



# Gems for Your Soul: Art of Happy Life Newsletter

Providing a Holistic Approach for Health, Healing and Wellness

## Getting Ready for the Winter Flu Season Natural Approaches to Building Your Immune System

As we transition from fall to winter, we need to adjust on all levels physically, emotionally and mentally in order to strengthen and create a healthy immune system. We will have to make some changes including our diet and nutrition, increasing our nutritional supplements, deep breathing exercises, and meditation and relaxation therapy.

This is the peak time for flues and other viruses and one of the biggest challenges is how to avoid them. There are many different strains of viruses and bacteria that we are potentially exposed every day. The major virus currently circulating and has everyone concerned is the H1N1 flu virus. Naturopaths and holistic healers truly believe that if your immune system is strong, it can protect you from any virus. Consider including the following suggestions into your daily routine.

### The Power of Vitamin D

There is an incredible amount of research currently taking place on the benefits of Vitamin D – the sunshine vitamin. Flu season peaks in the winter months. This is when you have the shortest days of the year; your exposure to the sun is limited and our D levels get depleted. It is essential to take a Vitamin D supplement.



Dr. David Williams explains the importance of Vitamin D. When we are in the middle of a seasonal transition, the change in temperature puts an enormous strain on our immune system. At this point while your body is adjusting, it makes it harder for the body to deal with an attack from viruses, flues, bacteria and other pathogens.

Researchers are saying that there is a direct link between your Vitamin D levels and the flu, a cold or some other form of infection. This vitamin is your body's natural antibiotic which can make a huge impact on your day to day health and vitality.

Dr. John Cannel is the head of the Vitamin D Council, he has suggested that for colds and flues, a high dosage of Vitamin D can be used as an effective short term remedy. Dr. Cannel has published a study that confirms the relationship between the levels of Vitamin D and your health (Epidemiol Infect 06; 134:1129-1140). Here are some of his observations:

- Normally flu season occurs in the winter solstice, when Vitamin D levels are the lowest because of the shortest days of the year. Flu disappears after the longest day of the year.
- During rainy seasons, flu is more common in the tropics.
- Exposure to sunlight results in less flues
- Taking Cod Liver Oil helps with viral infections (Source of Vitamin D)

### Upcoming Workshops:

Wed. Nov 11th 2009  
Energy Healing Meditation

Wed. November 25th 2009  
Past-Lives Workshop

### Special Events:

We will be holding our first  
Energy Healing Meditation -  
Level 2 Certification Course in  
January. Please inquire within  
for more details.

- Children suffered more frequently from respiratory infections if they were deficient in vitamin D
- Chances are the elderly will die from heart attacks in the winter compared to the summer due to lack of Vitamin D.
- Children who were sick were given high doses of vitamin D and they were suddenly cleared from the infection.

There is more research that shows that vitamin D increases the production of a substance called cathelicidin. These are the cells of your immune system that attack pathogens, respiratory infections, and harmful bacteria.

The dosage for vitamin supplements can be anywhere from 1000-4000 IU a day. The dosage largely depends on your individual constitution. Some take a bit more and some less. You should take vitamin D with a combination of Calcium and magnesium for optimal results. (Calcium cannot get absorbed without Vitamin D)

A multi vitamin-mineral supplement and added Vitamin C with antioxidants will also help support your immune system and protect you from viruses and flues. Always look for a supplement that comes from natural sources versus the synthetic varieties.

### **Nutrition and Healthy Eating Tips**

Eat according to your individual body and blood type. There are certain foods that will agree with your individual constitution (dosha) and others that will not. This includes fruits, vegetables, whole grains, proteins, herbs, and antioxidants. It is very important to remember that **“One man’s food is another man’s poison, we are all unique”**.

