

Natural Path to Health ~ Happy Winter!

By Dr. Carol McIntyre

It is winter in Vernonia! I hope you have all enjoyed our first round of snow~ I know my family and I have. Playing in the snow is a wonderful seasonal activity that gets us out of the house on those cold winter days. Enjoy it while it lasts... as is only happens once a year.

I am very happy to introduce a new member to Natural Path Health Services. Starting in December, Shiatsu practitioner Missy Werner will be offering Shiatsu massage at the office. Missy has been practicing for over 15 years. We actually trained under the same practitioner, Jim Cleaver, in Portland Oregon. She will be in the office on Mondays by appointment providing Shiatsu massage.

Shiatsu massage is a unique form of massage that requires additional training beyond traditional massage school. Its principles are based on those of acupuncture meridians/points and follow a particular pattern or flow. There are many different techniques used during this form including stretching, percussion and acupressure.

Many of you know that I perform a lot of spinal manipulation in my practice. Historically, Shiatsu was the original way practitioners performed spinal manipulation. This form can be formulated to meet any patient's comfort level. Pressure can be light/superficial or deep. Also, because this form of massage is done fully clothed and addresses the entire body head to toe, it becomes an experience that sets it apart from other types of massage. The head/facial

massage is my favorite part!

We are offering a discount through the end of January on Shiatsu massage. The cost will be \$50/ session. Usually a Shiatsu session lasts for about 1 hour 15 min to 1 hour 30 min. Gift certificates are available! Give yourself or a loved one the gift of hands on healing this holiday season or any time. Please take advantage of the discount available through the end of January.

I also have a wonderful new anti-aging skin care product that will be for sale at the office. Nerium AD is the only patented antioxidant skin care product available. Please feel free to stop by the office to ask questions or view before and after pictures that will be on display. Skin health is a reflection of overall internal health and I am happy to help anyone along the path to optimal

health. Looking good and feeling good changes our perspective and outlook on life. Bring happiness into your life on every level!

Our office will be closed for the week of Christmas (December 23-27th). We will re-open on Monday December 30th from 2pm- 8pm; with normal hours on Tuesday/Thursday from 10am – 3pm, closed Wednesday January 1, 2014 (New Year's Day). Monday's hours are being changed to accommodate my evening patients, as Christmas and New Year's Day both fall on a Wednesday.

Happy Holidays to all of you. I truly wish you all the very best. Reflect and give thanks for all that we have. Enjoy the spirit of the holiday and spend it with people you love and who love you. Remember to treat yourself to a massage! Many Blessings~ Be Well.

Better Parenting: 12 Ways to Help Our Kids be Thankful

By Sonia Spackman

Before we can teach our kids gratitude, we need to teach them to respect loving caregivers.

Dr. Foster Cline, a child psychiatrist, stated an important thing parents need to understand is that a child cannot be allowed to consistently treat a loving caregiver disrespectfully. He went on to say that something damaging happens in a child's thinking. This damage will hinder future relationships because kids develop the opposite of gratitude or appreciation – they develop destructive entitlement, where they believe they can treat people anyway they choose and still get what they want. **Respectfully teach your children how to respect you. You will be more able to teach them about gratitude.**

A young mother shared a story of a special treat she planned in advance for her young children. She took them to town for lunch, and then to a real theater for a movie they really wanted to see. The children were excited to be at the movies. When the lights came on one of them said; "Mommy, can we go to one more place before we go home?" This mother was angered because there was no thank you, or any appreciation shown for her time, effort or the money she just spent on them. But she pushed her feelings aside when she realized that she had raised her kids to live in the moment. She didn't teach them about how to be grateful.

Research studies on children document the happiest kids feel an appreciation for life – regardless of health, wealth, or circumstances. Researchers found that grateful kids are more joyful, determined, optimistic, less stressed, more adaptable and even healthier. As parents we need to establish routines where our kids count their blessings. Here are 12 suggestions you might try.

1. Talk about Gifts. Before Christmas, birthdays talk about the gifts that will be there. Discuss the possible thoughts behind each of the gift givers. Talk about the money and energy spent to buy and wrap and bring the

gift. Chat about the importance of gratefulness and sensitivity for the giver. Plan the thank you note.

2. Practice for the Moment. Speak to your children about facial expressions when we get socks and not the toy expected. Discuss getting duplicate gifts. Practice for the moment saying: "This is nice, now I have two!" Practice facial expression and joy in the voice, etc.

3. Thank you ABC's. You can do this one anytime, better for the younger children at the table while eating. Say the alphabet together – but for each letter to include something you are grateful for. Examples might be, A, Aunt Sara, B, my brother Brian, C my cat. Take it up a notch by asking them to say *why* they are grateful. The point is you are having fun together and learning to be appreciative.

4. Be Grateful for Challenging Times. Share with your kids challenging times you have gone through that you are grateful for. Like when they were born or when they overcame an illness. Share ways you grew stronger and the good that came out of it. Maybe you went through the Vernonia flood. You can describe the bad and good, how the towns' people supported and helped each other, the houses got fixed and that there are new schools.

5. Gratitude Letters. You write one and share it with your kids as an example for their letters. One of the sad things in life is that we often think about people that mean a lot to us, yet, we do not share these feelings with them. Encourage your children to write a grateful letter to a neighbor, friend, teacher or family member. If possible, make it special by having them read it face to face.

6. Express Gratitude Openly. While the family is eating dinner or hanging out together go around the table and share one or two things that you are grateful for. Who knows, your kids may inspire you to see new things to appreciate and feel better about. Research has shown that expressing gratitude has a lasting effect on the well-being and happiness of the person sharing.

7. Gratitude Journal. Another way to promote

gratitude is having your kids write in a "gratitude journal"– four days a week, for a month. Maybe this can be done during the month of November for Thanksgiving each year. Younger children can draw or dictate things that they are most grateful for. Older kids can write or use a computer. Try a "family gratefulness journal" you fill out together. These cherished memories can be shared through the years and handed down to family members.

8. Thanksgiving Blessings. Say a prayer of thanks together before meals. Some families take turns so that a different member leads. Or do this at bedtime when children exchange appreciation followed by a good-night hug and kiss.

9. Set Limits. Our giving too much destroys appreciation. So fight the tendency to indulge your child with too many things. When we constantly give our kids what they want we do not help our kids learn to be grateful and appreciate what they have.

10. Thank Your Kids. Try to notice your kids' daily thoughtful behaviors. Be sure to describe *what* they did that you appreciate. When you do this they are more likely to repeat the behavior. Your kids are more likely to take up your example and give "appreciation descriptions" to others.

11. Expose Your Kids to the Less Fortunate. Face to face experiences go a long way helping kids appreciate their blessings. Find ways for you and your child to volunteer at a homeless shelter, read to little children, delivering meals to shut-ins or visiting a children's hospital.

12. Remember, give it plenty of time, keep your commitment to find simple ways to help your children practice gratitude. Continue to encourage your kids and compliment their efforts. Most of all stay grateful yourself.

Resources, Dr. F. Cline, E. Corcoran, Dr. M. Borba

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