



Do YOU Know What's Happening at Groton Wellness?

Welcome to our first edition of the Groton Wellness newsletter – starting this month you'll find more information about our expanded services, fabulous food offerings from the Bistro, on-going list of classes and events as well as monthly specials!

First we want to extend a warm thank you and appreciation to all of you who participated in our Open house events – they were extremely well attended and marked the official opening of our medical spa facilities! In addition, a special thank you to our wonderful team, we had great hands on seminars and delicious food from the Bistro.

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We'll be hosting another open house event on September 26th so mark your calendars and please join us!

What is Groton Wellness? For many of you familiar with the Groton Dental Spa, you know that we believe in Health Focused Dentistry and now we are pleased to offer you a full service medical facility designed to help you achieve your health goals - all of them! We have a simple mission, we want to take care of you and at Groton Wellness – it's about all of you. Through the integration of our practice and services we can now address education, prevention and wellness services which help you create health and balance in your life. Over the next several weeks you'll be seeing even more programs and offerings, so please check out our website for the daily

calendar and menu selections. Sneak preview, starting in September we will be hosting a Dinner Speaker Series – we will have a special guest speaker and full course dinner offering. So if you're looking for an evening out, dining on local food prepared by our Bistro chefs, good conversation and informative presentation then stay tuned for more information thorough the coming months. Events will take place the second Friday of every month.

We will be hosting Chris Masterjohn on September 11, – Chris is a well-known educator and will be helping us to understand "The Truth About Cholesterol". Also, we'll be inviting you to the movies – join us on October 9th for a viewing of Food Inc. *Written by Jodi Cabral CHHC, AADP.* ❖

Upcoming Events & Seminars

- August 5th • 7PM-9PM ~ Introduction to Holistic Dentistry
- August 13th • 5PM-8PM ~ Nourishing Traditions Food Prep Workshop
- August 27th • 7PM-9PM ~ Mercury Toxicity & Detoxification Seminar
- August 29th • 10AM-1PM ~ Nourishing Traditions Food Prep Workshop
- August 26th 2PM-7PM ~ Clay Therapy Day
- August 31st 1PM-4PM ~ Body Care by Weleda for Seasonal Transition
- September 11th • The Truth About Cholesterol - Chris Masterjohn
- September 15th • Middlesex Networking Breakfast for Holistic Providers
- September 26th • 10AM-4PM ~ Open House Fall Festival



Detoxification and Improved Intestinal Health

An understanding of the role our colon plays in total body health is important to realizing the benefits of colon hydrotherapy. The colon facilitates the removal of waste and toxins from the body. If the colon is not functioning properly this waste/toxic matter can get backed up and can potentially be reabsorbed into the system. This is called auto-intoxication, also known as self poisoning.

An increasingly popular therapy for detoxification is colon hydrotherapy, commonly known as a colonic. Colon hydrotherapy is a method of removing waste from the large intestine without the use of drugs. It is a gentle way of instilling filtered water through a small (pencil-size) sterile, disposable rectal tube or speculum. As the water softens the waste matter, it is loosened resulting in elimination through natural peristalsis.



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During the process of mercury removal it is crucial that the bowels are evacuated daily 1-3 times to insure that the toxins are being eliminated from the body. Colon hydrotherapy can expedite this process and aid natural peristalsis, tone, and regularity. Colon hydrotherapy can be used prior to and post mercury removal to insure clear passage for the elimination process.

Here at Groton Wellness we offer the LIBBE open colon hydrotherapy system (as opposed to a closed

system). The benefits of this system, one of only a few throughout New England, are that the client has more control in holding water, pressure and release. This interactive therapy maximizes individual comfort - you are in full control. *Written by Wendy Walter, Colon Hydrotherapist & Esthetician* ❖

Rewards Referral
Refer a friend & receive a gift!

Groton Wellness Welcomes Laurie Boyle - LMT

It was apparent to Laurie; massage therapy was her calling after a beautiful day skiing with her children and a fall which tore her ACL. After much care including physical therapy, massage, reiki, and surgery, she was sure that the body needed attention to heal!

