



THE WELLNESS INSIDER

APRIL 2020

" Make your own well-being the start of global wellness." Deepak Chopra

Keep Your Immune System



Strong With Sound Healing

During these days of a viral pandemic and anxiety about the unknown, Distance Tuning Fork Therapy is an excellent way to support the immune system.

What's Involved?

Your session will begin with a phone call from Helena Listowski, LMT, a Certified Biofield Tuning Fork Therapist at ONE. With your phone on and laying on a comfortable bed in your home, you'll listen to the vibrations from the tuning forks, which Helena is using.

What are the Benefits?

We are electromagnetic beings. The electrical part is within the body, through our nervous system, which also influences our immune system.

The tuning forks' vibrations calm and neutralize the blocks and the static in our body's nervous system. When the body is calm we go into healing, and we lower our acidic pH value. We are then stronger and more protected from any potential exposure to viruses or from running down our immune system with worry.

Sessions are approximately 30 minutes. Through the end of April, the discounted cost is \$20.

To schedule a phone appointment, call Helena at 585.329.8643. You can also contact her at messagebyhelena@gmail.com.

Helena is a Certified Biofield Tuning Fork Therapist, Licensed Massage Therapist, and Lymphatic Drainage Therapist. She is also a Reiki Master, and she practices multiple Energy therapies.



Zoom: Spiritual Counseling with Sage Walker

Do you feel stressed, anxious, unsure, angry, or fearful right now in your life?

Are you trying to deal with the issues of today's world or do your childhood voices still play in your subconscious and keep you stuck in the negative?

Sage Walker, who is an Ordained Minister and Intuitive Counselor, has developed an innovative and unique pathway to help you move ahead. With spiritual counseling, you can claim your authentic self.

\$1 a minute, with a \$15 minimum. Call Sage at 585.317.4374 to schedule a Zoom session. A phone session is an option.



Sage is an Ordained Minister, Angel and Spirit Guide Communicator, Master IET Instructor, and LPN.

She is the author of the recently published book, *The Awakening: Creating A New Way of Being*, available on [Amazon](#).



Zoom: A Course in Miracles Discussion Groups

Wednesdays, 7:00-8:30 pm

Fridays, 1:00-2:30 pm

Donations are gratefully accepted.

To register, call facilitator Janice McNamara at 585.455.1953.

Zoom: Developing Inner Guidance

At this time of uncertainty, do you question what you are to do, when, and how? Each one of us is being called to slow down and take care of ourselves in order to access the natural way we receive that information and guidance. I invite you to explore this inner still point of peace that allows the information to flow in a way that supports and guides your every move.

Tuesday, April 21, 7-9 pm

Cost: \$35

To register, call facilitator Janice McNamara at 585.455.1953.



Janice McNamara is a RN, Intuitive Healer, Reiki Master, and Associate Polarity Practitioner.

Free | Live Community Meditations + Groundings





Continuing throughout April, Adair Finucane will be hosting live meditations and grounding check-ins three times a week via Facebook Live and the Zoom app ([download here for smartphone, tablet, or computer](#)).

These opportunities to connect with each other and soothe the mind, body, and spirit will be accessible on Facebook Live @With Adair or you can get to the Zoom links by clicking on withadair.com/live/.

Nothing benefits immunity more than easing stress and soothing the nervous system. And we NEED that right now--all of us! Folks have been coming away from them reporting immense gratitude and a sense of connection and peace.

Varying in style and content (e.g., grounding, enlivening, centering, joy-focused), each community meditation will last about 20 minutes with another 10 minutes or so for connection.

Changes in schedules have left many of us feeling a little scattered--so mark your calendars and set your alarms. We can't wait to see you there!



3 Uncommon Strategies to Help with Sleep

You'd probably be surprised at how many of my [acupuncture patients](#) come through my door asking how they can get better sleep.

Still, others don't seem to understand how important getting better sleep is to support all aspects of healing.

Whether they are coming to me to heal back pain, stress, headaches or another issue, I always recommend these four key Lifestyle Pillars as a part of their healing plan:

1. Proper hydration
2. Adequate sleep
3. Appropriate movement
4. Balanced nutrition

The Importance of Proper Sleep

Stress, physical pain and chronic illness each have cyclical relationships with sleep. What I mean by this is that a lack of sleep can make each of these problems worse and vice versa.

Some other **consequences of poor sleep** may include:

- Poor concentration
- Poor memory
- Mood swings
- Low immunity
- High blood pressure

Some research even points to the potential that lack of sleep is frequently linked to two of the greatest non-health-related mortality risks: medical errors and motor vehicle accidents.

How To Get a Better Sleep: Understand the Cortisol Cycle

Cortisol (the stress hormone) is a natural part of our sleep-wake cycle. Ideally, we have a cortisol peak in the morning to wake us up and get us moving.

Following this, peak cortisol gradually tapers out through the rest of the day.

Later in the day, our production of melatonin (the sleep hormone) naturally increases.



If everything is in balance, this cycle helps us keep regular sleep cycles—but many of us struggle to achieve good sleep habits.

What's the main culprit? *Stress*.

When we experience physical, mental and emotional stress, we secrete additional cortisol, creating spikes in the natural decrease that is supposed to happen throughout the day.

Blood sugar changes can also affect your cortisol levels, and high-carb meals can affect blood sugar.

So believe it or not, even what you eat at the start of the day can have a profound effect on how you feel—and how well you sleep—at the end of the day.

With that in mind, here are some tips on how to achieve more balance in these hormone fluctuations throughout the day.

Find out what the tips are and more! [For the full blog, click here.](#)



Thanks to Ronald Pratt, Acupuncturist at ONE Wellness Center, for this blog.

Ron's website: ronaldprattca.com

To reach Ron by phone, call 585.210.0945 or 917.789.8322.

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