Some general tips include:

- Stay away from processed and deep fried foods.
- Limit your consumption of sugar, alcohol and caffeine.
- Never eat a big meal and go to sleep. Allow a minimum of four hours to digest.
- Take pro-biotic and enzyme supplements every day. This not only helps your digestion but your overall immune system as the natural bacteria protects you at all times.
- Try to determine whether smaller meals more frequently or larger meals less frequently works better for your digestion.



### **Cardiovascular and Weight Training**

A little bit of cardio vascular exercise is necessary for a healthy immune system. It can be as simple as a 20-30 minute walk. If it’s too cold to walk outside go to a mall and do a few rounds there. It’s free and it’s a lot of fun. There is increasing evidence on the benefits of strength training exercises. It helps with your bone density, muscle tone, osteoporosis, and arthritis and has many other benefits. Using light weights a few minutes a day for a two or three days a week can make a big difference. The human body is naturally designed to move. Certain hormones will only be released if the body is moving. These are pleasure giving hormones (endorphins) and other hormones that act as pain relievers and anti aging agents. A sedentary lifestyle can be very harmful to your health and vitality.

### **Other Helpful Tips for Preventing Illness from Dr. Vinay Goyal:**

Gargle every day with warm salt water. The main portals of entry for viruses are the nostrils and the Mouth/Throat. Gargling with warm salt water prevents proliferation of bacteria and viruses. This is a very simple and effective preventative measure.

Also, clean your nostrils once a day with warm salt water. Using a Neti Pot is a great idea. Alternatively you can also use cotton swabs dipped in warm salt water to clean your nostrils. This will stop the virus from multiplying.

Frequent hand washing and keeping your hands off your face is a good preventative practice.

Always drink as much warm liquid as possible. It can be water, tea, herbal drinks or any other kind of liquid. Drinking cold drinks is against ayurvedic, Chinese and other holistic philosophies. Drinking cold water can shock your immune system, always drink it warm. Cold beverages interfere with your natural digestive fire that ayurveda calls "Agni", which is the basis of your immune system.

Avoid going out immediately after taking a shower, especially with wet or damp hair. The sudden change in temperature will shock your system. Make sure you give yourself enough time to dry yourself before you go outside.

After you take a hot shower or bath, a short cool rinse is very helpful. The warm or hot water opens up all your pores and allows the heat in your body to come out. By taking a cool rinse it closes all your pores allows your body heat to stay in. This can be very helpful to your immune system.

### Deep Breathing Exercises – Pranayama

Deep breathing exercises have been proven to heal several health conditions. Studies show, that many diseases and health problems are associated with the lack of oxygen in our bodies. Furthermore, the human body has the ability to heal itself, when provided with the right conditions. In order to promote the body's ability to heal, we need to provide the body with more oxygen. A few minutes of deep breathing every day can help build up your immune system. Try alternate nostril breathing as this exercise is specific to respiratory illnesses, asthma, allergies and the like. Remember to always breathe in through your nose at all times since the nose filters particles including viruses and bacteria and it also regulates the temperature of the oxygen entering your lungs. For more detailed instruction on how to do Pranayama please visit [www.divyayoga.com](http://www.divyayoga.com).

### Meditation and Relaxation Therapy

It is important to remember that we are not just physical beings. We have many different aspects to us. These include our physical, emotional, mental and spiritual components. All these components have to be in good health and balance to achieve optimal health and vitality. When your physical body is compensated from environmental changes and possibly fighting viruses, it can have a negative impact on your emotional and mental status. A few minutes of silence and relaxation can do wonders to rejuvenate you. Sitting in silence for a few minutes a day is a simple and very effective form of meditation. More importantly, it allows you to experience a higher level of consciousness as you go into the core of your being. If you can become conscious of the spiritual part of you, you will experience tremendous healing and joy.



Thank you for reading our newsletter. For more information on any of the above health topics, please call Art of Happy Life. Wishing you a health and wellness all year long!

