

Winter. . . There is a privacy about it which no other season gives you ..... In spring, summer and fall people sort of have an open season on each other; only in the winter, can you have longer, quiet stretches when you can *savor* belonging to yourself.  
- Ruth Stout

Antisthenes says that in a certain faraway land the cold is so intense that words freeze as soon as they are uttered, and after some time then thaw and become audible, so that words spoken in winter go unheard until the next summer.  
- Plutarch, *Moralia*

Winter has finally arrived (at least in Minnesota!) and we are in the beginning of a new year. I find myself a bit more introspective this time of year, checking in with the desires of my heart, sitting in front of the fire, and reading a good book. But the days are already getting shorter, so along with this is the anticipation of the expansiveness of Spring!

With this in mind I will share in this newsletter ways to expand your health, your peace of mind and your knowledge regarding reaching your Ideal weight!!

First I'd like to let you know that our second first frequency practitioner treatment group (that's a mouthful!) will be meeting on Wednesday January 24<sup>th</sup> (my birthday!), 7 - 9pm at the Carondelet Center. 1890 Randolph Ave. Suggested donation is \$30. Please RSVP as we only have limited capacity for treatments. We are planning on having these groups on a monthly basis, although the February date has not yet been set. I will let you know when we know. And for those of you interested in meeting my teacher and having a full frequency treatment. Herwig Schoen will be having treatment groups at the Carondelet Center on Thursday Feb. 8<sup>th</sup> and Tuesday Mar. 13<sup>th</sup>, 7 - 10pm at the Carondelet Center. Cost \$70. Please feel free to call me with any questions.

Secondly, I have been asked to be a presenter at the YMCA's Camp DuNord Women's retreat Feb 22- 25<sup>th</sup>. The retreat is called "Bringing Beauty and Balance to Life" I will be talking about the ABC's of Homeopathy, Reconnective Therapy as well as going through some of the Ideal Weight ideas we've been talking about in this Newsletter. Yoga, dance, art projects, x-country skiing and massage are other ways to participate in this nurturing program up in beautiful surroundings. Check it out at <http://www.dunord.org> There will also be retreats in May and September . . . And I'm planning on being at those too!

Finally, Water. Being a "thirstless" person myself, water intake is something that I need to be quite conscious of, and am not always so good at! I was reminded again just how important the proper intake of water is while cruising the internet. Proper water intake is important for so many functions in our body, including muscle tone and ease of movement and the elimination of excess water as well as fat and toxins. Here is an excerpt from an article by LeRoy Perry, Jr.

“Next to air, water is the element most necessary for survival. A normal adult is 60 to 70 percent water. We can go without food for almost two months, but without water only a few days. Yet most people have no idea how much water they should drink. In fact, many live in a dehydrated state.

Without water, we'd be poisoned to death by our own waste products. When the kidneys remove uric acid and urea, these must be dissolved in water. If there isn't enough water, wastes are not removed as effectively and may build up as kidney stones. Water also is vital for chemical reactions in digestion and metabolism. It carries nutrients and oxygen to the cells through the blood and helps to cool the body through perspiration. Water also lubricates our joints.

We even need water to breathe: our lungs must be moist to take in oxygen and excrete carbon dioxide. It is possible to lose a pint of liquid each day just exhaling.

So if you don't drink sufficient water, you can impair every aspect of your physiology. Dr. Howard Flaks, a bariatric (obesity) specialist in Beverly Hills, Calif, says, "By not drinking enough water, many people incur excess body fat, poor muscle tone and size, decreased digestive efficiency and organ function, increased toxicity in the body, joint and muscle soreness and water retention." Water retention? If you're not drinking enough, your body may retain water to compensate. Paradoxically, fluid retention can sometimes be eliminated by drinking more water, not less.

"Proper water intake is a key to weight loss," says Dr. Donald Robertson, medical director of the Southwest Bariatric Nutrition Center in Scottsdale, Arizona. "If people who are trying to lose weight don't drink enough water, the body can't metabolize the fat adequately. Retaining fluid also keeps weight up."

The minimum for a healthy person is eight to ten eight-ounce glasses a day," says Dr. Flaks. "You need more if you exercise a lot or live in a hot climate. And overweight people should drink in an extra glass for every 25 pounds they exceed their ideal weight. Consult your own physician for their recommendations. At the International Sports Medicine Institute, we have a formula for daily water intake: 1/2 ounce per pound of body weight if you're not active (that's ten eight-ounce glasses if you weigh 160 pounds), and 2/3 ounce per pound if you're athletic (13 to 14 glasses a day, at the same weight).

Your intake should be spread throughout the day and evening. You may wonder: If I drink this much, won't I constantly be running to the bathroom? Yes. But after a few weeks, your bladder tends to adjust and you urinate less frequently but in larger amounts.

And by consuming those eight to ten glasses of water throughout the day, you could be on your way to a healthier, leaner body.”

So drink up and improve your health!!

Next time we will be talking about removing pesky items from your diet that may contribute immensely to the ease with which your ideal weight might come to you!

Until next time . . . Cozy up by the fire, take a hot bath, do something that puts a smile on your face, and see you soon!

Michele

Have you ever noticed a tree standing naked against the sky,  
How beautiful it is?  
All its branches are outlined, and in its nakedness  
There is a poem, there is a song.  
Every leaf is gone and it is waiting for the spring.  
When the spring comes, it again fills the tree with  
The music of many leaves,  
Which in due season fall and are blown away.  
And this is the way of life.  
- Krishnamurti