Laurie Boyle grew up in Wisconsin with her parents, brother and sister. She went off to Sweden for a year after high school and became a Flight Attendant with a major airline for fifteen years. She married Peter while living in New York City. After moving to Connecticut, Laurie completed her college studies and had two children. In 2005 they moved their family to New Hampshire. Laurie

attended Massage Therapy School at The New Hampshire Institute for Therapeutic Arts in Hudson New Hampshire.

Laurie thrives on learning; after receiving her license in Massage Therapy, she continues her education in Massage taking a variety of courses at Bodywork in Boston. She is certified in Reiki I and II. Laurie loves caring for people. She honors the body, mind and spirit connection. She also teaches Dance Yoga certified by Kripalu. In her free time she loves to hike with her family and Old English Sheepdog, swim at the beach, go for bike rides, knit and do Kundalini Yoga. *Written by Laurie Boyle, LMT* ❖



August Specials



**IV Vitamin C
Now Available**

**Colon Hydrotherapy
1st time free trial**

**Free 15 minute
Jade Massage Bed
after any service!**

What's on your Plate? The Benefits of Lacto-Fermentation

Is highly processed food nutritious? Many of today's modern methodologies often heavily process and refine foods, stripping them of vitamins, minerals, and fiber. Vitamins and minerals are sometimes added back in production, but many of these are less absorbable by our bodies than those that naturally occur in food. Much of the modern processing of food subjects food to high heat that kills many helpful substances in the food, making the food less digestible. Some believe that highly processed food is a factor in the proliferation of modern diseases such as heart disease, cancer and diabetes.

Are traditional food preparation methods advantageous? Traditional meal preparation methods produce food that is high in vitamins, nutrients and is easily digestible. A key attribute in traditional meal

preparation is the process of lacto-fermentation. Lacto-fermentation is a simple process where starches and sugars in food are converted into lactic acid by naturally occurring lactobacilli. The process of lacto-fermentation enhances digestibility, increases vitamin and increases mineral levels in food. Lacto-fermentation also produces helpful enzymes for our body as well as antibiotic and anti-carcinogenic substances while promoting a healthy flora throughout our intestines. The lacto-fermentation process produces food that is good for you and also is a natural method of preserving food.

“ The process of lacto-fermentation enhances the digestibility of food ”

Come join us in a journey to help you incorporate traditional cooking methods into your life to contribute to a healthy lifestyle by attending our Nourishing Traditions Food Preparation Workshop. *Written by Don Schafer. ❖*

Ever wonder how holistic dentistry can change your life?
Dr. Jean Nordin-Evans can help answer this question as a guest speaker at your professional event. Please call to schedule.

Dental:

- Mercury Amalgam Removal
- Root Canal Education
- Holistic Gum Treatment
- Cavity prevention & supplement programs
- Integrative Orthodontics

Detoxification:

- Guided heavy metal removal
- Vitamin and Supplement protocol
- Colonics (1st time trial free in August)
- Far Infrared Sauna
- Magnetic Clay & Epsom Salt Detox baths
- Manual Lymph Drainage
- IV Vitamin C (now available)
- Skin Brushing
- Acupuncture
- Needleless Acupuncture
- Herbal consultation

Nutrition:

- Personal Dietary recommendations
- Traditional Food Preparation classes
- Bistro – Organic/Natural Whole Foods

Psychotherapy:

- Biofeedback
- Stress Management
- Meditation and Hypnosis
- Smoking Cessation/Weight Loss

Rejuvenation:

- Massage
 - Thai Yoga Massage
 - Zero Balancing
 - Jade Far Infrared Thermal Massage
 - Yoga*, Tai Chi*, Nia*, Dance Yoga*
 - Kettlebell Exercise*
- (*group or personal sessions)

Esthetics:

- Skin analysis
- Natural skin products
- Holistic Facials
- Waxing services

See a complete listing of our services by visiting our website at www.grotonwellness.com. Call us today at (978) 449-9919 to setup an appointment to start or continue your journey to wellness.



KNOW FOOD ~ KNOW FREEDOM - NOFA
August 7-9, 2009 - UMass-Amherst
Something for everyone! Adults, Teens, Children
Over 220 workshops on farming, gardening and land care, homesteading, sustainability, nutrition, spirituality, food politics, activism, and much, much more...
Visit www.nofasummerconference.com for more information!