Mohmood Valimohamed ~ Director, Art of Happy Life

#### Today's Book Selection

*Eat Right 4 Your Type: The Individualized Diet Solution to Staying Healthy, Living Longer & Achieving Your Ideal Weight* is written by Dr. Peter J. D'Adamo with Catherine Whitney. This book discusses the 4 Blood Types and 4 different diets, one tailored specifically to each. It is profound and insightful...

Happy Reading!!

*We want to hear from you. Send us your feedback and suggestions on this newsletter so that we can continue to improve it to better serve you! Email us at: [mvalimohamed@rogers.com](mailto:mvalimohamed@rogers.com). Thank you for your time!*

## Services & Workshops

Art of Happy Life is proud to provide a wide range of holistic services and treatments for optimal health and wellness. Including: The Ion Cleanse Detoxifying Foot Bath, Reiki, Energy Healing Meditation, Hypnosis and Past-Life Regression Therapy, Nutrition Counselling (based on your Ayurvedic body type and Blood Type), Psychotherapy and Counselling and More...

We also conduct a variety of **Group Workshops** such as:

**Energy Healing Meditation Sessions and Certification:** Learn how to heal yourself and others through a combination of techniques, Reiki, Chakra Meditation, and Guided Progressive Relaxation.

**Health & Wellness:** Learn and practice Pranayama, discover your Dosha (Ayurvedic body type) and what it means as well as information based on your individual blood type.

**Past-Lives Workshop:** Experience a group regression into the past, including relaxation and meditation.

**Journey of the Spirit ~ All-Day Retreat:** This all day escape provides Health & Wellness information, Breathing Exercises, Meditation, Relaxation and Energy Healing. Not to mention great food and fun!

Also available are *Book of Wisdom: A Simple Book for Spiritual Growth*, *The Art of Witnessing (CD)* and *The Art of Forgiveness and Love (CD)*! Written and created by Mohmood Valimohamed exclusively for Art of Happy Life.

## Client Testimonial

Leading up to the date that I had scheduled to participate in the Energy Healing Meditation Workshop, I was filled with a sense of both doubt and excitement. The excitement is a given, as the possibilities of the outcome were so vast and if you're like me, then your imagination can take you on a ride at times. That also was the route of my doubt. Fear of the unknown is a natural thing. I decided to leave it up to the day and my vibe (I've been trying more recently to listen to my inner-voice). On the morning of, there was no doubt that I was going.

As soon as I walked up to the door and was received by Mohmood (the instructor), all my inhibitions disappeared. Not only was the environment so calm, peaceful and welcoming, but I also had a sense of familiarity; although it was my first time meeting him or the others that day.

Immediately I felt almost at home, just very comfortable, and was ready to learn all that I could. We began the session by introduction; and I quickly noticed that most in the room shared similar experiences to myself that until then had gone unexplained. It's nice to not be alone in your quest for answers to the unknown parts of both you and the universe.

Once the cover to the manual was opened, it's as though a seal within me was broken and I started to have experiences of a different nature and more intensely and frequently than I'm used to. With each exercise we performed, it's as though I completed a journey and had a story to tell. From my sensing and Mohmood's confirmation of a presence sitting to my left (my guardian angel); to my seeing the energy flow from my palm to my chakras in my mind's eye; to me being pushed by the energy of my sister from another life (Sharon), whom I met in this life for the first time that day (amazing I know...). Sounds out of this world, and to be honest it was; and maybe if it wasn't then I would have been disappointed. I went with no expectations and left with both skills and an experience that is sure to change my life (for the better) forever.

We learned the meaning and art of meditation as it applies to the healing of yourself and others from a distance or within your reach; the clearing of your chakras (energy centers), distance healing, chakra activations, relaxation therapy and energy healing of yourself and of others. The impacts were felt and at times seen right away. Everyone's experience was different however we all experienced something great...collectively and individually. For the most part, as much as I can retell the glory of my experience you won't truly understand until the experience is had for yourself. I humbly recommend it to anyone searching for the tools that'll assist in answering the questions that you have yet to be able to even fully recognize but can sense from deep within...

Ayanda -student of all things related to life and love