short and Long-Term Effects of</u> <u>Facial Acupuncture</u>

After the first treatment, one usually observes an increased glow to the complexion, the result of increased Qi and blood flow to the face. The person's face appears more "open", there is a clarity in the eyes ("clear Shen"), and the patient appears to be more rested; wrinkles start to lessen and the skin appears more toned.

A significant difference in their appearance can be ascertained following the 5th to 7th treatments; even more marked changes in wrinkles, skin tone, etc. The impression of relaxation and calm is more pronounced; they appear as if they have returned from vacation. Lifting of the jowls, neck and the eyes has begun and is usually noticeable. With continuing treatment, constitutional issues like digestive complaints have been ameliorated or subsided. By the end of a series, the patient should look and feel 5-15 years

younger. These results may vary slightly, depending upon how well the patient has taken care of themselves during the process, and afterward. At this stage, booster treatments provide ongoing support within a normal process of aging.

Constitutional Facial Acupuncture™ is non-invasive, less costly than surgical procedures, and draws upon the ancient Chinese wisdom related to longevity, beauty and balance.

If you are curious about the treatment, contact us for a free consultation to see if it is right for you.



FALLWELLNESS



Green Chile Chicken Chili

Ingredients:

- 2 cups dry cannellini beans
- ¼ teaspoon baking soda
- 4 quarts water
- 1 tablespoon extra virgin olive oil
- 4 skin-on, bone-in chicken thighs
- 1 large onion, diced
- 8 cups long-simmered chicken bone broth or purchased bone broth
- 1 cup Fermented Green Chili Salsa
- Finely ground sea salt, to season

Instructions:

Pick over the beans to remove any stray bits of debris, and then place the dry beans in a bowl. In a separate pitcher, dissolve the baking soda in the water. Pour the water over the beans and let them soak at room temperature for 24 hours. Drain the beans and rinse them well.

Heat the oil in a Dutch oven or pot over medium-high heat. Place the chicken thighs, skin side down, in the oil and sear until browned, about 8 - 12 minutes. Turn to sear the other side, another 10 minutes. Remove the chicken from the pot and set aside.

Green Chile Chicken Chili (cont'd)

Add the onion to the pot and sauté until it begins to brown, about 10 minutes. Add the beans and stir quickly to coat with the oil. Add the broth and return the chicken to the pot. Bring to a boil, skimming any foam off the beans if necessary. Then reduce the heat and simmer until beans are tender, about 3 hours.

Remove the chicken thighs with a slotted spoon and allow them to cool. Remove the bones and skin and return the chicken meat to the chili. Stir in the fermented chili base and serve hot.

Notes

Can I use a slow cooker? After browning the chicken meat, simply transfer the ingredients to a slow cooker (we recommend the VitaClay Slow Cooker which has a lead-free insert), and cook on low for 3 hours. Finish the dish by removing the skin and bones from the chicken thighs, and stir in the salsa.

Can I use a pressure cooker? After browning the chicken meat, transfer the ingredients to an electric pressure cooker (we recommend the Instant Pot), and cook for 1 hour. Finish the dish by removing the skin and bones from the chicken thighs, and stir in the salsa.

What if I don't have fermented salsa? Part of the charm of this dish is that it makes use of a fermented food you can make at home. If you don't have any on hand, you can substitute any salsa verde of your choice. Reduce the cooking time accordingly.

Can I use canned beans? If you don't have time to soak beans in advance, we recommend these organic cannellini beans packed in glass jars.

http://nourishedkitchen.com/green-chile-chicken-verde/

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